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Hurricane Preparedness

Amazon 5000 Expedition

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15

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Orlando Urban Trail Is Officially Open

Orlando Mayor Buddy Dyer, District 3 City Commissioner Robert Stuart and District 4 City Commissioner Patty Sheehan officially opened the first segment of the Orlando Urban Trail from South Lake Formosa Drive to Magnolia Avenue last month. The event included a ribbon-cutting ceremony at Loch Haven Park followed by a free community 5K and 1 mile run/walk with approximately 800 neighborhood residents participating.

The Orlando Urban Trail will serve as an important transportation connection that will eventually link three of the four Sun-Rail stations in the City of Orlando.

"Since I became mayor, I have stressed the need to focus on transportation and giving our residents options outside of their automobiles," said Mayor Dyer. "The completion of this segment of the Orlando Urban Trail project accomplishes just that and connects our community to multimodal transportation alternatives."

This portion of the Orlando Urban Trail will also link Orlando's Cultural Corridor by connecting the core of Downtown and the Dr. Phillips Center for the Performing Arts with Loch Haven Park and its cultural facilities.

"We have been focused on revitalizing Loch Haven Park into a regional cultural arts destination, making this trail and its links even more vital to connecting our community," said Commissioner Stuart. "In addition to the trail, the city was just awarded a grant from the National Endowment that will help us further this vision and continue to solidify the area as a



City leaders celebrate the opening of the trail with an official ribbon cutting.



Nearly 800 area residents take part in the opening ceremony.

hub for arts and culture."

The new section of the trail adds to the City of Orlando's more than 280 miles of urban trails, signed routes and lanes. It includes landscaping to provide shade and way finding signage to *Continued on page 9*

Solar Bears Name Matt McIlvane As Assistant Coach

Matt McIlvane will join the Orlando Solar Bears coaching staff as assistant coach for their "Out of Hibernation" season, beginning October, 2012.

"Matt has a wealth of experience. He enjoyed a terrific professional hockey career and brings us strong recruiting contacts from USA collegiate hockey. With his organizational skills he'll become an integral part of our organization," said the Solar Bears head coach, Drake Berehowsky. "I have coached Matt and am excited about having him on our coaching staff."

An eighth-round draft pick (251st overall) of the Ottawa Senators in the 2004 NHL Entry Draft, McIlvane played 100 professional hockey games from 2007-11. He was a member of seven different teams and played professionally in the American Hockey League, ECHL, Central Hockey League and the International Hockey League, as well as overseas before retiring in 2011. McIlvane played for the Peoria Rivermen (AHL) for two seasons (2009-2010, 2010-2011) where Berehowsky was the assistant coach.

Before his professional career, McIlvane played four years of collegiate hockey at the Ohio State University where he was a four year Scholar-Athlete and made the Big Ten's All-Academic Team. He graduated from the Ohio State in 2008 and received his B.A. in Sports Leadership and Humanities.

Continued on page 9

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INSIDE THE PARK PRESS

Editor's Message3	Health & Wellness18
News4	Technology20
Business13	Schools20
In The Garden15	Community Calendar23
Arts & Entertainment16	

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Publisher's Message



RICK CABLE

Expect to hear a sigh of relief throughout our community this month as the kids head back to school. Sure, the students might have a different tone and they're thinking- where did the time go? For many parents and merchants it will be just the opposite. They've handled an ever-changing summer schedule while juggling work, family vacations, camps and many things that keep us away from our routines. Each week during the summer break seemed to have a different schedule for our children's activities. It's great for the children, but summer activities, plus working to fit in some vacation time, can be challenging for parents as well as many of the local merchants.

Given the current state of our economy this time of year is a

significant benchmark for our local retailers. They've survived the lag of summer and are thrilled to be headed towards the fall season. As you shop for back-to-school items please keep in mind that the local merchants play a significant role in our community, and it is important to support them with your business whenever possible. Many are contributors to sponsoring events and charitable efforts in our community and, most importantly, they are our friends and neighbors. Remember, what goes around certainly comes around.

If you're shopping for school supplies be sure to visit the respective school website, as most will have supply lists by grade level available to help with advance shopping. It seems that I have this annual tradition of having a hard time finding the all-important three-prong paper folder with pockets. I'm not kidding, the aisle will look like a hurricane swept through and I'll be there looking through all the folders that will have just the prongs or just the pockets. My suggestion is just make the one with both the prongs and the pockets so retailers can better use their shelf space for the folder that sells!

In closing, I'd like to remind everyone to take extra caution while driving throughout our community as many of our children walk or ride their bikes to school. Many have to cross at areas outside of marked and patrolled school zones so be alert and aware to help ensure their safety.

As always, thanks so much for reading The Park Press and we look forward to the great things to come.

RVCKRick Cable

Publisher/Founder ■



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J. Barry Boyd, MD



FACE • BREAST • BODY CONTOURING

Perfection...

By Tricia Cable

We are in the home stretch of summer 2012, and for me, this one is going down as one of the fastest summers on record. I have no idea where the time has gone. Chalk it up to busy work schedules, various children's sporting events and the fact that laundry doesn't do itself and...there goes June, July and August!

Thank goodness for the annual trip to the beach; if not for those peaceful morning walks in the sand this year's summer may have been lost on me completely. Nothing like a few days spent outside in the sun and surf doing next-to-nothing with friends and family to get you back on track.

Shelling is a fairly big part of our beach time. My youngest has inherited my desire to find the "perfect" shell. She has overcome her intimidation of the ocean just enough to enjoy spending time both in and out of the water looking almost endlessly for shells.

In the beginning, when she was much younger, she would ask what exactly are we looking for. She would almost instinctually pick up a shell, examine it and if it had a chip, crack or hole, throw it back. I could always tell her shells from mine because if they weren't perfect, she would throw them back. It made sorting them when we got home easy, because she would only have

a few compared to my buckets full.

Over the years, I have noticed that she has become more receptive to including a few broken or less than perfect shells into her collection. So this year, during one of our shelling expeditions, I decided to ask her what she looks for in her shells. Out of the mouths of babes... the conversation went something like this:

Well, I used to think that the goal was to search and search through all the shells and

look for the most perfect of them all. I had a picture in my head of what I thought I was looking for. But, over the years the only time I would see what I thought I had been looking for was when we would go to a shell store or in a magazine. I don't know where they get their shells, but the ones that we find never seem to look quite like theirs. Then, I started paying more attention to your shells, Mommy. You look and look and pick up shells or pieces of shells that I wouldn't think are that special. But for some reason, they are to you. So,

I started to look at them differently. When I stopped looking for the "perfect shell," I noticed that they are all kind of perfect in their own way.

How'd she get to be so smart? Apparently, I like the underdogs. I like the shells overlooked by the masses. I like those with glaring imperfections that may have a tendency to go unnoticed. I like the ones that have not had it easy and have the scars to prove it. Interesting what you learn about yourself looking for shells on the beach and interesting what we teach our children without saying a word. Actions do speak louder than words. We can talk and talk, but what really makes an impact is what they see, not what they hear. Puts a whole new meaning on "monkey see, monkey do"! So, mindful of your actions, the monkeys are watching.



I used to think that the goal was to search and search through all the shells and look for the most perfect of them all.

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NEWS

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Meet The Delongys

Craig Delongy is from Derby, Kansas. He attended the University of Kansas, played on the golf team and was a member of the Sigma Nu fraternity. He went on to graduate from Friends

University in Wichita, Kansas and after college had a brief stent as a professional golfer. However, as much as he loves the game, his career path led him in a different direction.

In the 70s Craig was one of the founding partners of Champs sporting goods and he personally ran eleven of the stores. Then, he started Craig's Sports, opening five stores in the Central Florida Market. The competition was stiff within the sporting goods industry and in July of 1995 while playing golf with three friends, the question came up regarding things that they wish they had done in their lives. Craig made mention that he had always wanted to open a retail store spe-

cializing in men's fashion and in March of 1996, he made that dream a reality with the opening of the first John Craig store on Park Avenue in Winter Park. "It was a risk, but you can't appreciate the mountain top until you've been to the valley, and I've been to the valley many times."

by a 2003 opening of his JW Marriott hotel store in Orlando and the 2006 opening of the 3rd Street store in Naples. He has also added to the



John Craig chain over the years with the addition of Current in 2009 and Peter Milar in 2012, both of which are located on Park Avenue in Winter Park.

Craig's beautiful wife Suzanne (they met on a blind date!) graduated from pharmacy school

The opening of that first store was followed at the University of Florida (go Gators) and she is retired from Taylor's Pharmacy. They have two children. Their daughter, Blair, is a Rollins College graduate with a degree in international

> business. Blair's professional career started as a buyer for the family's Current store, which specializes in contemporary men's fashion, and she is the newly appointed vice president of John Craig. Their son, Blake, is currently a junior at the University of North Florida where he is a member of the golf team.

> As you can imagine, the Delongys are very involved within the community. Craig serves on the Council of Leaders for the Winter Park Chamber and the Advisory Board for Hamilton Holt. "With three stores on the avenue, I am all in when it comes to Park Ave! People really have no idea what an incredible shopping district we have right here in our own back yard."

Having had the opportunity to travel to some of the most prestigious shopping districts in the world, I would say he knows what he is talking about! John Craig has been voted Best of Class by Esquire magazine twice a year every year since 2005.

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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



While Mike Bianchi and Scott Maxwell are the pros, I thought I would provide my own version of running off at the typewriter with some news from the City of Orlando...

 We had our budget workshop in July and our city is very healthy financial-

ly. While the final vote on next year's budget will be September 17, I can report that the mayor has asked that the council vote to keep our city's millage rate the same as it has been the past four years, at 5.65. This rate is lower than our 2003 millage rate and lower than most Florida cities of comparable size. For more information on the city's budget, visit www.cityoforlando.net/ budget or feel free to attend one of the two budget public hearings taking place at 5:00 p.m. on Monday, September 10 and Monday, September 17 in the City Council Chambers.

· As we all try to fit in a few more fun family activities before summer comes to an end, consider visiting our city's signature park, Lake Eola. If you missed our 4th of July celebration, you can still see the fountain show every night at 9:30 p.m. Also, please note that Mayor Dyer and Commissioner Sheehan installed three swan and duck coin-operated feeders to promote healthy nutrition for all of our fowl friends. They are located near the Ting Pavilion and the playground. For up-to-date informa-

tion on all of the happenings at the park and the amphitheater, check out the park's official Facebook page by heading to www.cityoforlando. net/socialmedia.

- Our Streets and Stormwater Division recently finished their first "Streets and Streams" quarterly newsletter. I know it may not sound like the most exciting of reads, but it does have some valuable and interesting information. For example, did you know that there are more than 350 miles of storm drainage pipe in the City of Orlando and that our street sweepers drive more than 55,000 miles in one year? Check out the full newsletter at www.cityoforlando.net/ public_works/s&d.
- Another great new tool on our city's website is the Neighborhood Information Locator. Just go to the City Council page and at the bottom it has a place to search for your city commissioner. Not only can you find out what district you are in, but you can also find out facts about your neighborhood, local points of interest, zoning, solid waste pick-up schedules, etc. Go to www. cityoforlando.net/elected/council.
- As you are probably aware, many sidewalks are being completed throughout our city, more than 18 miles total, through a federal transportation grant. The second phase of this project will begin in the fall of 2013, so our city staff is currently compiling locations for consideration. Please visit www.cityoforlando.net/sidewalks for more information or to make suggestions.
 - Thanks to everyone who came out to Loch

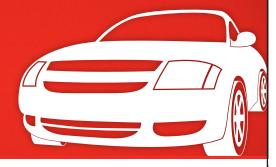
Haven Park for the ribbon-cutting ceremony and inaugural 5K for the Orlando Urban Trail. We are so excited about all of the great trail connections being made in the city. Check out the up-to-date Northeast Trail Map of all of our current and future trails around Orlando located on the city's website.

- Speaking of Loch Haven Park, another fun summer activity is the great laser light shows on display at the Orlando Science Center (www. osc.org) through August 18. Also in Loch Haven, the Orlando Repertory Theatre (www. orlandorep.com) celebrates their 10th birthday season this fall with a great line-up of family friendly shows, such as "The Voyages of Dr. Dolittle," Dr. Seuss' "The Cat in the Hat," and "The Adventures of Tom Sawyer".
- I am excited that one of the first Wawa stores is opening in District 3 on Silver Star Road. The store will be opening around August 15 so head over and check out what all the buzz is about. We are excited that Wawa chose to fly south and open their first Florida stores in the Orlando area. For more information about this familyowned business, visit www.wawa.com.
- August means back to school for many youth and families in our community. I want to congratulate Edgewater High School and Glenridge Middle School as well as Audubon Park, Princeton and Lake Silver Elementary Schools for continuing their high standards of student achievement. Part of what makes all of these

Continued on page 11

ROBERT F. STUART | COMMISSIONER, DISTRICT 3, CITY OF ORLANDO | 400 S. ORANGE AVENUE, ORLANDO, FL 32801 | 407-246-2003 | ROBERT. STUART@CITYOFORLANDO.NET

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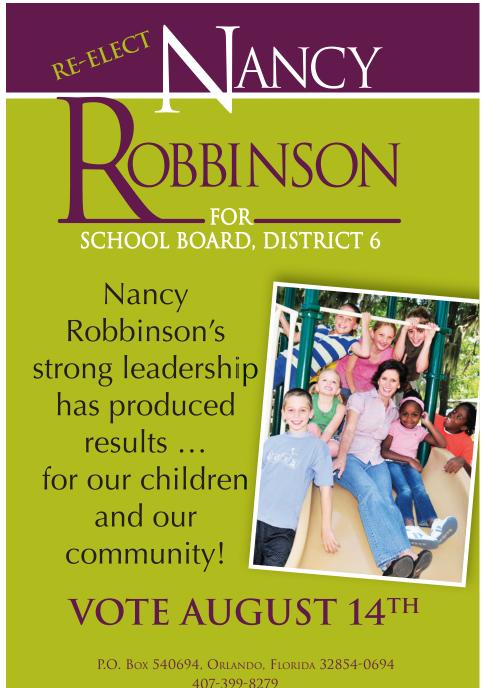


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Winter Park Mayor's Message

Mayor Ken Bradley



Winter Park Puts Its Best Foot Forward As Students Return To School



August is one of the most critical months for our community to put its Best Foot Forward (BFF) as our children head back to school. Committing to BFF's mission to make local streets safer for walkers and drivers is vital, especially this

month as we welcome students back to the new school year.

