Ine Park Press

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Financial Freedom

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Walt Disney World And University Of Central Florida Receive National Volunteer Service Award



(L to R): Jennifer Mason (2011-12 Walt Disney World Ambassador), Heather Allender (Animal Kingdom JA Bowl-A-Thon Coordinator) and Norman Vossschulte (2011-12 Walt Disney World Ambassador).

Junior Achievement of Central Florida (JACF) recently presented Walt Disney World and the University of Central Florida (UCF) with the 2011 President's Volunteer Service Award – Gold Level, which recognizes organizations that provide 15,000 volunteer service hours or more to their communities.

The President's Volunteer Service Award is a special recognition presented on behalf of President Barack Obama. The award is part of a national recognition program created in 2003 through the President's Council on Service and Civic Participation for individuals of all ages who contribute a significant amount of time to volunteer activities.

Walt Disney World and UCF received the award through their partnership with Junior Achievement (JA), an official certifying organization for the award, which honors corporations that provide volunteers to teach JA's educational programs.

It is the first year Walt Disney World has been recognized. Last year, more than 5,000 Disney VoluntEARS raised more than \$250,000 through JA's annual Bowl-A-Thon. The money will help fund JA programs for more than 12,000 Central Florida students.

"Our long-standing involvement with JA is something we're incredibly proud of and we look forward to the future, with more Disney VoluntEAR opportunities," said Nancy Gidusko, director of community relations at the Walt Disney World Resort. "On behalf of all the Disney VoluntEARS at the Walt Disney World Resort, I proudly accept the Presidential Volunteer Service Award."

During the 2010–11 school year more than 2,300 UCF students contributed 34,040 volunteer hours to help implement JA's economic curriculum in local schools.

"Volunteering with Junior Achievement is a part of UCF's commitment to service learning," said Fred Kittinger, associate vice president of university relations at UCF and JACF board chairman. "Today's students are going to be our replacement in the workforce, and by serving them we are also serving our community and university."

"Organizations that leverage their size to contribute to the community – like the Walt Disney World and the University of Central Florida – are the reason why Junior Achievement was able to impact more than 78,000 students in the past year," said Craig Polejes, president of Junior Achievement of Central Florida. "We are pleased to present this award to Walt Disney World and UCF and look forward to our continued partnership to serve the educational needs of Central Florida's youth."

Winter Park Babe Ruth Teams Dominate District

– By George McGowan

Last month, several all-star teams representing Winter Park Babe Ruth baseball and softball brought home some more hardware for the growing league. The league sent ten teams to their respective district tournaments and six teams finished as either runners-up or District Champions! Of these six, five teams will be advancing to the Florida State championships. Our District Champions are the young men on the 12U 50/70 division and 12U 46/60 division baseball teams. The 12U team in the 50/70 division



Mayor Bradley throwing first pitch to begin successful 2012 Babe Ruth season

defeated South Orlando to earn the title of "champions." The team was dominant offensively and hit just too many home runs to count, with many of them by sweet-swinger Garrett Green, and had great pitching by *Continued on page 9*



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The Park Press

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Publisher's Message



RICK CABLE

Summers have always been a time for family outdoor fun. However, every four years, I find I am drawn more indoors...to the television. Sure, I'll strive for beach and pool time, but this is an Olympic year and I'll be mapping out my viewing and recording schedule around what NBC/London and Team USA have to offer.

They will guide us with the "athletes to watch" and various marketing campaigns that kicked in a few weeks ago. I look forward to seeing the return of the usual suspects such as Michael Phelps, Ryan Lochte, Hope Solo, Lolo Jones, Venus Williams, Misty May-Treanor and Kerri Walsh-Jennings. But I'm also excited to see the first-time Olympians getting

their shot at the gold.

I enjoy learning of their personal stories and I am humbled by just how hard they've worked, and how long some have waited to have the chance to showcase their talents on an international stage. The great ones make it look easy, but many have fought through numerous injuries and most, if not all, have never given up in their pursuit to represent their county in a sport they love.

One such first-time Olympian that I have my sights set to watch is hometown favorite, Britney Viola. She's a Lake Highland and University of Miami graduate and the daughter of two-time Cy Young Award- winner Frank Viola. She began her diving career right here in Orlando at the YMCA Aquatic Center on International Drive, fought through injuries, and through countless hours of training and perseverance will be realizing her dream to represent the USA in the 2012 Olympic Games.

NBC will provide the television broadcast, however they've recently partnered with YouTube as its "official video-on-demand partner" to deliver more than 3,600 hours of live event coverage from July 27 to August 12 on NBCOlympics.com. With this newly-added convenience I have even more planning to do, and in closing I wish all the Olympians the best of luck.

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

Rick Cable

Publisher/Founder ■



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EDITOR'S MESSAGE

Endless Summer

By Tricia Cable

A little less than one month into summer and I am experiencing incredible bouts of nostalgia. My eldest off to the pool every morning and my youngest at the ball fields every night. The year may be 2012, but the sights, smells, tastes and sounds so far this season are all summer of 1970-something!