I joined the mayors from across Orange County recently to launch BFF in support of making our streets safer. With the resources and management of Bike/Walk Central Florida, combined with a coalition of other civic leaders, public safety officials, engineers, educators, transportation planners, advocates and concerned citizens, and financial assistance from funding partners such as the Winter Park Health Foundation and MetroPlan Orlando, we will be able make a huge difference in pedestrian safety.

On average, a pedestrian is killed every week in Metro Orlando and two are injured every day. That statistic alone is unacceptable and is one of the reasons why the City of Winter Park is doing its part to help reduce pedestrian injuries and deaths.

In an effort to make the city a more walkable community, for the past two years, the city's Pedestrian & Bicycle Advisory Board along with city staff has diligently been working on projects to increase safety. In fact, one of the current projects that is scheduled for completion before the school year begins, is upgrading the school zones at Glendridge Middle and Lakemont Elementary schools. Some other recent examples of these efforts are:

- Passing the complete streets resolution that solidifies the city's support for multimodal transportation efforts
- Filling in approximately 1,200 feet of gaps in sidewalks throughout the city
- Making visible enhancements to crosswalks along Aloma/Fairbanks avenues between Lakemont and Pennsylvania avenues
- Installing new signalized pedestrian cross-
 - ✓ Palmer & Lakemont serves YMCA and Lakemont Elementary
 - ✓ Whitehall & Lakemont serves Winter Park High School
 - ✓ Howell Branch Road & Temple Trail serves Dommerich Elementary & Maitland Middle School students (funded by a Safe Routes to School grant)

Our efforts will go hand in hand with Bike/ Walk Central Florida's implementation of its "Triple E" approach to reducing pedestrian injuries and deaths. Triple E combines engineering (signs and crosswalks), education, and enforcement to increase driver compliance with crosswalk laws, to prompt pedestrians to make safe use of crosswalks, and reduce the risk of roadway user injuries and fatalities in our area.

Unfortunately, looking both ways before you cross the street is not enough. Please remember to teach your children basic street and traf-

fic safety, especially while walking or bicycling to school. We are all visual learners, so remember to also be walking examples of what a safe pedestrian should do and be. Don't walk or drive distracted!



For more information regarding Best Foot Forward, please visit iyield4peds.org.

Sincerely,

Keneth W, Bradley

Kenneth W. Bradley Mayor, City of Winter Park ■



Maitland Mayor's Message

Mayor Howard A. Schieferdecker

HOWARD A. SCHIEFERDECKER

Maitland Art And History Center

The July 9, and being of concern, these same 2012 Maitland council members recommended City Council that the city take over the operameeting was a tion of the Art and History Center. positive turn-By doing this they felt that the city could run it more efficiency and ing point in the partnership of save the city money.



ing of the Maitland Art and History Center. The culmination of that unrest was an agenda item at the council meeting to terminate A&H's lease. Over 150 people came to the meeting to show their support for A&H. In addition, a number of art associations were present including United Arts, the Arts and Cultural Alliance and the Fringe the city's budget: Festival who also expressed their

recently

formed Art and

History Association (A&H) and the

city. There had been a strained re-

lationship these past seven months

regarding the running and fund-

support of A&H. Prior to this meeting, about a year after the merger of the Maitland Art Center and the Maitland Historical Society in May of 2010, a fifty-one year lease with the city was agreed to with a probationary one-year period. This probationary period allowed the city to cancel the lease at any time without cause. About six months after the lease was signed in December of 2011, concerns were raised by some members of the council regarding the performance of A&H. Subsequently with the city budget rev-

enue projections coming forward

After a few workshops between the city and A&H, A&H came up with the following proposal to address the council concerns about

- Reduce the city's Capital Support to the Art and History Center 15% from \$425,000 in 2012 to \$361,250 in 2013.
- Greatly accelerate the goal of A&H becoming 100% financially independent from the city within five years. (Per the lease agreement A&H had 17 years to become 75% financially independent from the city or until the year 2030.) This will save the city millions of dollars in financial support in future years.
- Extend the probationary period of the lease one year from September 30, 2012 to September 30,

Even with this new proposal in place, some council members felt that we could still do better by having the city take it over. However,

the remaining council members were very encouraged by this new proposal by A&H.

When the termination of the lease was included on the agenda for July 9, 2012, I was glad. This gave us the opportunity to put this issue to bed and get on with the positive development of A&H. In the past seven months, a lot of time has been spent at meetings and preparing and reviewing documents. This took a lot of time away from A&H being able to do what they



needed to do to continue to move ahead and prosper. After a presentation from council members, A&H representatives and a long pub-

lic period, the decision was unanimous not to terminate the lease but to extend the probationary period of the lease for one year from September 30, 2012 to September 30, 2013. Now we all need to work together to make A&H the great success that it is in the process of becoming. I am committed to do so.

Howard A Schieferdecker Mayor, City of Maitland ■



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County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



The Orange County Board of County Commissioners and the City of Orlando recently voted unanimously to revitalize delayed plans for renovations to the Citrus Bowl and second phase of the Dr. Phillips Performing Arts Center ("DPAC"). The \$175 million dollar Citrus Bowl renovation project was included as part of an inter-local venues agreement originally approved in 2007. The agreement provides for contribution of more than \$575 million of Tourist Development Tax (TDT) funds for the construction and

renovation of three venues, the Amway Events Center, DPAC the and the Citrus Bowl Stadium. Only the Citrus Bowl and second phase of DPAC are unfunded.

Due to the economic downturn, expected revenues were not generated by the Tourist Development Tax and the ability of the City of Orlando to issue bonds for the projects. The Citrus Bowl renovations, already in line to receive money after completion of the other two venues, was pushed back the furthest.

The amendment unanimously approved last month by both Orange County and the City of Orlando has Orlando pledging additional rev-

enue sources for bonds, and Orange County securing the project reserves with a pledge of up to an additional \$12.5 million for debt service not be met and funding agreed upon escalation in constructions costs.

My concern with the amendment was the application of a City of Orlando policy to require contractors to apply a minimum set wage rate for workers based upon a federal guideline known as Davis Bacon. Davis Bacon is federal legislation which does not apply to the State of Florida, or Florida counties



and cities construction projects not utilizing federal funding,. The City of Orlando voluntarily adopted regulations in 2004 to have it apply to City of Orlando projects. Davis Bacon has been criticized as unnecessarily increasing the costs of labor for construction projects. My concern was that the application of Davis Bacon wages would unnecessarily increase the costs for the Florida Citrus Bowl and second phase of DPAC. In a review of the Davis Bacon rates published in 2010 compared to 2012, there was an escalation of approximately 37%.

Although I certainly respect any decision of the City of Orlando to apply Davis Bacon wages to its projects (although Orange County does not do so), Orange County is providing significant funding for the Citrus Bowl and DPAC. During these difficult economic times, Orange County and the City of Orlando should efficiently use and maximize tax dollars for construction projects. As the Orlando Sentinel reported in its editorial on the new agreement, "we agree that taxpayers are better off when winning bidders on public projects, not the government, determine wages." Unfortunately, my proposed amendment to not apply Davis Bacon wages was not supported by the majority of the County Commission or City of Orlando. Hopefully, the Davis Bacon wage requirement will not unnecessarily drive up the costs of these projects.

The Citrus Bowl upgrades to the 65,000 person stadium include remodeled restrooms and concession stands; upgraded suites with about 8,000 club seats; along with new banquet and ballroom spaces. These upgrades should afford the Florida Citrus Sports Commission the ability to compete with other markets for national sporting events such as the newly devised college football playoff game series and inner league college football games. It was reported by the Citrus Sports Commission the two college bowl games hosted in 2011 over 90 million dollars in revenue to area businesses. The impact to the community will only rise as we now move forward with these important upgrades.

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



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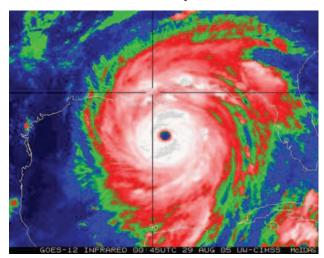
The Park Press | AUGUST 2012 8 **NEWS**



protection and service by The Winter Park Police Department

Hurricane Preparedness

The Winter Park Police Department wishes ing the height of a major storm. Police and fire everyone to have a fun and safe summer. We have entered into hurricane season again and to ensure the community is as safe as possible, please consider the following information so you can be as prepared as possible should a hurricane affect our community.



During a hurricane, sustained wind speeds can be anywhere from 74 miles per hour for a Category 1 hurricane to over 156 miles per hour for a Category 5 hurricane. Sustained winds of these speeds obviously cause havoc to our infrastructure to include power, water supplies, flooding and accessibility to our roadways.

It is important to note that while your police department is fully staffed and officers are staged throughout the city to ensure response capability in preparation for large storms, for safety reasons, emergency response can cease if sustained winds exceed 40 miles per hour. Emergency responders DO NOT respond durprioritize response to critical incidents during storms based on threat to life and the safety of people in the area. When approved, police and fire respond to immediate needs first such as fires, dire medical emergencies, downed power lines, and severe structural damage. It is each and every individual's responsibility to prepare for any storm and either evacuate to a safe place or have the supplies on hand for the aftermath.

Follow these safety tips before, during and immediately after storms to decrease the likelihood of accidents or injuries:

Lightening and downed power lines are deadly situations that should be considered before venturing out before, during and after a storm. Notify police of and stay away from any downed lines.

Traffic safety: Non-functioning street lights are ALWAYS a 4-way stop! Approach every intersection with caution and follow any traffic direction by an officer. Avoid driving during or immediately after a severe storm unless absolutely necessary. Remain home if possible. Emergency responders need the roadways clear for quick and easy response.

Debris: Areas may be closed off depending on the amount of damage. For safety reasons, DO NOT venture out during or after the storm unless absolutely necessary.

Do not panic: Have a plan set in place and be prepared. Know where the emergency exits are located, the emergency routes for the roadways in your area, locations of safe places / shelters and where you can safely keep your pets since most shelters do not allow pets. Discuss with family members on how to reunite if you get separated and have a designated meeting location (preferably not a tree). Make sure you know how you will get the medical attention you require.

Have a Hurricane Emergency Kit ready with the following items included:

- ☐ Medications for a couple of days
- ☐ Medical ID, prescriptions, health information
- ☐ Important papers
 - Insurance papers/documentation
 - Driver's License
 - Emergency numbers
- \Box Cash
- ☐ Charged flashlight
- ☐ Charged cell phone
- ☐ Radio with fresh & extra batteries (Ziploc bag to keep batteries dry)
- □ Whistle
- ☐ Candles, matches and/or a lighter in a Ziploc bag
- ☐ Minimal toiletries □ Bug spray
- ☐ First Aid Kit
- □ Non Perishable food items that are easily car-
- ☐ Water or fluids for a couple of days
- ☐ Minimal clothing items
- □ Blanket

Remember that the City of Winter Park has an emergency response plan that is up and running before any major storm hits our area. Follow these simple guidelines and stay as safe as possible.

Philharmonic Still Debt-Free While Celebrating 20th Anniversary

Since its founding in 1993, the Orlando Philharmonic Orchestra has never ended its fiscal year with a negative budget balance, and 2011-2012 was no exception. Recently, Central Florida's resident professional orchestra balanced its budget again, celebrating its 19th year without a drop of red

This is a rare achievement in today's classical music world, where challenges economic have caused similarlysized communities to lose their orchestras. Executive Director David Schillhammer says the accomplishment is the result of high subscription and ticket sales, fiscal responsibility, and generous philanthropic support.

"Our unique and creative programming has ignited the passions of the community," said Schillhammer. He says the orchestra prides itself in offering a variety of programs, from classical, pops and chamber orchestra concerts, to education programs, community concerts, and even staged operas. And audience members have responded favorably – the orchestra ended the fiscal year with just under \$1 million in sales, up from \$555,000 a decade ago. And with just under 4,000 subscribers, the orchestra's patron base has nearly doubled in the last five years.