Of all the senses, for me, it has to be the sense of smell that resonates the most. Walking into the aquatic center each evening to pick up #1, the overwhelming scent of chlorine that hits me manifests the first of many flashbacks I experience. The hours spent at our neighborhood community pool as a kid...swimming laps, perfecting our board skills and working on

our deep dark tans, are some of the fondest childhood memories I Some things just have. The only thing missing from a full-blown flashback is the hint of Coppertone in the air (it's an indoor and for that I am pool) and the chiming of the Good Humor truck outside in the parking lot. Well that, and the sound of Paul

McCartney and Wings singing "Band on the Run" or Peter Frampton claiming "Baby, I Love Your Way" has been replaced with the likes of Justin Bieber and One Direction.

Early evening ball games with #2, those really send me back. I think it's primarily due to the fact that the buildings surrounding the ball fields, whether it is Schaumburg, Illinois or Winter Park, Florida have been their original army/landscape green since construction was completed in the '60s. Oh, I am not saying

they haven't been repainted, I am just saying they keep repainting them the same color...if it's not broke, don't fix it! Couple that with the smell of the hamburgers and hot dogs on the grill and poof, I am thirteen again and waiting to watch my current crush, Bruce Brock, play some baseball.

The sound of the coaching calls from the dugout, the 'tink' of the ball when it hits the bat just so, and the cheers from the crowd when a great play is made on the field... Some things just never change and for that I am grateful.

It really is the small stuff, the little

never change

grateful.

things day in and day out, season after season that you can continually count on that make life so enjoyable. I am no longer the swimmer or the ball player. I have to limit my sun exposure, and you would be hard pressed to

(I need to change that!), and God only knows where Bruce Brock is. But the memory of those life experiences, no matter how incidental they may have seemed at the time, are now monumental in the way I see my life. Summers really are endless. The choice is up to us. We may not get three months off to devote to making sweet memories, but



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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



July may be a hot month here in Orlando, but there are still many fun ways to spend time with family and friends both indoors and out.

We are so excited to celebrate our Orlando Urban Trail and the completion of the Dinky Line segment. The Orlando Urban Trail will

eventually connect Mead Garden in Winter Park to Church Street near the Amway Center. To celebrate this meaningful occasion, we are holding a Family 5K Walk/Run on the evening of July 12 beginning at the Mennello Museum at Loch Haven Park. The event is free and we encourage all of the trail's neighbors to please join us. We will officially cut the ribbon at 6:15 p.m. and the 5K will start at 6:30 p.m. For more information, visit the city's website.

We are excited about the new trail also being constructed around Gaston Edwards Park on Lake Ivanhoe. The sidewalk has been replaced with an 8 to 10′ path, new exercise stations, benches, trash receptacles and electrical boxes so that the park can host more events for the community to enjoy. The path will only be located along Gaston Edwards Park and will

connect with existing sidewalks and Urban Trail segments.

This month, one of our other great city amenities, Dubsdread Golf Course, hosts the 28th Annual City of Orlando Men's Amateur Golf Championship. If you want to sign up for this



fun, competitive tournament, visit their website at www.historicaldubsdread.com. Also in July, for our soccer aficionados, Orlando City Soccer is proud to welcome some international competition to the Citrus Bowl. On July 21 at 7:30 p.m., they will take on the Nottingham Forest from the Football League Championship and on July 28, Stoke City, from the English Premier League

will play Orlando City at 7:30 p.m. For more information, visit www.orlandocitysoccer.com.

Speaking of city amenities, just a reminder that our Orlando Tennis Center (649 W Livingston Street) is open to all city residents for extremely reasonable fees. Both individual and family memberships are available, as are daily admission pricing. Many different clinics for both youth and adults are also offered. For more information, please call 407-246-4469.

For those who appreciate the arts in our community, we are glad to once again have the Target Family Theatre Festival in Loch Haven Park. Organized by the Orlando Rep, the festival will run from July 20 – July 31 and consists of great musical and theater performances that are fun for the whole family. For more information and to view the full schedule, visit www.orlandorep. com. Also this month, the Orlando Shakespeare Theater is performing a family-friendly version of "Cinderella," which will run through July 29. For more information, visit www.orlandoshakes.org.

As always, thanks for your continued support of arts and athletics in our community. I look forward to seeing you around our Great City this summer.

-Robert ■

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



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

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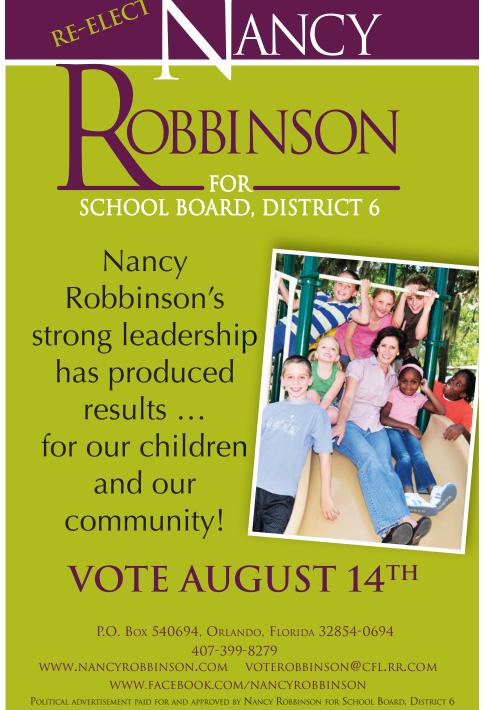


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Winter Park Mayor's Message

Mayor Ken Bradley



KEN BRADIES

City Offers Energy Conservation And Money Saving Efforts

With sustainability and the conservation of energy as one of the city's top priorities, the city has created an Energy Conservation Rebate and Incentive Program that works toward conserving electricity, saving our environment and helping you save money.