"Despite continued economic uncertainty, philanthropic support for the orchestra remains strong and committed,"

Schillhammer said. "Companies like Darden Restaurants, and so many others, along with countless individuals, corporations, foundations and government supporters have remained loyal in their support for the orchestra." He added that the orchestra is particularly thankful

to Orange County and the City of Orlando for their unwavering support of the arts.

The Orlando Philharmonic was formed in 1993 after its predecessor, the Florida Symphony, ended its 43-year legacy by declaring bankruptcy. The Philharmonic's founders established guiding principles that stressed financial accountability.

"The board, staff, musicians and volunteers work tirelessly together to be the best possible stewards of our resources," said Schillhammer. "They ensure that we maintain financial equilibrium, now and in the future. The Orlando Philharmonic is proud to be celebrating our 20th Anniversary in 2012-2013, and the season is not only a celebration of our past, but a call to action for the future. We look to our 20th anniversary to serve as a springboard to the future, to raise the necessary funds to ensure the organization in perpetuity."

The orchestra plans to launch a major sustainability campaign this fall, which will increase the \$3.8 million endowment to \$12 million over the next five years, and create a \$2 million endowment for its opera program.

The mission of the Orlando Philharmonic is to foster and promote symphonic music through excellence in performance, education and cultural leadership. The orchestra celebrates its 20th Anniversary Season in 2012-2013, under the direction of Christopher Wilkins in his seventh season as music director. For more information and concert schedule, call 407-770-0071 or visit www.OrlandoPhil.org. ■



Central Florida Companies Raise Nearly \$800,000

Junior Achievement of Central Florida (JA) recently completed its 29th annual Bowl-A-Thon fundraiser. More than 8,500 employees from nearly 145 local companies were able to raise nearly \$800,000 to help JA provide practical economic programs to 30,000 students in Central Florida.



Disney VoluntEARS having fun while making a difference.

Employees from Disney VoluntEARS, Adventist Health System, Walgreens Co. and Lockheed Martin were the top contributors to the event, which took place at bowling centers across Orange, Seminole, Osceola and Volusia counties from February through June.

Bowl-A-Thon is an annual fund-raiser in which local companies recruit teams, find sponsors and then come together to bowl at local bowling centers to raise money for Junior Achievement. If your company is interested in participating in next year's Bowl-A-Thon, please contact Lauren Arndt at 407-898-2121, ext. 18.

Junior Achievement (JA) is the world's largest nonprofit organization dedicated to educating students about workforce readiness, free enterprise, entrepreneurship and financial literacy. For the past 50 years, Junior Achievement of Central Florida has been inspiring and preparing young people to succeed in a global economy. Last year, Junior Achievement served 78,000 students in a total of 4,300 classrooms throughout Orange, Seminole, Osceola, Volusia and Lake counties. More than 3,400 community members and business leaders volunteer at the organization. For more information, visit www.jacentrafl.org or call 407-898-2121. ■

Continued from page 1

Orlando Urban Trail Is Officially Open

accommodate walkers, bicyclists and skaters. The new trail further enhances recreation options with wide paved paths and provides a free public asset to help citizens stay fit and get exercise while exploring Orlando.

"Completion of this new pedestrian and bike path provides an increased quality of life for everyone who lives in this area of our city, providing a safe amenity for our families and residents to utilize and enjoy," said Commissioner Sheehan.

Once complete, the entire Orlando Urban Trail will eventually connect from Mead Garden in Winter Park through Downtown Orlando encompassing the Dinky Line and Gertrude's Walk and then extending southwest to connect with the Shingle Creek Trail and into Kissimmee.



Full map of the Orlando Urban Trail

Continued from page 1

Solar Bears Name Matt McIlvane As Assistant Coach

McIlvane assumed the head coach and general manager position for the expansion Danville Dashers of the Federal Hockey League in December 2011. He took the winless Dashers team and turned them into an exciting part of the Danville community.

"I am excited about joining Drake and the Solar Bears," said McIlvane. "Drake is a strong motivator and teacher and I look forward to assisting him in recruiting and coaching the team."



Matt McIlvane of the Orlando Solar Bears

The Orlando Solar Bears, the ECHL affiliate of the NHL's Minnesota Wild and AHL's Houston Aeros, are coming "Out of Hibernation" and will play 36 regular season home games at the 2012 Street and Smith's Sports Business Journal Sports Facility of the Year, the Amway Center, beginning October 20, 2012. ■

GREAT HEALTH & WELLNESS COME FROM WITHIN

Our highly skilled team of internal medicine physicians just got healthier! Dr. Franco and Dr. Patel of Medicine Specialists at Florida Hospital will join our team of attending physicians, within which they will instruct and educate future internal medicine specialists. They will continue to provide general health care for adults ages 18 and up, specializing in wellness and preventive health, chronic disorders and complex health conditions.



PAVEN PATEL, MD

Dr. Patel graduated with his bachelor of Medicine and Bachelor of Surgery from Saurashtra University in India. He completed his internal medicine residency at Florida Hospital Orlando.



DAVID FRANCO, MD

Dr. Franco received his medical degree at Universidad del Quindio in Colombia. He completed his residency in Internal Medicine at Florida Hospital Orlando and is a member of the American College of Physicians.

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The Park Press | AUGUST 2012 10 **NEWS**

Rollins' Upward Bound And Educational Talent Search Programs Grant **Funding Renewed**

Rollins College's two federally funded TRIO education opportunity programs, Educational Talent Search and Upward Bound, were recently renewed in funding through the U.S. Department of Education. Educational Talent Search was awarded \$1,566,060 to provide services to 700 middle school and high school students in Orange and Osceola Counties. Upward Bound was awarded \$1,564,735 to provide services to 65 high school students in Orange County. Both programs were funded for five more years.

Staples on the Rollins campus since 1980, both programs serve the education needs of Central Florida's diverse community by providing tutoring, mentoring and opportunities for college preparedness.

"We are proud that we are able to offer the academic and leadership resources these students need for success," said the director of precollegiate programs at Rollins College, Carrie Glatting. "This is very exciting news for Central Florida and an example of our tax dollars being put to good use."

The Educational Talent Search and Upward Bound programs, both part of the federally funded TRIO program, work with low-income

secondary school students who aspire to be the first in their families to earn a college degree. The programs encourage, support, and prepare students to enter the college or university of their

During the 2011-12 school year, the Upward Bound program served 65 students in Central Florida and Talent Search served 740 students. All nine seniors in Rollins' Upward Bound program graduated from high school and all were accepted to a postsecondary institution. The 153 seniors in Rollins' Tal-

ent Search program graduated from high school and more than 85 percent will enroll in a postsecondary institution in the fall of 2012.

Services provided to participants of both programs include academic monitoring, goal setting, decision-making techniques, college tours and assistance with the college application and financial aid application process. Two-thirds of program participants are low-income secondary visit www.Rollins.edu/pcp.



Upward Bound summer group at Rollins

school students who will be the first generation in their families to earn a college degree. Both programs encourage, support and prepare students to enter the college or university of their choice.

The Office of Pre-Collegiate Programs is part of the Office of Community Engagement and is housed at the Rosen Family Center.

To learn more about these programs please

Massey Services Pledges \$250,000 To Central Florida **Veterans Memorial Park**



(L to R): Jerry Pierce, CFVMPF Chairman, Jim Donovan, CFVMPF Campaign Consultant, Harvey L. Massey, Tony Massey.

Harvey and Carol Massey, their family and the team members of Massey Services, are honored to support The Central Florida Veterans Memorial Park Foundation with a \$250,000

pledge for the construction of a memorial at Lake Nona.

"This memorial will honor Central Floridians who have served our country and sacrificed their lives," according to Jerry E. Pierce, chairman of the Memorial Park Founda-

"It is apparent that the Massey family and their team members clearly appreciate the freedom we have today and honor those who gave their lives to secure it. This is the largest contribution to date and we are most grateful for this generous donation," said retired Air Force Colonel Joe Kittinger, a member of the Memorial Foundation board.

Harvey L. Massey, chairman and

CEO and Tony Massey, president and COO of Massey Services, presented Jerry Pierce a letter of the firm's pledge of \$250,000, thus pushing the total raised for the memorial to \$900,000, or nearly two-thirds of the \$1.5 million construction goal. Once that goal is met the all-volunteer board of the memorial will seek another \$1.5 million for an endowment for the upkeep of the memorial.

"Massey Services is truly honored to support this memorial," said Massey. "We are fortunate to live in the greatest nation the world has ever known and the Central Florida Veterans Memorial Park allows us to remember those who have fallen while fighting for our freedom, liberty and the opportunities that are afforded to us each day."

The names of over 1,200 fallen from Brevard, Lake, Orange, Osceola, Seminole and Volusia counties will be inscribed on the four pillars that make up the Memorial Park. The amphitheater, the focal point of the park which overlooks Lake Nona, will be named after the Massey family and Massey Services in recognition of the company's contribution.

For more information about the Memorial to the Fallen please visit www.CFVMPF.ORG.

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11

UCF Students Award \$96,500 In Grants Locally

Students in a new philanthropy course at the University of Central Florida's School of Public Administration helped direct \$96,500 to local nonprofits. "Philanthropy, Fundraising, and Social Entrepreneurship" was designed in partnership with the Community Founda-

Students in a new philanthropy perienced the real-world process urse at the University of Central of grantmaking, including how to brida's School of Public Admintrack an important philanthropic ration helped direct \$96,500 to investment."

"The Community Foundation of Central Florida is an amazing organization in how it contributes so much to the local community. I



Front row – Julie Schaffer, Marybel Zabel, Amber Myers Ferguson, Colleen Lutz, Stephanie Krick. Second row – Lindsey Pike, Ciara Douse, Anna-Bradley Lozier, Cathleen Droke, Nicholas Snyder, Gilda Ekbatani

tion of Central Florida as a unique educational experience.

Mark Brewer, president/CEO of the Community Foundation, said "By integrating an actual grant round into this class, students exam very thankful for having had the opportunity to have been a contributing part of its mission," said student Nicholas Snyder.

Among the grants that have been awarded already are:

- Early Learning Coalition of Orange County - A \$16,000 grant will provide case management and coordinate services for parents who attend the Parramore Kidz Zone Baby Institute. Karen Willis, executive director of the Early Learning Coalition of Orange County said, "We are most grateful for the continued support of the Community Foundation. With their support, we are able to assign a staff person to open doors and shed a light on the resources these parents need to make a better life for their children."
- Hospice of the Comforter A grant for \$10,400 was awarded for its education program for registered nurses. The grant will enable nurses to obtain training and certification in order to implement best practices for hospice care. Linda Freda, director of education at Hospice of the Comforter said, "This grant partnership with the Community Foundation supporting the health care profession brings value to continued education and the educational services that our Hospice nurses provide to the Central Florida community."
- Alzheimer's & Dementia Resource Center Inc. A \$34,000

grant supports collaboration between Alzheimer's & Dementia Resource Center and Florida Hospital to open a Maturing Minds Clinic. The clinic will provide services to patients with Alzheimer's disease or other related dementias in an effort to reduce hospital admissions or readmissions that are often avoidable for this population.

• Harbor House of Central Florida Inc. - A grant for \$10,000 will help Harbor House with the first year of operations of the new Paws for Peace Kennel. The kennel provides a safe refuge for the pets of the victims of domestic violence. Executive Director Carol Wick explains that one of the reasons a victim will choose not to leave a violent situation is because they do not want to leave a pet behind.

The Community Foundation of Central Florida is a public grant-making foundation that serves as a trusted philanthropic home for nearly 400 charitable funds established by generous individuals, families and corporations. The Community Foundation has invited all nonprofits in the region to create a portrait in the Community Foundation's Knowledge Base (www.mycfcf.org).

Continued from page 5

City Commissioner's Message Commissioner Robert F. Stuart, City of Orlando District 3

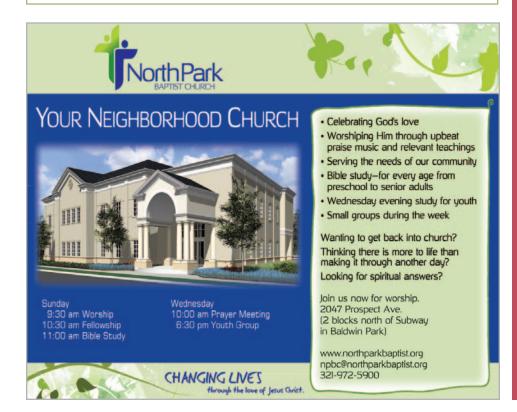
schools special is their high level of community involvement. Please consider learning more about what each of these schools does and

getting personally involved by visiting www.ocps.net.

• August is a very special month this year because we have twelve days of Summer Olympics to enjoy! While we all will be cheering on Team USA, check out all of our local Olympic heroes, such as **Brittany Viola**, a graduate of Lake Highland Preparatory School and a member of the Olympic Diving Team. Or watch Men's Two-Man Beach Volleyball and see **Paul Dalhausser**, a UCF grad. **Tyson Gay**, from Clermont, will be competing in Track and Field and **Hunter Kemper**, a triathlete from Longwood, will be competing in his fourth Olympic Games.

As always, thanks for your support of our district and our Great City! Enjoy the rest of your summer here in Orlando.