Now with the warm summer months here, it is the perfect time to take advantage of these rebates to implement energy conservation measures at your home or business. To take advantage of conservation

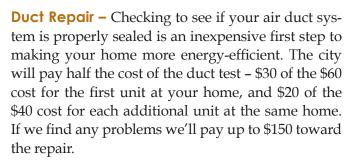
measures and rebates, here are the steps to get started:

- 1. Request an audit by calling 407-599-3457 or emailing mbrown@cityof-winterpark.org.
- 2. Complete a Home Energy Check Audit with our auditor and receive a list of conservation measures that are eligible for rebates.
- 3. Hire a contractor to install the eligible conservation measures.

Please note: You must complete a free Home Energy Check with a qualifying recommendation to be eligible for any incentives. New construction projects involving more than two-thirds of the square footage of the original structure are not eligible for rebates or incentives.

Energy-efficiency is one of the few investments that can help you gain a return on your energy bill and on the value of your home. Listed below are home improvement rebates offered by the City of Winter Park and

available exclusively to City of Winter Park Electric Utility customers. *Other requirements and limits may apply.



Attic Insulation Upgrade – Over time, attic insulation settles, which reduces its insulating barrier and its ability to keep hot air out of your cool house. Having insulation added to under-insulated areas in your attic is one of the easiest ways to help you lower your energy bill. The city will even pay \$75 – or more – to help you upgrade your attic insulation.

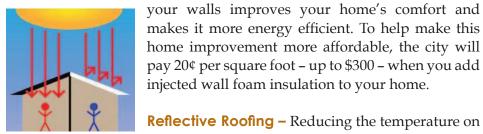
Heat Pump Replacement – If you have an older home, it's probably under-insulated. Today's heat pumps are much more energy efficient than they were just 10 years ago. Replacing a 12- to 15-year-old unit with a new high efficiency heat pump could save you up to 30 percent on your energy bill. The city will pay up to \$350 when you upgrade your old heat pump or heat strip.

Energy-Efficient Windows – Reduce the amount of the sun's heat that enters your home, increase your

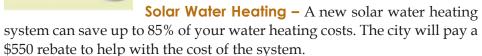


comfort, and lower your energy costs by installing energy-efficient replacement windows, window film or screens on your home. The city will pay up to \$250 when you upgrade to energy-efficient windows or make your existing windows more energy efficient.

Wall Insulation Upgrade - Properly insulating

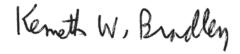


Reflective Roofing – Reducing the temperature on your roof translates into lower temperatures in the attic and throughout your home. The city will pay up to \$40 for a manufactured home and up to \$150 for a single-family home when you apply or install an ENERGY STAR qualified reflective roof product to make your home more energy efficient.



Please visit www.cityofwinterpark.org/energyconservation or call 407-599-3457 for more information regarding the city's Energy Conservation Rebates and Incentive Program.

Sincerely,



Kenneth W. Bradley Mayor, City of Winter Park ■









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NEWS The Park Press | JULY 2012

Maitland Mayor's Message

Mayor Howard A. Schieferdecker



"Red-Light Camera Justice"

The special report that aired on May 22, 2012 WESH Channel 2 (WESH 2), "Are Red-Light Offense Chances Better Before a Judge?" is based on an inaccurate premise: that defendants represented by lawyers get better treatment before a judge

than those who are not. At least where the City of Maitland is concerned, this biased portrayal of the red-light camera infraction prosecution process is uninformed. WESH 2 was invited to attend various Maitland red-light camera hearings yet chose to attend only the one that was included in its report. As an example to show that defendants are treated equally, the City sent WESH 2 a transcript from a February 17, 2012, evidentiary hearing in which a Maitland defendant, represented by counsel, was found guilty of the red-light violation. This proceeding and its outcome were not reported. WESH 2 would have realized the overall equality of defendant treatment in the courts had they attended more than one set of Maitland hearings.

The City believes in prosecuting each contested red-light camera case to implement the goals of the Mark Wandall Traffic Safety Program. Those like Greg Fox of WESH 2, who wrote the special report and are skeptical of red-light camera tickets, often conclude the primary motivation behind the program is money. They would do well to ask Melissa Wandall her thoughts on the matter. Her husband Mark was just 30 years old when he was killed in an automobile accident less than one mile from his Bradenton, Florida, home. He was the passenger in a car that was broad-sided by a driver who ran a red light. He died less than a week after celebrating his first wedding anniversary and just 19 days before the birth of his daughter, Madison Grace.

Cities like Maitland do gain limited revenue from the tickets. However, the majority of the revenue, fifty two percent (52%) goes to the state. The remaining forty eight percent (48%) that goes to local government is misleading because the vendor who supplies the red light cameras is paid out of those remaining funds. Any funds realized by local governments, however, are minor in comparison to the gains in safety provided by a system that in its short life span has already helped ensure safer roads for us all.