-Robert ■





The Park Press | AUGUST 2012 12 **NEWS**

Orlando Cancer Survivor Expedition Forges Ahead To Open Trail For Cancer Research

The Amazon 5000 - For the Cure foundation recently announced that Special Forces veteran and cancer survivor, Mickey Grosman, is making history on the Amazon 5000 Expedition. He has already covered hundreds of miles on his mission to reignite the fight against cancer and to inspire children currently battling cancer.

Mickey Grosman is currently on Leg 5 out of 12 on his year long, 5,000 mile expedition across the South American continent. This leg is monumental as Mickey will be making history by forging a route where Francisco De Orellana's famous 1541 El-Dorado voyage was forced to turn back due to the impassable terrain and harsh conditions.

Mickey is leading a courageous team of six through the virtually impenetrable terrain of the Eastern Andes through the Sumaco National Park in Ecuador, creating a path through the unexplored region never crossed by man before. This area is notorious for its unrelenting rain, earthquakes and extreme terrain.

By creating this path Mickey will be opening an opportunity for future researchers to study the plant life of this region. An estimated 70% of the plants with anti-cancer properties are native to tropical rainforests just like the Sumaco region. It is Mickey's hope researchers will find in this never-before-seen vegetation, a cure to

After opening this trail Mickey is descending the brutal Eastern Andes to the tropical rainforest and will continue on the Amazon 5000 expedition, making his way along the mighty Amazon River and through the dense jungles of Ecuador, Peru, Columbia and Brazil. Along the

way he is commemorating those who lost their battle with cancer and honoring current cancer warriors in a dedication ceremony, where he will post their names in a time capsule in the jungle that will not be opened until a cure for cancer is found.

Through state-of-the-art technology sponsored by Satellite Phone Store, Mickey is able to do live broadcasts from the jungle and communicate with his fans at home and the little warriors battling cancer at Florida Hospital (www.floridahospitalforchildren.com) and with the BASE Camp Children's Cancer Foundation(www. basecamp.org). They are partner organizations with Amazon 5000-for the Cure (www.facebook. com/Amazon5000) and the Amazon 5000-Kids Adventure Club (www.facebook.com/groups/ TrekkerInspector/). ■









Mickey Grosman's AMAZON 5000 expedition across the Amazon Jungle.

Florida Hospital Establishes Only Lung Transplant Program In Central **Florida**

only lung transplant program in Central Florida. The addition of two phyand the listing of the first patient to the lung transplant waiting list signals the first lung transplant in Central Florida is rapidly approaching.

The new lung transplantation program at Florida Hospital means patients in need of a lung transplant will no longer have to travel long distances to receive a life-saving organ. Typically, 10 to 20 patients each year have to leave Central Florida to receive lung Hospital from Emory University to

Florida Hospital has established the transplant services in other parts of

"In organ transplantation, much of sicians to the Florida Hospital team the hard work for the patient comes after the surgery, with many follow-up appointments and regulation of medications," said Dr. Andres Pelaez, Florida Hospital medical director of lung transplantation. "It is so important for patients and their families to get these services close to home so they can be near the team of experts that is familiar with their medical history."

In 2010, Dr. Pelaez came to Florida



Dr. Hartmuth Bittner and Dr. Andres Pelaez are the leaders of the newly- established lung transplant program at Florida Hospital Transplant Institute.

establish the Florida Hospital lung transplant program.

The latest addition to the Florida Hospital heart and lung transplant teams is Dr. Hartmuth Bittner, surgical director of the heart and lung transplant program. Dr. Bittner has vast heart and lung transplant experience and comes from Germany where he was a professor of cardiovascular and thoracic surgery at the University of Leipzig.

Drs. Bittner and Pelaez bring a combined 30 years of lung transplantation Continued on page 18

Rita Bornstein Honored With CASE Distinguished Service Award



Rollins College President Emerita Rita Bornstein

Rollins College President Emerita Rita Bornstein has been chosen as the 2012 E. Burr Gibson Lifetime Achievement Award winner. The award, presented by the Council for Advancement and Support of Education (CASE), honors individuals who have made a significant and lasting impact on the field of institutional advancement.

in higher education and the ad- important relationship between Pacific region," Lippincott added. vancement profession, Bornstein academic leaders and advance- "Perhaps most important, however, served as the president of Rollins College from 1990 to 2004, and was the first woman to hold that office. During her 14-year tenure, she guided the fundraising effort that raised more than \$160 million for academic programs, scholarships, faculty chairs and facilities. Under Bornstein's leadership, Rollins focused on strengthening its commitment to excellence, innovation and community. Standards were raised for faculty evaluation, student selectivity, and all aspects of administration. Bornstein was elected chair of the CASE Board of Trustees in 2005.

"Rita has served higher education with distinction for more than 35 years," said John Lippincott, CASE president. "She has writment professionals. She has been a pioneer and role model, first as a woman who moved into the top ranks of advancement and then as an advancement professional who moved into a presidency.

"As chair of the CASE Board of Trustees from 2005 to 2007, Rita championed ethical practice and

A nationally-recognized leader ten and spoken extensively on the CASE's expansion into the Asiais her work as a mentor to countless advancement and academic professionals alike. She is a true leader and friend to the profession."

Bornstein was one of six recipients recognized at this year's award luncheon during the CASE Summit for Leaders in Advancement on July 16 in Washington, D.C. ■





fiscal fitness by John Gill

The Hurricane Drought

With 60% of the lower 48 states in the grip of the most extensive and serious drought in many decades, a column on hurricane preparedness may seem untimely. However, if you think about our recent

weather patterns, less than two months ago we were in the grip of severe drought which was eliminated in essentially one weekend, via a tropical storm named Debby.

Considering the size and scope of hurricanes, we should always be prepared for these storms. Our nature, our humanness is, out of sight, out of mind. This is especially true when you consider it has been eight years since the multiple storm season initiated by Hurricane Charley. Although the hurricane season officially began on June 1, it is never too late to prepare and make sure documents, records and important papers are in order.

Living inland does not spare us from the power of a hurricane. Anyone in Winter Park or other areas of Central Florida eight years ago can attest to the destruction and disruption caused by Hurricane Charley. That storm wreaked havoc upon daily routines and reminded us of how fragile life and our way of living truly are.

Hurricane Charley also taught the importance of being ready. Anecdotally, it seems as

though the fury and impact of Charley and the other storms have slowly seeped from our individual and collective memories. If this is the case, it is worth taking a look at the types of financial preparations we should undertake as well the papers and documents that should be ready and available at a moment's notice.

From a financial perspective having cash ready and accessible is a must. If ATMs are unavailable or if merchants are unable to operate credit card machines or verify checks, cash will be king and necessary. I do not know of a suggested standard, but enough to run your life for a minimum of one to two weeks seems reasonable.

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

Identification Documents: driver's licenses, birth certificates, Social Security cards, passports, etc.

Insurance policies: homeowners, renters, flood, auto, life, health, disability, long-term

care; have at least the policy number, and insurance company contact information for each type of coverage

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

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

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

Other: a key to your safe deposit box, a thumb drive with backups of important computer files; a list of usernames and passwords for online accounts; account and contact information for utilities and other services (you may have to provide a new billing address or cancel certain services); a list of important documents and where originals and copies are located.

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

family business perspective by David Ciambella, CFP CSP

Teamwork

is not an

option, it is

imperative.



DAVID CIAMBEL

Teamwork At Its Best

"That is part of why I am so proud of them and to be part of this team." Goose-bumps covered my body and positive chills ran down my spine during an executive coaching session as the ser-

vice manager proceeded to share how proud he was of his team of service technicians. The reason he was so proud was because the individuals he manages at a particular automobile dealership chose to band together by donating an hour of their time each day, each week, for a minimum of thirteen weeks to ensure that a fellow techni-

cian who is out of work battling cancer receives a paycheck so he can put food on his family's table and pay his bills. How about that! Unprovoked, this team took it upon themselves to help a friend and colleague in need. Do you think this is a strange coincidence? If you knew the automobile dealer this manager and team of service technicians works for

and team of service technicians works for, you would not be surprised at all! leadership style whereby people (your team) do things for you because of who you are and what you represent, not because you are

This act of generosity and compassion indeed is not a coincidence but rather a way of life and a core value that embodies the persona of this impressive auto dealer and his team. Who wouldn't want to be a part of a team like this? For years, this dealer has lead by example and instilled in his organization the importance of taking care of each other and taking care of the customer. As a result he has been able to develop and attract high quality managers and em-

ployees who take pride in where they work and are fiercely loyal to the organization. The service manager referenced above expressed, "What a group! This is who we are and one of the reasons I will remain with this organization for the remainder of my career." Reflecting upon the coaching session last month, I can only imagine the feeling the service manager had delivering the news to the technician who is fighting for his life- "Your job will be waiting for you when you get well. There is nothing to worry about but getting better."

How can you instill this kind of loyalty and teamwork within your organization? Unfor-

> tunately, there is no short cut. It must be earned through exhibiting "personhood leadership" and exhibiting a servant attitude. John Maxwell, a renowned expert and respected author of "Developing The Leader Within You" identifies personhood leadership as a leadership style whereby people (your

team) do things for you because of who you are and what you represent, not because you are their boss. Most of my clients who are successful business owners with strong, cohesive teams working for them have carefully cultivated an environment of teamwork by confirming it as a core value, promoting it, and setting a good example for their employees.

To successfully compete in today's rapidly changing business environment, it is more important than ever to foster and build high performance teams. The new business norm is requir-

ing businesses do more with less. And in order to perform efficiently and profitably, teamwork is not an option, it is imperative. On a scale of 1 through 10 (with 10 being the best), how would you rate management synergy and teamwork in your business? Would teamwork be considered a succession asset or is turf management the norm? What are some ways you can improve teamwork? Some ideas may include:

- Provide a forum for departmental managers to work together by creating a Management Advisory Board. This forum allows individuals the opportunity to brainstorm, share ideas and problem solve on better ways to do business.
- Foster an environment of open communication which helps build trust.
- Consider taking your team off-site to participate in team building exercises. It is amazing what can happen when people get out of the office and connect in a more social setting and engage in fun, competitive and rewarding activities.
- Consider creating an incentive for achieving team goals and extraordinary levels of performance.

Employees and managers who feel valued will work harder and remain committed even during the tough times. It is likely your business will not only be more successful but both you and your employees will be more fulfilled and gratified. And remember the acronym TEAM which stands for: Together Everyone Achieves More.

Business In The Parks

Elizabeth Villegas, Vice President of Kuykendall Gardner - a Winter Park-based insurance brokerage firm - was honored as one of Leadership Winter Park's Class XXII graduates. Leadership Winter



Park is a program of the Winter Park Chamber of Commerce that identifies and promotes potential leaders from the business community

who want to become involved in Winter Park. A Winter Park resident, Villegas is highly involved with the community, serving on the Winter Park Community Foundation board for four years. Villegas is also a member of the Orlando chapter of Commercial Real Estate Women and a Key Initiative board member for the Ronald McDonald House Charities of Central Florida.

Central Florida-based O,R&L Facility Services and Owens Realty Services recently acquired the 24,000-sq.-ft. building within the I-4 Commerce Center located at 1646 33rd St. for a purchase price of \$1,825,000. The building has been vacant since its completion in 2007. Approximately 7,600-sq.-ft. of the building will serve as the company's new Florida headquarters. The remainder of the facility will be leased to third-party tenants. "The location of the building, which is central to both downtown Orlando and the attractions area, is ideal for any company looking for increased visibility with an Interstate 4 location, enterprise zone tax incentives and customizable, turn-key interior build-outs," said Trey Vick, executive vice president of Owens Realty Services.

The Winter Park Chamber of **Commerce** is pleased to welcome Ashley Ringler as its new events manager. Ms. Ringler will manage the organization's signature events as well as coordinate monthly ac-



ASHLEY RINGLER

tivities such as Business After Hours and Good Morning Winter Park. "Ashley's event management experience and love for Winter Park make

her a great addition to our team," said Patrick Chapin, pOresident/ CEO for the Winter Park Chamber of Commerce. Ms. Ringler is a Winter Park native and graduate of Winter Park High School. She earned a degree in event management from the University of Florida. Ms. Ringler has worked in event marketing for St. Jude's Children's Research Hospital in Atlanta and, most recently, as part of Healthy Chef Creations in Winter Park.

Boston-based TA Associates Realty has tapped Orlando-based Baker Barrios Architects Inc. to develop a new design for the iconic Church Street Plaza in Downtown Orlando. Designs include a European street cafe-style plaza, with a shared patio for Five Guys Burgers and Fries, Amura and the new planned Jersey Mike's Subs.

Morgan Epstein, advertising services coordinator at Orlando-based advertising and public relations agency Massey Communications,



MORGAN EPSTEIN

was recently pointed to the Orlando Ski Club board of directors. The Orlando Ski Club is a yearround, volunteer-run social organization with over 500 mem-

bers who are passionate about winter sports. In addition to her commitment to snowy slopes, Morgan is an avid support of the Pancreatic Cancer Action Network Orlando Affiliate, helping the organization to raise awareness and advance research of pancreatic cancer. She also volunteers at the Purple Stride Orlando 5K Annual Fundraiser each year and is a member of the Jewish Family Services of Greater Orlando Evening of Valor planning commit-

The Orlando Magic recently named Scott Perry vice president/ assistant general manager and Matt Lloyd assistant general manager. Perry has served as vice president of basketball operations of the Detroit Pistons for the last four years. Lloyd spent 13 seasons with the Chicago Bulls, the last five as the team's director of college scouting.

Baker Hostetler Orlando Partner Allison Turnbull was recently appointed as a board member to



the YMCA Metro Board, for a one-year term. The purpose of YMCA Metro Orlando is to improve lives of all in Central Florida by connect-

ing individuals, families and communities with opportunities based on Christian values that strengthen Spirit, Mind and Body. Allison Turnbull is long-time Central Florida community servant who is also a partner at Baker Hostetler focusing her practice on Florida land use and real estate development. She assists clients with issues relating to land use and zoning changes, real estate acquisitions and sales, real estate financing and legislative and governmental affairs on both a local and state level.

Ena Heller has been named the Bruce A. Beal director of the Cornell Fine Arts Museum (CFAM) at Rollins College. Heller joins the Rollins community having most recently served as founding director of the Museum of Biblical Art (MO-BIA) in New York City, a position



she has held since 2004. Recognized for her leadership and artistic vision, she brought MOBIA into the national spotlight by positioning

the museum as a leading secular exhibitor of religious masterworks from the Jewish and Christian traditions. Since the religious context of works of art is not well known, MOBIA was conceived as a learning museum, with exhibitions designed to be supported by lectures, tours, and hands-on workshops. Consequently, Heller has received the Religion and the Arts Award from the American Academy of Religions.

Cuhaci & Peterson Architects, Engineers, Planners has named Maria Tonkova, senior project coordinator and Karen Block and Nicole Burns, architectural graduates. Lonnie Peterson, chairman at







Cuhaci & Peterson, said Tonkova earned a bachelor's degree from the University of Architecture and Civil Engineering in Bulgaria as well as a master's degree in architecture from the University of Florida and more than 20 years of experience in the industry. Block received a Bachelor of Architecture degree from the Illinois Institute of Technology and Master of Science in Land Development from Texas A&M University and

has more than eight years of experience in the industry. Burns is working toward a Bachelor of Fine Arts in Architecture from the Savannah College of Arts and Design, Peterson said.

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Garden by Stephen and Kristin Pategas



STEPHEN & KRISTIN PATEGAS

A Passion For Plants

of those and wow, three of those! Gardening at our home and designing with interesting plants has become an obsession for us. Why plant the boring

when the new and interesting is just a nursery or web site click away? However, it wasn't always this easy for gardeners.

We'll take that one, one plants. Compare that to about 4,200 for Florida neyed on one of his visits. Find another marker which is only two-thirds the size. No wonder Juan Ponce de León named us "La Florida" (Land of Flowers)! Thousands of plants were discovered worldwide and then many made their way from Europe to America. Often they were traded for

Britain and Europe, owning unusual plants became a status symbol. In Britain even plants from warmer climes were in demand due to the elimination of the glass tax in 1845. Once glass was affordable, greenhouses sprung up and housed collections of cold-tender plants collected from afar. Plant explorers from European countries traveled far

and wide in search of new

plants to fuel this fad. Our

The Trial Garden at Mount

Vernon includes ornamental

and potential food crop plants.

In the 18th century in

native plants and those from Asia were espe- the southeast. At Mead Botanical Garden in cially popular in Britain since the whole United Winter Park look for the William Bartram Trail Kingdom had only about 1,400 native species of historical marker that records where he jour-

grandiflora) to Britain.

our native plants. John Bartram (1699-1777) who sent seeds of approximately 100 New World native plants to England, and his son William (1739-1823) were

at the Turtle Mound at the Canaveral National Seashore south of New Smyrna Beach.

Even George Washington was fascinated by plants and their potential uses for an emerging nation. At Mount Vernon we found his plant trial garden with imports from other countries. Bartram's garden on the shores of the Schuylkill River in Philadelphia is also open to visitors. Locally, view an astounding selection of labeled plants at Harry P. Leu Gardens and Bok Tower Gardens.

At Hortus Oasis we trial new plants and in what we call a Florilegium (from the Latin flos/ flower and legere/to gather: literally a gathering of flowers) we record the plants presently or formerly in our garden and how they perform. So far we've grown over 540 different native and non-native plants. Luckily we've had some successes and many we have specified in our designs for gardens throughout Central Florida.

PLANT BITS

Read: "Travels of William Bartram" by William Bartram and "The Brother Gardeners" by Wulf

Explore: Follow the Bartram Trail by foot, canoe, bicycle, horseback, car or armchair using "An Outdoor Guide To Bartram's Travels" by Spornick, Cattier and Greene

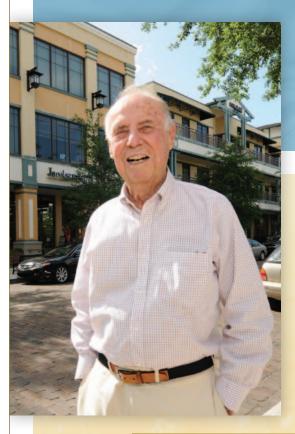
Buy Local: Lukas Nursery in Oviedo www.lukasnursery.com has the widest selection for retail sale.

Buy Online: Plant Delight's Nursery - www. plantdelights.com; Yucca Do Nursery - www. yuccado.com

Kristin and Stephen Pategas design landscapes and gardens at their home and business Hortus Oasis in Winter Park. Contact them at garden@ hortusoasis.com or visit www.hortusoasis.com and www.pategaionplants.com.

All photography by Stephen G. Pategas/Hortus Oasis





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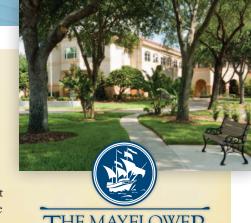
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16 ARTS & ENTERTAINMENT The Park Press | AUGUST 2012

pop culture detours by George McGowan

Real Life Intrudes On Pop Culture – Featuring The "Detour Kids"

Some of you may wonder exactly how I am able to comment on pop culture and meet my obligations as a husband and a father. Well, readers, this column is for you. For last month, I combined my fatherly obligations and my love of music and brought my two high school-aged

kids to Louisville, Kentucky to attend the three-day Forecastle Festival. Why Forecastle? When I did my usual costing out of my annual trip to a music festival, and since I was now bringing along two additional attendees, I crunched the numbers and concluded that attending Forecastle was about half the price I would have paid to attend Lollapalooza this year. The air fare was half, the hotel was half and the ticket price was half of that charged by Lollapalooza for its own three days of music. All of that, plus the small fact that my musical crush, Neko Case, was performing in Louisville helped guide me to this decision.

We arrived early in Louisville and had one day to see the town outside the festival walls. While Louisville is most famous for

the annual Kentucky Derby, it has some other interesting sights and diversions. We enjoyed a game at Slugger Field, featuring the AAA minor league affiliate of the Cincinnati Reds, the Louisville Bats. And since Louisville is home to Yum! Brands (the corporate parent of KFC, Pizza Hut and Taco Bell), we witnessed the between-innings Taco Bell Border Sauce race between life-sized packets of Mild, Hot and Fire sauces. Not exactly the sausage race at Miller Park in Milwaukee or the Presidents race at Nationals Park in Washington, D.C., but fun to watch, nonetheless. We also sampled the Fried Bologna sandwich sold at the stadium and can report that it was delicious!

Louisville also features a somewhat more famous meal with an interesting local history. Louisville is the home of the "Hot Brown," an extremely tasty turkey sandwich devised by the chef at the Brown Hotel in 1926. The Hot Brown is an open-faced sandwich of turkey and bacon,



covered in Mornay sauce and broiled until the bread is crisp and the sauce begins to brown. Needless to say, it was also delicious!

We also visited the Louisville Slugger bat factory, where we held bats used by Mickey Mantle and Cal Ripken, Jr.; and the Muhammed Ali Center, a five-level museum dedicated to "The Greatest" and his legacy in sports and life.

As for the music, we made some new discoveries that we can share. My daughter insisted we check out the band Tanlines – an electropop duet. Tanlines played very danceable pop songs and had the crowd captivated and dancing along. Their debut album is entitled "Mixed Emotions" and you can check them out at www.

tanlinesinternet.com. Another wonderful band that connected with my son with their debut album this year is "The Head and the Heart." For the hipsters out there, they remind me of Mumford and Sons and/or Avett Brothers. For the non-hipsters out there, you might enjoy their

brand of poppy folk with two, three and even four-part harmonies.

My greatest memory of the Forecastle Festival is that we got "up close and personal" with Kelly Hogan, who has for many years been a back-up singer with Neko Case, but this year has issued an album of her own and is touring to support it. It is called "I Like to Keep Myself in Pain" and features songs written by a pantheon of indie rockers as well as some originals. Hogan did double duty at the festival with an early set of her own, enthralling those willing to get to the festival early, and a late set with the wonderful Neko Case. Hogan is a very accomplished and emotional singer and uses

her own vocal style to "own" the songs on her new album. Her live performance at Forecastle was enchanting as she struggled with the intense heat and early set time. My personal enjoyment comes from her banter with her band and the audience, where she really shines as a human being delivering pure emotion through her singing. It was hilarious as she continually tried to get the trucks passing by on the nearby highway to toot their horns, just as many of us have done on countless family road trips. This memory will always remind me that Forecastle was my first musical road trip with my two teens and that we shared some great times in Louisville.

Junior Achievement In Need Of Volunteers

Junior Achievement (JA) of Central Florida needs volunteers for the upcoming fall semester to teach JA classes in Orange County and Seminole County elementary, middle and high schools. JA mentors educate students about free enterprise, financial literacy, workforce readiness and entrepreneurship.

"We reached 78,000 students last year, but we still have JA Program requests from educators in many schools that need to be fulfilled," said Craig Polejes, president of JA of Central Florida, Inc. "JA provides all the training,

material and support you need, including detailed lesson plans and the resources needed to lead activities."

Volunteer opportunities are available at three levels and require approximately one-hour per week for five to seven sessions, depending on the program. Training is held monthly at Junior Achievement's office at 2121 Camden Road in Orlando. For more information about volunteer opportunities, contact Rachel Whitmire at (407) 898-2121, ext. 30 or rwhitmire@jacentralfl.org. ■

Have something to say? We want to hear about it! Email: editor@theparkpress.com.





The Park Press | AUGUST 2012

Exhibition Opening August 18



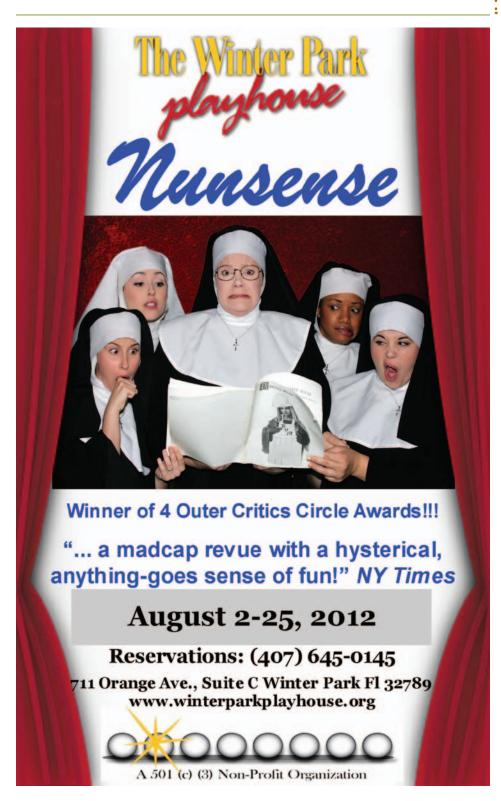
Young artists display their latest work at ArtCamp.

Crealdé School of Art culminates its popular summer ArtCamp program with a youth art exhibition featuring works of the next generation of talented artists. Come and see what they have been learning all summer! This artwork demonstrates the spirit, humor, and talent of Crealdé young artists. The opening reception will be held on August 18 from 5:00 to 7:00 p.m. in the Showalter Hughes Community gallery on Crealdé's campus, with almost 300 pieces of artwork on display. Crealdé ArtCamp Student Exhibition will be on display August 18 - September 8, 2012.

This mixed media showcase features one work of art by each of the students in Crealdé's 2012 ArtCamp. ArtCamp is designed as an experience for children ages 4 to 12 to develop their competency in the visual arts while working in a stimulating, non-competitive environment. The week-long Advanced Art Studio, for ages 13 to 17, lets teens immerse themselves for an entire week in drawing, painting, handbuilding with clay, or photography.

Crealdé School of Art is proud to announce that over 40 scholarships were given to economically challenged children from all over Central Florida, including groups from the farmworker community in Apopka and the Winter Park Community Center in West Winter Park.

The show was curated by ArtCamp Coordinators Ken Foster and Tammy Lennox, and the ArtCamp teaching staff: Fabiola Hansen, Belinda Glennon, Paula Davis, David Cumbie, Sherri Bunye, Anna Jannotti, Doug Bringle, Susan Govatos, David Hunter, Patrica Byron, Trish O'Donnell, and Doug Bringle.