Red-light cameras have revealed epidemic levels of red light violators. In Maitland, there

are six red-light cameras. All have been active for less than one year, with one-third active for less than six months. However, preliminary data reveals a total of 15,963 camera-captured violations have occurred through April 2012. Prior to the city's adoption of the program, the intersection of Keller Road and SR 414 was one of the most dangerous intersections in Maitland. Since the red-light camera went online, crashes at this intersection dropped by 40.74%. Furthermore, since Maitland adopted the program, the number of red-light runners has declined monthly from a high of 2,414 citations issued in October 2011, to 1,273 citations in March 2012 - a decrease of nearly 50%. Improvements to public safety are undeniable. The program works.

WESH 2's inaccurate portrayal of red-light camera defendant injustice is just another way of trying to discredit the program. The station should be more concerned with the safety of our citizens. LIVES HAVE BEEN SAVED. The streets are now much safer for our residents and visitors.





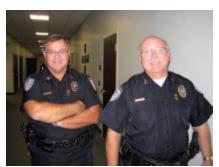
protection and service by The Winter Park

National Night Out 2012

lice Department's annual National Night Out Open House! Target continues to be the major corporate sponsor and if you were not able to share the event with us last year, you really missed out! Don't miss out again this year!

National Night Out 2012 will be held at the Winter Park Police and Fire Department located at 500 N. Virginia Ave in Winter Park on Tuesday evening, August 7 from 6:00 p.m. to 8:30 p.m. In addition to all our community partners, numer-

Mark your calendar for the Winter Park Po- ous interactive displays from the police and fire department divisions will be on hand. Don't pass up the opportunity to see all the helpful resources we have to support our theme of Personal Safety and Crime Prevention! Come see what the Victim Services Center of Central Florida, The Children's Safety Village, Better Business Bureau, Office of the Attorney General, Orange County Consumer Fraud, Alzheimers & Dementia Resource Center, AAA and LifeLock have to offer. We are happy to welcome back Armstrong Lock



L-R: Captain Jesse Johnson and **Deputy Chief Art King**



L-R: Explorer Kyle Kelly, McGruff and Explorer Carlos Grisales



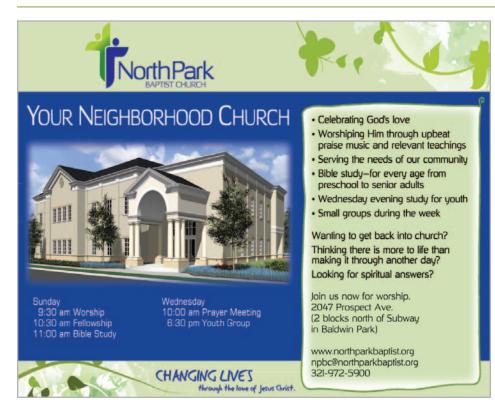
L-R: Jessica Loomis and Property/ Evidence Tech Ed Bigley



L-R: Officer Shawn Meadows, K-9 Officer Tim Volkerson and Officer Matt Walker.

and Security, Orange County Animal Services, ITN Orlando, Orlando Gun Vault, Winter Park Lost Pets, Pookie's Bow Wow Bakery, Senior Resource Alliance and WellCare among others! We are also excited to be able to provide Recall for any shred items you may have and MedReturn is available for all expired, unwanted or unused medications you have for safe disposal.

Bring the whole family because there will be free food provided from two of our community partners, The Meat House and Winter Park Chocolates, fun games for the children and many fantastic door prizes. The event will go on rain or shine and parking is available on Virginia Drive. We look forward to seeing you then!





The Park Press | JULY 2012

ORANGE COUNTY

County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



TED B EDWARD

During the last decade, development in Orange County was moving at a rapid pace. Often times when rapid development takes place developers will clear-cut and strip lands of vegetation because the method is faster and less expensive than developing a mitigation plan. It

appeared profit by developers was outweighing consideration to the preservation of mature tree canopies. During my first term in office as County Commissioner I brought an initiative to the Board of County Commissioners to preserve Orange County trees.

In 2001, Orange County adopted a tree protection ordinance along with a dedicated funding source for the care and planting of trees. The ordinance requires the replacement of all trees that are at least 8 inches wide within the 200-foot buffer zones around developing property, and at least 24 inches wide inside the property's interior. There is a fine of up to \$500 for anyone who unlawfully cuts trees.

The ordinance has served a valuable purpose. Since 2006, Orange County has been recognized nationally for its tree replacement program and management plan earning the designation "Tree City USA Community."

The Orange County Agricultural Advisory Board recently brought to my and the Board of County Commissioners' attention a new initiative related to sustainable ways to cut long term maintenance costs and improve aesthetics within the County's public spaces. There are proven benefits to strategically planted trees. Properly planted trees can provide tangible benefits for the entire county such as improved air quality, reduced stormwater runoff, a lower urban heat island affect, and a lower carbon footprint.