Crealdé Summer ArtCamp Student : Scratch That Itch For Great Theater

by Barbara Solomon

THE 7 YEAR ITCH WRITTEN BY GEORGE AXELROD **DIRECTED BY FRANK HILGENBERG** STARRING ADAM CORNETT AND JACKIE PRUTSMAN

It's 1952 in Manhattan and his wife has just left to summer in Connecti- better as the show proceeds. Now cut, bombarding him with instructions not to smoke and drink. Ha! to the Brooklyn Dodgers game, an mention Blaine Handley, our very extremely heavy pot falls off the upsome bourbon and light up. But he meets the girl upstairs, a young voluptuous beauty who has recently posed nude for a book, which ence was hysterical every time he Richard just happens to have on his bookshelf. He invites her down for a drink, and one thing leads to another. I'll leave the rest up to your imagination, or if you want some great theater, actually go see the show. The play is peppered with his scenes were over. It is worth go-Walter Mitty-like dream sequences, where Richard and "the girl" (Jackie Prutsman) talk to their alter-egos. And which one of us doesn't talk to ourselves occasionally? The director makes us aware of the dream sequences by a change of lighting, not always the most effective, as some is the question the play poses, and of the audience members were confused as to whether or not a scene ourselves, the characters come to was real or not.

direction of this comedy was fantastic. Every nuance was played perfectly thanks to the impeccable direction of Frank Hilgenberg. Of course, he had an excellent cast to itch for a great comedy! work with. It would seem hard "the girl," but Jackie Prutsman is worthy of appearing on "Smash," one of my favorite TV programs.

Have you ever had a fantasy She is ultra-adorable as the ingénue, come true? Well, that's what hap- and her comedic timing is to be enpens to Richard (Adam Cornett), vied by all of us aspiring actresses. the leading character in this play. Adam strikes the perfect balance between cool and paranoid, getting if we can just stop him from fidgeting with his shirt in the first half, As he's sitting on the patio listening he'd be perfect. I can't neglect to own import from Wales, in the per balcony, just missing him. That role of Tom MacKenzie. His suave gives Richard the excuse to pour character portrayal was fabulous in all his scenes, and I'd love to see the best thing about the accident is more of him on stage in the future. But it was Tim Bass as Dr. Brubaker who stole the show. The audiopened his mouth, and some times when he didn't. His facial expressions, his body language, and his delivery were the highlight of the evening. The audience applauded wildly when he exited the set after ing to see this comedy just to enjoy his portrayal of the psychiatrist.

Basically, the play is a treatise on marriage and love. We all have our fantasies, but at the end of the day, how many of us can really say we are happy with our lives? That although we all have to answer for their own conclusions. In the end, Other than that small flaw, the it is love that will get us through the most difficult situations (that is my personal opinion). So come to Theatre Downtown in the next few weeks if you want to scratch that

Playing through August 11 at to follow in Marilyn's footsteps as Theatre Downtown, corner of Orange Avenue and Princeton. For more information call 407-941-0083 or visit theatredowntown.net.

Barb's Best Bets for August:

"Nunsense" at The Winter Park Playhouse and "State Fair" at the Rep, part of the Target Family Festival.



18 HEALTH The Park Press | AUGUST 2012

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



Go ahead, I'll time you...

So, I have been mulling over possible topics for my August article for a few days now. And, to be honest, the cream just wasn't

rising to the top. I had a number of possible topics but none about which I felt especially enthused enough to write approximately seven hundred words.

I considered the relevant topics of recent conversation – Independence Day has now come and gone, it rained torrentially for a while, hurricane season is upon us and, my goodness, is it ever hot... I sometimes write better after having conjured a few pictures in my mind as a place from which to start. However, the only image that continued to return to my mind's eye was one of children frying an egg on the sidewalk... I'm not kidding; I really correlate August with this phenomenon, especially when the summer is this blasted hot.

So - how does frying an egg on the sidewalk have anything to do with living meaningfully, you ask? Well, the answer hit me just today when I found myself engaging in a particularly juvenile activity with a dear friend. This activity may or may not have had something to do with running up and down a set of stairs (in regular clothes) as many times as we could in sixty seconds. Seriously... we're both in our thirties and there was absolutely no good reason to do this other than one person made a comment about exercise and the next thing we knew - those five fateful words were uttered: "Go ahead, I'll

I really have no idea what it is about those words, but they have never failed to compel perfectly intelligent, composed people into frantically scrambling about in the pursuit of completing some inane task in

So, I have been some absurd timeframe.

Nonetheless, there we were - two grown women laughing so hard (perhaps at the speed at which we were baited by one another) that: it made the rest of the day seem to: slip away, if only for a few (timed) moments. Approximately one minute (and two minutes of recuperation) later - we sat, still laughing at: ourselves, somewhat winded and: seemingly without a care in the world. We talked a bit about what had just happened, who "won" this mini competition, congratulated: each other as good sportsmen do, and mused about what it was about those words "go ahead, I'll time you" that gave full endorsement to: acting like a kid again.

In hindsight, it was this childlike enthusiasm that most struck me. There are innumerable responsibilities, chores, stressors and worries with which we each walk around: every day. Yet, in the midst of all of them - just a few minutes of "being timed" (or frying an egg on the sidewalk, I presume) can recalibrate: your mood, the day, the current: angst or the overwhelming to-do list. Taking a moment or two share a laugh, do something silly, enjoy the view, be quiet, call a good friend... or run up and down stairs, may not: provide the answers to life's great questions but it will certainly remind you what it means to actually:

So there it is – this month, no matter the heat, the stress, the work, the things to do or the people to see, stop for a moment and do something absolutely "frivolous" in pursuit of a laugh or a shared smile. Whether you choose to do this by yourself or with a friend, your kids, your partner or a complete stranger it's worth the time to be present and enjoy.... Go ahead, I'll time you.

Be well – Live Meaningfully. 'til 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 or 407-796-2959.

Continued from page 12

Florida Hospital Establishes Only Lung Transplant Program In Central Florida

experience to the Florida Hospital team.

"Lung transplantation is the most advanced type of organ transplantation," said Dr. Bittner. "It takes an experienced team of transplant physicians and clinical staff and years of organ transplant experience to successfully transplant a lung. While this is the start of a new program for this community, it places Central Florida patients in the hands of extremely experienced physicians and specialists."

The Florida Hospital Transplant Institute performed Central Florida's first kidney transplant more than 35 years ago and is the areas only transplant facility transplanting multiple organs; the pancreas, the liver, the kidneys, the heart and now the lungs. Approximately six months ago, Florida Hospital Transplant Institute performed the first heart transplant in Central Florida. ■



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Lately I'm Seeing A Lot Of Patients I Call My "DJs"

stuck (willingly or not) in a chair for no fewer than eight hours a day. They are stiff, rigid and

immobile. As you can imagine, many of these sedentary working individuals come with a range of spinal problems that pop up symptomatically as neck pain or stiffness, shoulder pain, or low back pain; but what about this carpal tunnel thing, something that sometimes comes with the territory of being a "DJ"?

We as modern Internet-using folks love to diagnose ourselves, so naturally

when we experience hand pain or numbness in the first two fingers with wrist pain we're going to Google our symptoms and be told we have carpal tunnel. If we then continue to google carpal tunnel we will find that it's often caused by prolonged computer use, to which of course we nod and say, "Yes that's me! I am certain I must have carpal tunnel!" So then the next thought is to go get a wrist brace and try to rest it. But what if it's still hurting weeks or months later and doesn't seem to be getting better?

What if it's not carpal tunnel. Is it possible the Internet has betrayed us? What if I told you that more often than not, after asking some questions and putting my patients through a

My "desk jockeys" are those patients who are series of tests I often determine the wrist and hand pain so many of us experience is not carpal tunnel but instead is the result of an irrita-

> tion on the brachial plexus. The brachial plexus is a group of nerves in the neck and shoulder region that sends nerve supply to the arms and hands. Essentially, nerves in the neck branch off and web together, creating what is called the brachial plexus. When there is a clear impingement of nerves of the brachial plexus we call it Cervical Brachial Syndrome. Re-

ducing the nerve irritation with a chiropractic adjustment in turn relieves inflammation and decreases muscle tension, often times immediately eliminating pain and numbness in the arms, wrists and hands and restoring range of motion to the cervical spine.

POSTURE AT WORK

If you are a self-diagnosed "DJ" here are some questions, tips and tricks you can take with you to minimize your trips to the chiropractor with painful symptoms:

1. Check your monitor placement. Is it close enough to your face or do you have to "goose" your neck forward and strain your

eyes to see it? I do know a great optometrist, but let's work on that!

- Which is your "mouse" hand? Is the mouse near the keyboard allowing your shoulder to stay in a relaxed position? Or is it off to the side and hard to reach, maybe just north of Mars?
- 3. Where is your keyboard in relationship to your elbows? Proper placement is slightly lower than your elbows, approximately two
- 4. When you turn your head to the side, does it rotate 80 degrees or do you find yourself moving your eyes to the side as far as they will go because your head just doesn't go very far?
- 5. Do you slouch and sit on your feet in contorted positions? Or are your feet planted on the floor with your spine up nice and straight?

If we keep ourselves in check on our posture and our workplace ergonomics, we can significantly decrease our problems. ■

Dr. Andrew J. Hull is a chiropractic physician with a private practice on Lakemont Avenue in Winter Park, FL. He is a graduate of University of Florida and Palmer College of Chiropractic. He practices using Palmer techniques.

Cognitive Dysfunction, Alzheimer's And Diet: **Information And Misinformation**

by Dr. R. Matilde Mésavage

No one can prevent aging, but can we prevent the diseases that seem to be inevitably linked to this phenomenon? The bromide of "senior moments" has become all too familiar. Aging is considered one of the risks of developing cognitive dysfunction (CD), while those who do develop CD have a six-fold increased risk of Alzheimer's disease (AD). As the population ages, the instance of AD rises and continues to rise at a worrisome rate. It is breaking the bank of individuals and of the health care system. We all have relatives, friends, and relatives of friends who have died from AD. The fear of AD can be overwhelming to individuals and families, especially as we, ourselves begin to notice changes in our memories. "Do I have it? Oh my God! What should I do?" In fact, 50% of patients by age 85 have dementia as reported in the New England Journal of Medicine, and some develop it much earlier (early onset AD). So is AD inevitable and why is aging such an important factor?

The answer lies in the number of years we have been consuming a diet that encourages not only CD and AD, but cardiovascular disease, cancer, diabetes, autoimmune diseases, osteoporosis, macular degeneration and cataracts,

and kidney stones. All these diseases share the same mechanism at the cellular level. Dr. T. Colin Campbell, author of "The China Study," tells us that some refer to AD as "a cardiovascular disease of the brain," so what promotes deterioration of the arteries also plays a decisive role in the development of AD. More and more scientific studies show a strong link between the consumption of animal protein and AD. In fact, the more one consumes, the higher the risk. Although we only need 10% protein per day to insure optimal growth, we need less as we age. This is true in animals as well; those who have pets know this already. The best source of protein comes from plants, which is the way ani-



mals make protein. So why eat second-hand protein? Let's eat the plants that animals eat, and not the animals. More and more

studies show that a whole-food, plant-based diet protects against the so-called diseases of aging, and animal-based diets do not. So take charge of your own life and health by choosing a whole-food, plant-based diet today. You will improve your health and avoid living your golden years in the haze of illness. The science is clear! It is up to you. ■

R. Matilde Mésavage, Ph.D., Yale University and B.S., The Juilliard School, has been interested in health, nutrition and the ethical implications of our food choices since the 1960's. She is certified in **Fundamentals of Nutrition and Diseases of Affluence** through the T. Colin Campbell Foundation at Cornell. Dr. Mésavage also founded the ballet program of the Theatre Department at Rollins College.





The Park Press | AUGUST 2012 20 **TECHNOLOGY**

technology_{by Trevor Honohan}

No Service

In July I went on a family vacation. As you may recall I purchased a PowerBag back pack so that I could keep all of my devices fully charged during my journey. I am pleased to report that the PowerBag worked great. It was a terrific purchase. However, I struggled during my vacation because I got very weak cell service on my phone and it prevented me from connecting to work, the daily news and all of my other

online vices. It's not like I was in remote areas. I was in Cape Cod and Westwood Massachusetts. Really? In this day and age is it still necessary to walk around aimlessly in the middle of the street in a neighborhood you are visiting, with your cell phone high above you trying to locate just one bar? Why did I keep looking at my phone, only to see the "emergency call only" icon displayed? The frustration mounted because, of course, I have my world on that smart phone. If it's so smart why can't I get a signal on 2G service? Why does a \$200 phone skip from 2G to 4G, not even acknowledging 3G? A relative with me at the time had a phone with fewer bells and whistles and was receiving a 3G signal. Why couldn't I? The only time I could get a signal was when I drove down the street. Of course I contemplated making unnecessary trips to the convenience store but that would certainly take away from

the family visit. Luckily I was able to connect my iPad to my brother in law's WiFi when I was staying in his house. But on my phone, I so wanted to check and see what calls and / or texts I was missing.

Everyone's brain does need a break from the constant desire to receive information. Downtime is certainly required, the brain needs to fully recharge. However many of us are hooked on email and text messages and phone calls. We find ourselves checking the phone one last time before going to bed just to see what might be there. Some of us have trained our brains to fire endorphins every time we grab for



that device. And now we just can't get away from wanting that jolt of energy. I suppose in a way it was good to have a small break from my technology addiction, even though it was forced upon me. I probably won't get a break like that again until the next time my service is interrupted without my permission. It reminds me of a nation-wide truck commercial. A group of guys are driving to the most remote locations possible. They frequently stop and one guy gets out of his car, checks his cell service, shakes his head and gets back in the car. The group heads to the next remote location and they repeat the act. The viewer is lead to believe that these guys are trying to find a spot where they can get cell service. In actuality they are seeking the one remote location that blocks all service. Once they find this they get out their camping gear and relax. And that truly may be the only way some of us can get a break from information and technology. Force it upon yourself every now and then. Your brain will thank you. ■



schools

School System Update Orange County School Board Member Nancy Robbinson, District 6



has had an enjoyable summer with lots of family time because summer is almost over -SCHOOL STARTS AUGUST 20TH in Orange County! Summer has been fun, yet busy, for

my family; all five of us were home all summer and enjoyed the time together. Although summer has been fun I am looking forward to the new school year and the routine that brings.

A lot has happened at Orange County Public Schools during the summer months. Ronald Blocker officially retired and Dr. Barbara Jenkins took over as the new superintendent. Dr. Jenkins and her staff have made many necessary changes to administrative and principal openings around the district. School grades for elementary and middle schools were released and as was anticipated the overall number of "A" and "B" schools dropped in the county due to the new grading calculations, but the overall school district grade was maintained at a "B"! We are expecting the schools and students to continue to make adjustments and reach the higher standards next year! Congratulations and thank you to our teachers for their continued hard work

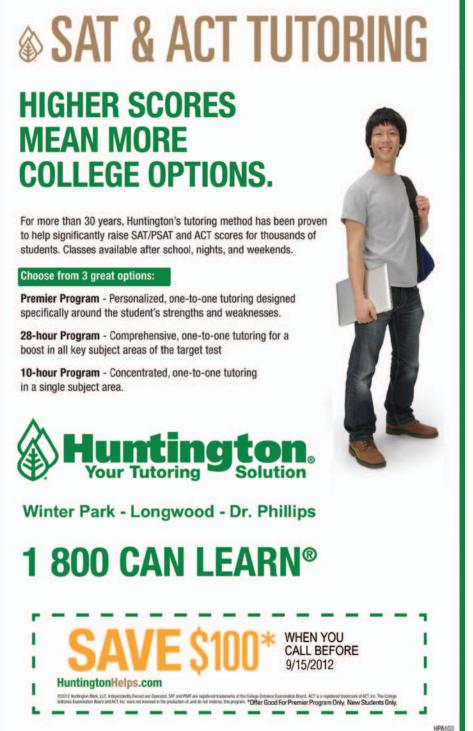
I hope everyone to help our students be successful.

Looking ahead to the November elections please be aware that there will be 11 amendments on the ballot. I encourage all voters to get educated on the amendments, study them to learn what the true impact will be for our community and our public education system if they pass. Some of the amendments have been cleverly named to make you think they are about one thing when really they have a different impact on our community. I thank you in advance for being an educated voter and learning about these important amendments to our State of Florida Constitution.

Best wishes to all the teachers during these last few weeks before school starts back, I hope it is a restful time. Students who are scrambling to complete summer reading and other school projects before August 20, I wish you much success. And parents remember to relish this time with your children while they are still under your roof, the time flies by and they quickly grow up and move out.

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 407-310-9194



schools



Aloma Elementary

Principal Dr. Drew A. Hawkins

Welcome back to Aloma Elementary School for the 2012-2013 school year! We hope everyone had a safe and restful summer. We are excited for the new school year to start, and hope you are as excited! We received our school grade from the State of Florida, and even with the raised academic standards this year, Aloma Elementary School was once again rated an "A" school! We will: continue to have a relentless focus: on performance this year to continue maintaining our "A" rating while providing a culture of excellence. Our theme this year is "Team Eagle: Every Student! Every Day!"

Construction is on schedule to be substantially completed prior to students returning. Remaining site work is expected to be finished by mid-September. Meet the Teacher will be held on Thursday, August 16 from 1:00 p.m. to 3:00 p.m. Class lists will be posted at that time, and you will have an opportunity to meet your child's teacher. We also hope to see everyone at our Open House: with a new set of obstacles and chalp.m. to 7:30 p.m.

The first day of school for students will be August 20. If you have kindergarten-age students who will: be starting school this year, you can avoid back-to-school lines and crowds by coming in before school starts to register your child. Under state law, a child must be 5 years old on or before Sept. 1 to enter kindergarten. You will need the following to register: proof of residence, verification of age, proof of immunizations, and proof of physical examination within the last year. On the first day of school, your child will bring home your parent student handbook folder. Enclosed in that folder you will find many important items and forms. It is very important to coment student handbook folder care- : that was raised even higher this year. : fully. It reviews many of our school Aloma.

an excellent PTA board, and they are an hour a week, an hour a month, or just one PTA event during the year, your help can have a successful and positive impact! Your contribution of time will be greatly appreciated! Please register as an ADDitions volunteer at the following website so: possible. you can volunteer at school, or go on: field trips as a chaperone: https:// www.ocps.net/es/cr/resources/ Pages/VolunteerOnlineApplication. aspx. Another way to become involved is to join our School Advisory: Council (SAC). Our School Advisory Council meetings will be held on the first Tuesday of every month (except January) in the morning from 8:00 a.m. - 8:30 a.m. on the following dates: September 4, October 2, November 6, December 4, January 8, February 5, March 5, April 2, and •

May 7.

year at Aloma! With your help and imite custodial team shining and poliwill then be calling homes of their support, we will continue to build upon our successes. I look forward • to working with you again! We are around documents to ensure every Home visits are important to us, as



I love it when a plan comes together. The 2011-2012 school year was chock-full of challenges, obstacles, uncertainty and changes in the FCAT test. Teachers, students, parents- the : Audubon Park Elementary School: community remained focused. As a whole we kept our eye on the over-: all mission: educate children, take care of our neighbors and continue to build a strong community. As a result the school earned an A grade from the state of Florida. I am proud of our accomplishments and the support we continue receive from the dynamic community in which we

The 2012 school year will come main focused we can do anything.

day of school. Please refer

to the school marquee and websites for updated times and I formation.



And as always, my door is open if you need me.

Srookshire Elementary Principal Dr. Marc Rummler

A big thank you to the students and staff of Brookshire Elementary for the tremendous effort that once again produced an 'A' grade for our school. Our teachers are dedicated, plete the forms of the services for : our students always try so hard, and which you are interested in applying. Our parents are so very supportive. Please complete and return them to : We are glad we earned a grade that is : your child's teacher during the first: reflective of the team effort it takes to week of school. Please read the par-: continue to meet this high standard

We are ready to begin the year: policies and has good information to at our temporary school known as help you become more familiar with Brookshire West, located at 1500 Falcon Drive, while construction contin-We ask that you become involved • ues on our new school. You are welin your child's education. We have come to join us for an Open House at our current location on Monday in need of your help! Whether it be • August 6 from 4:00 p.m. - 6:00 p.m. hosted by our fabulous school board member Joie Cadle. We will have our Meet Your Teacher event on Thursday, August 16 from 11:00 a.m. - 1:00 p.m. Parking is very limited at this location, so please car pool whenever

The first day of school is fast approaching. We hope you can take advantage these last few weeks of the extra family time the summer provides. We look forward to having all of our returning Bulldogs and all of our new Bulldogs start the school year with us on Monday, August 20.



Dommerich Elementary is gearing up for the 2012-13 school year! If you

were to visit the school in these sum- the mail sometime in the first few This is going to be a great school i mer days, you would see our dyna-i days of August. All of our teachers ishing our much-loved facility, and students to schedule Home Visits our registrar and secretary whirling in the weeks before school starts. "Team Eagle: Every Student! Every teacher and child is ready to begin they give us a way to meet each child on the first fun day. In addition, our individually before the rush of the PTA and Dommerich Foundation first day, and helps relieve first day can be found surrounding confer- jitters for the children. And, we just ence tables, engaged in preparation: can't wait to see you - we get excited and planning. Before sharing some: of what is in store for our Back to School days, I'd like to extend a huge: thank you to these people. Though it : August 16 from 3:30p.m.-5:30p.m., is summer, the hard work that is the : Dommerich Standard never slows:

With the start of August we really: pick up the pace! We encourage any: family who has not yet registered, but will be attending Dommerich, to please visit our front office to register. It is very important that we know the number of students who are coming, many weeks in advance, so that • we can hire the necessary numbers of teachers and so that we can place your child in a class that meets their unique needs and personality. Once the first days of school begin, class on Tuesday, September 18, from 6:00: lenges. But the lessons learned tell: placement is much harder to indime that if we stick together and re-: vidualize - and we want to avoid adding or cutting classes if possible. I am looking forward to seeing: At Dommerich, we like to assign: you all on August 16 for Meet the : students carefully, meet them in ad-Teacher and on August 20 for the first: vance, and start our first day ready: tary school. We are very excited to and excited to learn together.

should expect to receive a letter in

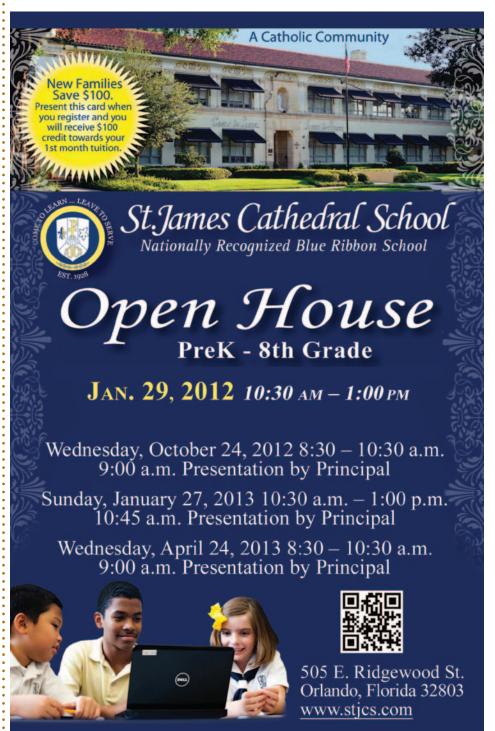
about Back to School, too!

Other events you will want to know about are Meet the Teacher on the First Day of School on August 20, a School Advisory Council (SAC) meeting on August 28 at 7:00p.m., no school on Labor Day September 3, and our first PTA Skate Night on September 6. You'll also want to add to your calendar that Open House will be September 20 from 6:30-8:00p.m.

As the Back to School time approaches, please visit our front office or call (407) 623-1407 if you have any questions. Our doors will be opening soon, for you, and we are excited to welcome our Dommerich Chiefs into the 2012-2013 school year!



Welcome back to another exciting school year at Fern Creek Elemenget started on what promises to be a Families who are fully registered : wonderful year. We celebrate a grade Continued on page 22



RSVP to Jean Wilkes: jean.wilkes@stjcs.com or 407-841-4432

22 SCHOOLS The Park Press | AUGUST 2012

been rated an "A" or a "B" school. Our goal for this year is to improve our grade to "A."

We are proud to celebrate the many wonderful partners and volunteers who work hand in hand with our staff and students to ensure the success of our school and our children. Meet Your Teacher will be held: on Friday, August 17 from 4-6 p.m. We hope to see you there as we gear up for another terrific school year. We continue to collect donations of school supplies as well as food and new or gently-used clothing for our food pantry and clothing closet. Donations may be dropped off at the school office.

We welcome and encourage the involvement of parents and the community in the life of our school. To inquire about opportunities to be-: school principal at galatop@ocps.net.



Greetings from Glenridge Middle School! We hope you are enjoying the summer with family and friends. Don't forget to keep reading by the pool or at the beach! All students should be relaxing with a good book from our summer reading list as well. All summer reading lists and summer assignments are listed on our school webpage under the summer information page at www.glenridge.ocps.net.

With the 2012-13 school year just around the corner, we're busy making preparations and are excited for: our students to return! The year starts off with our "Mane Event," taking place Thursday, August 16 from : 4-6 p.m. This is a great opportunity for students and families to visit the campus, pick up student schedules, purchase PE uniforms, and learn more about our student/parent organizations such as PTSA and School Advisory Council. Both of these organizations will be present and are looking for new membership!

The first day of school is Monday, August 20 and our doors will open for students to enter at 9a.m. and class begins at 9:30a.m.. The campus on the first day of school. We will be a busy place that morning so : will also have a representative please plan accordingly. Students: from the YMCA in the cafeteria arriving by car must be dropped off: to answer questions about our in the parent pickup loop located off: before-school and after-school of Upper Park Road. Please refrain: from dropping off students along Upper Park Road or any adjacent roads as this poses a major safety concern: and further delays traffic in the area. For those students riding a bus, all bus routes can be located by visiting : the OCPS website at www.ocps.net. Once there, click on the "Find a Bus" tab for more information. All other students who are walking or riding a bicycle must also be sure to follow all pedestrian/cycling laws and cross roads only at designated crosswalks. Don't forget to wear a helmet if you're riding a bike!