With this information from the Agricultural Advisory Board in mind another County initiative is being sought. Another portion of the ordinance is the Tree Replacement Trust Fund. It was established with specific guidelines for the purpose of planting trees in publicly owned and operated sites or for community enhancement projects that would be benefit the entire public. Money is collected from tree replacement fines and development mitigation fees. The fund has grown to such a sizable amount that I've asked the mayor to look into using some funds to develop a program to place tree canopies along county right-of-ways and enhance areas of county parks and trails. The county's Cooperative Extension Department is developing a program to present to the Board of County Commissioners sometime this summer.

Orange County residents have an ongoing opportunity to participate in tree replacement. Orange County has an annual Adopt-A-Tree Program administered by Orange County/ University of Florida Streetscape Program. Orange County residents

Streetscape Program. Orange County residents who would like to receive two free trees for their own private yards may register for the program in advance or on the day of pickup. Trees are available on a first-come, first -served basis. Several of the locations of upcoming opportunities to receive the trees are listed below along with a phone number for additional information about the program.

July 21 Bear Creek Park 1600 Bear Crossing Dr. Orland, FL 32824

August 18 Ft. Christmas Historical Park 1300 Ft. Christmas Road, Christmas FL 32709

For additional information about the program and additional dates please contact Orange County/ University of Florida IFAS Extension Center at 407-254-9200

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,

Ted & Colwarks

Commissioner Ted Edwards

College Park Resident Honored For Pro Bono Legal Work



Dorothy Watson

As an associate with the legal firm Foley & Lardner, College Park resident Dorothy Watson has a busy schedule, spending her days advising government entities and companies as a member of the firm's Environmental Regulation and Real Estate Practices and Sports Industry Team. Yet she always makes time for volunteer work as an advocate for children in the juvenile dependency court system.

Now, Watson has earned an award for her outstanding commitment to pro bono work within her first five years as a practicing attorney in Florida. She recently received the 2012 New Attorney Award of Excellence from The Legal Aid Society of the Orange County Bar Association. Watson isn't the only College Park resident finding time to give back to those in need, Tad Yates, the outgoing President of the Legal Aid Society – and Dorothy's next-door neighbor – presented her with the award on May 24th.

As a volunteer guardian ad litem, Watson is

appointed by a judge to advocate for the best interest of a child suspected to be a victim of parental abuse, neglect or abandonment. She has represented more than 13 children in juvenile dependency court – part of a collective contribution of more than 100 hours of pro bono work.

"I'm honored and touched to receive this award," says Watson. "Working as a guardian ad litem is a chance to be a bright spot for good kids in a bad situation – kids who wouldn't otherwise have a voice in the court system. As volunteer attorneys, we're able to step in and help to move cases in a positive direction."

Watson says the support of Foley & Lardner plays a key role in her involvement. In fact, the firm's commitment to involving attorneys in pro bono activities is why she first got involved as a guardian ad litem. "The firm has always encouraged us to give back to the community," she says. "Now, it's become the heart of what I do." ■



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8 NEWS The Park Press | JULY 2012

IOA Corporate 5K Raised \$60,000 For Central Florida Youth Programs

Over 13,800 corporate runners and walkers, together with their fellow employees, helped raise \$60,000 by participating in the IOA Corporate 5k presented by News 13 and Bright House Sports on April 18 in downtown Orlando. Funds raised from the IOA Corporate 5k benefit the Track Shack Foundation, a 501 (c) (3) organization that helps provide health and fitness

opportunities to Central Floridians through the funding of youth athletic programs.

Track Shack Foundation's Board of Trustees recently granted funds to 18 local schools and organizations that provide health and fitness





Running for fun! IOA Corporate 5k in downtown Orlando.
Photo courtesy of Tony Firriolo

education and encourage young people to participate in a wide range of sports and fitness activities in Orange, Seminole and Lake counties. Grant recipients include:

- After School All Stars, Orlando, girls sports uniforms for Power Teams
- American Heart Association, Orlando, Greater Orlando Heart Walk
- Bear Lake Elementary, Apopka, Running Club
- Boys & Girls Clubs of Lake and Sumter Counties, Leesburg, FIT Project Running Program
- Blankner K-8 School, Orlando, The Smile Mile Club
- Colonial High School, Orlando, Girls Cross Country
- Colonial High School, Orlando, Cross Country Camp
- Edgewater High School, Orlando, Cross Country Uniforms
- Evans High School, Orlando, Cheerleading Camp
- EvEr Youth Sports Foundation, Inc, Orlando, uniforms
- Glenridge Middle School, Orlando, Running Club
- Great Expectations for My Success, Inc., Orlando, Camp GEMS
- Lake Nona High School, Orlando, Cross Country Training
- Lawton Chiles Middle School, Oviedo, Cross Country & Track
- Star Athletics TC, Orlando, Track and Field 2012 Season
- Timber Creek High School, Orlando, Warrior Running Camp
- UCP of Central Florida, Winter Garden, Campus Playground
- Winter Park YMCA, Winter Park, Minimaniacs Youth Triathlon

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

The Track Shack Foundation is a 501 (c) (3) organization that helps provide health and fitness opportunities to Central Floridians through the funding of youth athletic programs. To find out more about the Track Shack Foundation, to donate or apply for funds, please visit http://www.trackshack.com/foundation/index.shtml

Pedaling For Parkinson's!

Howie Apple was an extremely active child, growing up in Excelsior, Minnesota. He remained active while attending classes at Carleton College, in Northfield, Minnesota, where he received his B.A. in liberal arts, physics and math and during his time spent in Cleveland, where he received a PH. D in biomedical engineering from Case Western Reserve. A few years later, after a move to Tampa, he took up running and bicycling. "I'm an aging athlete and want to stay as active as I can!"

Two and half years ago, Howie was diagnosed with Parkinson's disease. "There is no test to determine if you have Parkinson's. People have various symptoms that classify them as having the disease." The diagnoses, although not welcomed, was not a big surprise either. There has been a significant amount of the disease in Howie's family; his mother, sister and an uncle all suffered with Parkinson's. "I know, first hand, just how debilitating it can be."

With a career background in biomedical engineering, Howie began to research Parkinson's disease (PD) topics with a view to seeing what technological advances are coming. He found research papers that showed that cycling exercise for Parkinson's patients is often effective in reducing symptoms. "It's not a cure but can perhaps delay progression."

Howie came to the Crosby YMCA Wellness Center via the Florida Hospital physical therapy program three years ago after a broken collarbone and ribs put him out of commission. With the help of the Crosby staff, Howie expanded his exercise regimen to include weight lifting and indoor cycling. Coincidently, one of Howie's new life goals is to see what stationary cycling can do for himself and other Parkinson's patients.

In conjunction with Florida Hospital, the Winter Park Hospital Foundation, and the nonprofit Cycling for Parkinson's Foundation, they have developed a plan to offer a pilot eight-week Cy-



Pedaling for Parkinson's participants during recent workout at the Crosby YMCA.

first hand, just how debilitating it can be." cling for Parkinson's program that started this With a career background in biomedical engineering, Howie began to research Parkinson's years, facilitate the eight-week program every disease (PD) topics with a view to seeing what technological advances are coming. He found p.m.

Typically people with PD get isolated. In advanced stages they can also seem trapped within. Most do not leave the home and basically do not exercise. The program aligns perfectly with the Y's "Coach Approach" as each participant is being evaluated during the program to show trackable results. Howie said "exercising as a group is the initial benefit." They form friendships and feel part of a team. The second benefit is that they are all exercising, which is good for everyone.

The cycling must be aggressive. The program allows for it to be aggressive to each specific individual's need, but ideal speed is at 80 to 90 revolutions per minute (RPMs). At an aggressive pace, signals of rapid messages are sent up through the spinal cord while increased blood flow to the brain also occurs. Research, as it re-



Howie Apple and Ann Cook

lates to aggressive cycling workouts, has shown an overwhelming 35% reduction of measured symptoms of the patients who participated.

"My hope is that this cycling program will roll out across the Ys nationally and perhaps beyond. I'm looking forward to working with other Y members to try to improve quality of life for Parkinson's patients."

If you'd like more information regarding the Pedaling for Parkinson's program please call the Crosby YMCA at 407-644-3606. ■

RDV Food Truck Fridays Benefit Central Florida Charities

nounced plans to donate the proceeds of Food Truck Fridays to local charities. The health and wellness facility recently began hosting weekly gatherings of 13 food trucks, Fridays from 10:00 a.m. - 2:00 p.m. at 8701 Maitland

RDV Sportsplex recently an- said. Droppers also noted the importance of supporting local food truck vendors in this challenging economic time. "We feel good that we can support worthy causes, small business, and provide another option to have fun with the community at RDV."



Food Trucks at RDV Sportsplex

Summit Blvd. in the former Orlando Magic player parking lot.

"RDV will designate a different charity each month as beneficiary of Food Truck Fridays," said Karl Droppers, president of MVP Sports Clubs, the sports facility management group that supervises operations at RDV.

"Our leadership group clearly felt we had a great opportunity to help local organizations assist those who need it most, while helping out small business and providing a lunch alternative," he

To date more than \$10,000 has been donated to the Fellowship of Christian Athletes Central Florida Chapter, Boys & Girls Clubs of Central Florida's Eatonville Branch, and the Special Olympics Orange County Chapter. All Food Truck Fridays in July will benefit Grace Medical Home, which serves as a missing link in the healthcare system providing primary medical care needs of prevention, wellness and sick care to the low income and underserved of Central Florida.

Winter Park Babe Ruth Teams **Dominate District**

Continued from page 1

Max Clark and Joe Cosgrove. The team won their opening game by the amazing score of 22-2! Later in the tournament, the team, coached by Chris Taylor, Dave Cosantino and Mike Miller, took a tough loss and had to win their next three games over two days to win the title. The 12U team in the 46/60 division, coached by Sid Cash, Jr., Pat Gorman and Jeff Deery, overwhelmed their only competition from Altamonte Springs to take the title. All the players contributed to a big win, with shortstop Ryan Gorman hitting his first and second home runs of his career! The 12U and 14U girls softball teams and the 10U boys baseball team will be headed to State as runners-up of their divisions. At press time, the league was hoping for the 11U boys, who also were also runners-up, to be invited to Ocala for the State tournament. Wish the teams headed for State tournaments luck as they travel to Altamonte Springs for the 12U teams, Palm Beach Gardens for the 10U team and Ocala for the two softball teams.