On the first day of school, students will report to homerooms assigned by grade level and last name to receive updated schedules and important first day information. Locations: start to our 2012-2013 school year. in our courtyard that morning. Af-: On Board" and we know that each: higher education at North Carolina: for upcoming events.

of "B" this school year by the State will go to first period and follow our munity member will help us as we Institute of Technology. For further of Florida. That marks the eighth normal schedule. On the first day, sail our way into another successful information please visit: http:// consecutive year that our school has : students will receive a packet of im-: year. portant information for parents to review including information regard-: mont Elementary received another: aspx?sc_lang=en ing free/reduced lunch, our health: services provided on campus, PTSA,: and information about our clubs,: student organizations, and athletic: at the state level to our accountabil-: teams available to all students. Stu-: ity system, our state testing (FCAT),: dents will also receive the 2012-13: and much more, we will continue upgraded campus-wide Wi-Fi sys-OCPS Code of Student Conduct. It is critical that all students and parents read the code of conduct together, sign the included acknowledgement form and return it to school during the first week of school.

Lastly, if you haven't already done so, please drop by the front office to pick up your report card and FCAT results from the 2011-12 school year. When stopping by, please remember that our office is still following: scheduled for August 16, from 9 -: summer hours and is open from 11a.m. Parents and students can ing events. Our thirteenth Habitat 7:30 a.m.-5:00 p.m. Monday through: come in to see their classroom and: for Humanity house in Winter Park come involved, please contact the Thursday. The office will be closed every Friday until August 10 when: we resume normal hours.

> We hope you've had a great summer and are ready for the new school: year to begin! See you soon!



I hope you are all enjoying a relaxing summer and are counting the days until August 20 when we will be back at school. This has been a busy summer at Lake Sybelia as our custodians have worked diligently to ensure that every room in our school is ready for the upcoming school:

If you are new to the area, please: register your child/children as soon: year of learning! as possible. We want to invite all of our students and parents to come to Lake Sybelia on Friday, August 17 for our Meet Your Teacher event. You and your child will have the opportunity to meet the teacher, visit the classroom, and tour the school.

of school. Our PTA will be holding new "Collaborative Learning Stuour Hugs and Hankies event in the dio" (CLS) is located in the media who retired after 41 years of being

cafeteria. This is a wonderful opportunity for parents to get together and visit after walking their kindergarten and first-grade students to class programs. Our Chill Counselor, who is provided by the Winter Park Health Founda-

this time.

Lake Sybelia is fortunate to have a professional staff, dedicated parents and a supportive community. All of these people working together make Lake Sybelia a wonderful place to learn and grow. We look forward to working with you and your children to continue this tradition of excellence during the 2012-2013 school



We have many plans for a great

We are happy to say that Lake-: "A" school grade from the Florida the new standards. This school year we will be transitioning to Common Core Standards in kindergarten and first grade, and begin partial implementation in second grade. We will provide parents with more information throughout the school year about the specifics of Common Core Standards.

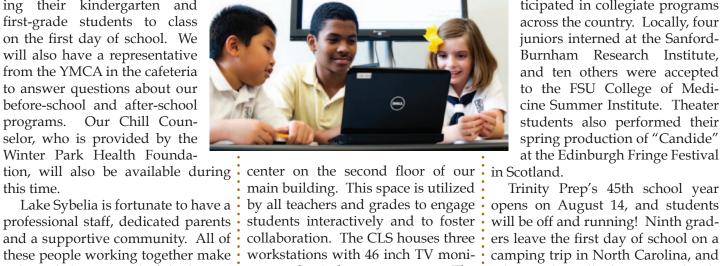
Our Meet the Teacher event is briefly meet their teacher. Students : was dedicated, our Quiz Bowl team may bring their classroom supplies: took third place in the nation, and with them on that day. Parents will: our Gifts for Grads Club presented receive a letter in early August with: dorm supplies to graduating seniors the name of the classroom teacher as- : at Jones High School. signed, along with other important information. If you have moved this summer, be sure to notify our front office of your correct address. Upto-date information can always be found on our school website: www. elk.ocps.net.

Our school office is open for registration Monday through Thursday from 7:30a.m. to 3:30p.m. Early registration is encouraged so everything will be ready to go for the first day of school, August 20, 2012. I look forward to seeing everyone back here at Lakemont for another wonderful



"Collaborative Learning Studio"

We are very excited to share news



tors and wireless computers. The room has whiteboards and glass to be used by students to brainstorm ideas. All teachers have been trained on the use of the CLS by Pat LaMorte from Bishop Moore Catholic: High School. Mr. LaMorte, assistant: school every day. Our pilot program principal of curriculum, technol-: ogy and professional development, : was very successful. implemented the TEAL (Technology: Enabled Active Learning) lab and history and vision in our 45th year, classrooms at Bishop Moore. This i join us for a play, concert, or athletic of these homerooms will be posted: Our school theme this year is "Get: concept and design originated in event. Check www.trinityprep.org

Continued from page 21 ter this homeroom session, students student, teacher, parent and com- State University and Massachusetts thejournal.com/newsletters/21stc enturyschool/2012/01/20120125.

> All teachers participated in train-Department of Education. Although: ing on the use of iPads in the classthere have been numerous changes: room. The iPads will be integrated into the classroom curriculum as another tool to enhance learning. An to strive to meet and surpass all of tem was installed during the summer to support all of our technology efforts. Our teachers are involved in a plethora of continuing education professional workshops during the year.



Trinity Prep wrapped up the 2011-12 school year with some excit-



In June, Trinity Prep congratulated the 113 members of the Class of 2012 who will be headed to col-Monday, August 20 is our first day for the 2012/2013 school year. Our leges and universities in the fall. We also said goodbye to Barbara Griffin,

the smiling face at the school's reception desk. Over the summer, many of our students participated in collegiate programs across the country. Locally, four juniors interned at the Sanford-Burnham Research Institute, and ten others were accepted to the FSU College of Medicine Summer Institute. Theater students also performed their spring production of "Candide" at the Edinburgh Fringe Festival

Trinity Prep's 45th school year will be off and running! Ninth graders leave the first day of school on a camping trip in North Carolina, and other grades will take trips to Florida and Georgia locations soon afterwards. We fully launch our One-to-One Technology Initiative in 2012-13, where every student in grades eight through twelve will have a laptop at with last year's eighth grade class

As we celebrate Trinity Prep's

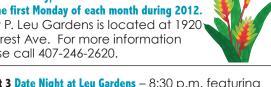
The Park Press | AUGUST 2012 CALENDAR 23

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.



August 3 Date Night at Leu Gardens – 8:30 p.m. featuring the showing of "Sherlock Holmes 2." For more information please call 407-246-2620.

August 7 The Tarflower Chapter of the Florida Native Plant Society Meeting – 7:00 p.m. at Harry P. Leu Gardens located at 1920 North Forest Avenue. For more information please call 407-647-5233.

August 14 Primary elections today – Please remember to cast your vote!

September 7 Date Night at Leu Gardens – 8:30 p.m. featuring the showing of "Mission Impossible: Ghost Protocol." For more information please call 407-246-2620.

Baldwin Park Events

August 3 First Friday Charity Festival & Art Stroll – 5:30 to 9:30 p.m. along New Broad Street in Baldwin Park.

August 4 Back-to-School Kids Fair - Event is part of Florida Tax Free Weekend August 3 – 5 at Orlando Fashion Square. For more information please call 407-896-1132.



August 14 Primary elections today – Please remember to cast your vote!

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 Com munity 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 - September 3 "It's Time to PLAY" interactive exhibit at the Orlando Science Center – The six featured games – backgammon, billiards, bowling, dice, dominoes and foosball – are games of strategy, luck, physical coordination and cooperation. Each of the games in PLAY is also a metaphor for social themes and science concepts that are essential to life. For more information please call 407-514-2000 or visit www.

August 31 - November 25 "The Florida Watercolor Society's 41st Anniversary Exhibition" at The Mennello Museum. For times and information please call 407-246-4278 or visit www.mennellomuseum.com.

August 11 4th Annual "Diamonds Are Forever" Casino Night — Hosted by the Young Executives of the Citrus Club to benefit The Camaraderie Foundation. 6:00 at the Citrus Club. For more information please visit www.citrusclubdiamonds.com.

August 12 Free Family Day – noon to 4:30 p.m. at The Mennello Museum. Every second Sunday of the month is themed with activities and free admission, plus a special performance at 1:00 p.m. of the musical "A Book Can Take You Anywhere" by the Humor Resources Improv Troupe.

August 14 Primary elections today – Please remember to cast your vote!

August 18 Track Shack's Celebration of Running 5k - 7:30a.m. at the Orlando Science Center. For more information and to register please visit www.trackshack.com

August 23 "Mills 50 Celebration of Art" Opening Reception -5:30 to 7:00 p.m. at The Mennello Museum. The event celebrates the artists responsible for painting 28 art boxes in the Mills 50 Main Street District. For more information please call 407-246-4278 or visit www. mennellomuseum.com.

August 27 Florida Hospital Sports & Rehabilitation Injury Prevention Clinic – Free informative sessions on injury prevention, health and wellness topics at Track Shack. For more information please call 407-896-1160 or visit www.trackshack.com

September 6 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 join. For more information please call 407-677-0446.

Maitland Events **Ongoing Events**

Every Sunday Maitland Farmers' Market at

Now - September 19 Back in Time - "A Day in the Life of the Research Studio" - The Art & History Museums – Maitland presents its newest exhibition that takes viewers back in time to explore the Research Studio during the life of founder Andre Smith (1880-1959). The exhibition is held in the Maitland Art Center Galleries located at 231 W. Packwood Avenue. For more information please call 407-539-2181 or visit www.artandhistory. Election 'X

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August 14 Primary elections today -

Please remember to cast your vote!

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.

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

Now - August 20th Free Dance Class Registration ages 2 to 18 at the Winter Park Community Center. Classes include: Ballet, Tap, Jazz, Hip Hop, Lyrical, Modern and Expressive Dance. For more information please call 407-519-0477 or visit www.NRG-DanceStudios. weebly.com.

Now - September 1 "The Sage Project: Hannibal Square Elders Tell Their Stories" – Recollections of a special group of senior residents, ages 85 to 106, of one of the nation's oldest African American communities are featured in this new exhibition. The photographic portraits and oral histories are a tribute to the 125th anniversary of Winter Park's incorporation as a city. For times and more information please call 407-539-

Now - September 23 "Parisian Affair: The Art of Andre Renoux" - This exhibit is at the Albin Polasek Museum & Sculpture Gardens located at 633 Osceola Avenue. For more information, call 407-647-6294 or visit the website at www.polasek.org.

August 2 – 25 "Nunsense" at The Winter Park Playhouse – The playhouse opens its 10th Anniversary Series with this winner of four Outer Critics Circle Awards including "Best Off-Broadway Musical." For more information call 407-645-0145 or visit www.winterparkplayhouse.

Now - August 21 Ballroom Dance Lessons (Beginner) – 7:00 to 8:30 p.m. at the Winter Park Farmers' Market.

Now - August 21 Ballroom Dance Lessons (Intermediate) -8:45 to 9:45 p.m. at the Winter Park Farmers' Market.

August 3 "Free Friday Family Films at the Morse" – This 90 minute program is designed especially for elementary school age children and all children must be accompanied by a parent or guardian. Space is limited and reservations are required with \$5.00 refundable deposit per child. For more information and to register please call 407-645-5311 ext. 136.

August 4 Household Hazardous Waste Disposal – 8:00 a.m. to noon at the Public Works Compound

August 7 "National Night Out!" Open House – 6:00 to 8:30 p.m. at the Public Safety Facility

August 9 "Enzian's Popcorn Flicks" - 8:00 to 10:00 p.m. featuring the showing of "Babe" in Central Park.



August 14 Primary elections today – Please remember to cast your vote!

August 16 "CoffeeTalk" - 8:00 to 9:00 a.m. featuring Vice Mayor Steven Leary at the Winter Park Wel-

August 18 Summer ArtCamp Student Exhibition Opening - 5:00to 7:00 p.m. in the Showalter Hughes Community Gallery on the campus of Crealde. This exhibit features the works of the next generation of talented artists. For more information please call 407-671-1886

August 20 City Blood Drive – 8:00 a.m. to 2:00 p.m. at

August 20 City Hall Grand Re-Opening Reception – 2:00 p.m. at City Hall

September 3 City Offices Closed for Labor Day

September 7 Photo History Documentary of Winter Park – 11:30 a.m. in conjunction of celebrating the city's 125th anniversary at the University Club of Winter Park.

September 13 "Enzian's Popcorn Flicks" – 8:00 to 10:00 p.m. featuring the showing of "Pee Wee's Big Adventure" in Central Park.

September 27 "Notable Structures In Winter Park" – 10:30 a.m. in conjunction of celebrating the city's 125th anniversary at the Winter Park Library.

Everyone is Flocking to Pink Out Winter Park

Winter Park will go to the birds again in 2012 – flamingos to be exact – and they are already making their way south for Pink Out Winter Park.

Visit PinkOutWinterPark.com to show your support for breast cancer by pledging to purchase your flamingo this September, and learn how you can participate in the launch every that has people talking.





The skill to heal. The spirit to care.®