The Winter Park Babe Ruth organization hosted the 9U, both 12U, 13U and 14U tournaments at our beautiful fields at Ward Park. Many thanks go out to the City of Winter Park field maintenance crew and the Parks and Recreation leadership, John Holland, Ron Moore and Chuck Trice for all their support and assistance to youth sports in Winter Park.

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10 NEWS The Park Press | JULY 2012

In Memory Of Jeffrey Van Son

Jeffrey Van Son, 41, of Winter Park, died peacefully on June 15, 2012, surrounded by the love of his family. Born January 22, 1971 to Helen and George Van Son, Jeff grew up in Ithaca, NY, with his two sisters. His passion for nature



grew out of his time exploring the dramatic countryside of upstate New York and playing in the salty waters of Rye Beach, NH. Throughout his youth he actively participated in a variety of

team sports. Jeff's strong leadership skills were recognized early with the honor of Eagle Scout and Outstanding Youth Citizen of the Year. After graduating from Ithaca High School, Jeff received his Bachelors of Science in economics and biology from Ithaca College in 1993.

Out of his strong work ethic and commitment to environmental responsibility, Jeff began his career in the emerging recycling business for Waste Management in Chicago. SAP America recognized Jeff's gifts of leadership, system logistics and team development, and recruited him as a consultant for a variety of industries in Boston. During these Boston years, Jeff enjoyed the company of a special group of friends, "The Boston Family," and met his future wife Michele (Walker). Although professionally successful, Jeff never lived to work—he worked to really live. Whether running the 1998 Boston Marathon, playing pick-up basketball, snowboarding in Colorado, or cooking for friends, Jeff was rarely seen without his Boston Red Sox hat. Shortly after their wedding in Winter Park, Jeff took a sabbatical from SAP to obtain his M.B.A. from the University of Maryland. During their graduate work, Jeff and Michele enjoyed living with the women of the Alpha Chi Omega Sorority as their house parents.

In 2005, after resuming his career at SAP, Jeff and Michele moved to Winter Park for the births of their twin sons and soon after, a daughter.

Jeff's leadership, practical faith and love of community made him a valued member of the First United Methodist Church of Winter Park. During his illness, Jeff's tremendous courage and strength was nurtured by the love and support of his family and friends. With grateful hearts, we acknowledge the extraordinary medical professionals and caregivers who counseled us and gave him comfort. With a desire to help others, Jeff donated his brain to the Mayo Clinic for medical research.

Jeff is survived by his wife of ten years, Michele Walker Van Son, and their children; Joshua (7), Nicholas (7), and Lillian (5), who will greatly miss his love and devotion. His family includes Helen and George (parents) of Maitland, Fla.; Elizabeth (sister) and David Mathus, with his nephews, James (9) and William (6) of New York, N.Y.; and Catherine (sister) and Sean Roark with his niece Madeline (1) of Hughesville, Md. Also surviving Jeff are the William (Bill) Walker II families of Winter Park, the Crane and Van Son families and the countless friends and colleagues whose lives have been forever changed.

A memorial service will be held at the First United Methodist Church of Winter Park, 125 North Interlachen Avenue, on Saturday, July 7, 2012, at 10 a.m. In lieu of flowers, Jeff's family asks you to join them in supporting The Association for Frontotemporal Degeneration at www. theaftd.org.

Baby Hears Mother's Voice For The First Time

There was not a single dry eye in the exam room as one-year-old Jaely's double cochlear implants were turned on for the very first time. Parents Tadzia and Jorge smiled as they watched their little girl respond to their voices and the noises around her, knowing their yearlong journey to help their little girl hear was finally coming to an end.

"Today, I was able to tell my little girl 'I love you' and I know she was able to hear it for the first time," said Tadzia.

After living the first year of her life in silence, Dr. Joshua Gottschall, medical director of the Ear, Nose and Throat Program at Florida Hospital for Children, performed Central Florida's first double cochlear implant on Jaely. Having the implants finally turned on was the final step in the journey for the family.

According to the National Institute on Deafness and Other Communication Disorders, a cochlear implant is a small, complex electronic device that can help to provide a sense of sound to a person who is profoundly deaf or severely hard-of-hearing. Generally patients only receive one cochlear implant at a time, but due to the bene-

fits of receiving a bilateral implant, the number of double cochlear implants is growing.

"Only recently has bilateral co-



Dr. Joshua Gottschall, medical director of the pediatric ENT program at Florida Hospital for Children, was the first surgeon in Central Florida to perform a double cochlear implant to correct deafness.



Jaely was the first patient in Central Florida to receive a double cochlear implant in order to correct her deafness.

The Perk Press

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chlear implant surgery become widely accepted, but I strongly believe it is a great option for children who qualify," said Dr. Gottschall. "With double cochlear implants, deaf children are able to hear out of both ears, which has several advantages that those of us who can hear often take for granted."

Patients who receive bilateral cochlear implants have functional advantages including sound localization, sound discrimination, and elimination of head shadowing, the phenomena where sound coming to the "deaf" ear has to pass through the head to be heard. These are all advantages that deaf children implanted with single implants do not benefit from.

"When Jaely's cochlear implants were turned on, she started to cry

and it was overwhelming," said Tadzia. "Jaely had never cried like that before. I know she was crying because she could hear herself for the first time. It was amazing."

Over the next several weeks, parents Tadzia and Jorge will have to slowly accommodate Jaely to the sounds around her and bring her to audiology therapy every couple of weeks.

"We are so grateful to Dr. Gottschall and the entire Florida Hospital team," said Tadzia. "The moment her cochlear implants were turned on, I knew Jaely's life would be changed for the better."

Florida Hospital for Children offers a comprehensive pediatric cochlear implant program that provides care to patients throughout Central Florida.



fiscal fitness by John Gill

I Appreciate You

Let me start by saying this is not a farewell column. When I wrote a thank you column last year, I received many comments thinking it was a final column. I just like to take a look at where we've been and to let The Park Press readers

know that I appreciate them reading the columns that I write.

This is actually the 48th column that I have written for The Park Press. When Rick and I talked about writing for the paper, I was honored and excited! That is still true today. There are some months when I struggle to come up with a topic that I think is interesting. There are other months when a subject presents itself and the column comes easily.

My goal is to be interesting, topical and educational all in the same column. The popularity of The Park Press creates the audience, but the content of the paper and the columns keeps you, the reader and the consumer, coming back.

Over this year I have written about the importance of life insurance, the suitability of investments, allowances for children, debit card fees, long-term care and emergency funds. On the political front I wrote about the budgetary super committee and, sad to say, was prophetic in my position that they would not address the urgent debt, fiscal and budgetary issues facing the United States. I believe the most popular column I wrote was on the cost structure of gasoline. That column received the most comments and people continue to comment.

As I start my fifth year I would like to hear more from you, the readers, about items that are affecting you or topics that you would like to explore or learn about.

I believe one of Rick's goals is to have this publication continue to grow in its leading role as the town square of the "Parks" and surrounding communities. To support that goal, I want to address items of a financial nature that affect all of us.

Over the next year I plan to touch on peer-topeer lending and pawn shops. These are two nontraditional tools people are using to get loans and financing and they are not as complex or exotic as they may seem. I will also touch on some of the issues occurring in Europe, particularly Spain and Greece and how they affect us here in Central Florida. Finally, I am sure that there will be a column or two on the debt and deficit, Medicare/Medicaid and Social Security. Throw in a column on life insurance and that totals approximately five or six columns. That leaves five or six open months, so if there is something that you would like me to investigate or comment on, please send an email, text, tweet, or snail mail and let me know.

THANK YOU for sharing your time with me. With so many work and personal obligations, activities, miscellaneous options and other competition for your time, I appreciate your willingness to share your time with me and the Fiscal Fitness column. This has been a privilege to write for and to you. ■

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



Financial Freedom

We live in the greatest country in the world! As we prepare to celebrate Independence Day, I thought it would be an appropriate

time to reflect upon how fortunate we are to be Americans. Each day when we wake up, we have the freedom to choose how we will invest our time, talents and treasure. Thanks to God and to our fellow Americans who have gone before us and who have made the ultimate sacrifice to provide us this luxury, we have the ability to make choices each day. Some of us choose to invest our time, talent and treasures pursuing the American Dream by working for others while some of us choose to build businesses to provide opportunities for others and in an effort to achieve financial freedom and independence. Achieving financial freedom and independence is a challenging endeavor that requires focus, commitment and dis-

What is financial freedom? Financial freedom implies that one has enough income to maintain their standard of living and therefore has the ability to pursue other interests outside of employment. Financial freedom in the context of business succession means accumulating enough liquid resources independent of the business whereby you are not financially dependent upon the business to maintain your standard of living. As a business owner in a family business setting, why is attaining financial freedom so important?

Many successful business owners who have dedicated their lives to building their businesses reach a point in their career where they recognize the importance of "passing the torch" to a next generation family member or to a qualified, competent key manager. Developing wealth independent from the business is no easy task but it is paramount to an effective business transition. Having peace of mind that your financial security is not dependent upon the future success of the business will provide peace of mind and also afford you the opportunity to transfer some managerial and leadership responsibilities to your successor. In essence, it allows you the opportunity to see your successor in action and determine if and to what extent additional coaching and mentoring may need to take place in order to give you confidence your business legacy can be perpetuated.

Let's look at a few examples to help illustrate this point:

Scenario #1 - John, age 65 was the founder of a manufacturing business in the Northeast. Over the years, he continuously reinvested the profits of his business back into the business and as a result ended up "having all

of his eggs in one basket." John worked tirelessly for decades and reached a point where he had had enough. His energy and enthusiasm for the business was dissipating and he was ready to step away from

the business and let his son, Jimmy, take over the reins. The only problem was that John's business represented ninety percent of his net worth and he had not done a very good job of involving his son in important business decisions over the years. John lived in an upscale community, was a member of two golf country clubs and was accustomed to traveling overseas a few times per year. In order to maintain his standard of living, John needed \$200,000 of after-tax income. He had accumulated a modest investment portfolio but it was not capable of producing enough income to maintain his lifestyle. Although he made every effort to transition the management of the business to Jimmy, John was always second-guessing the business decisions Jimmy made. Naturally this frustrated Jimmy and began to create family issues between father and son. Needless to say, Mom was not very happy as this business issue started to impact family time together. The bottom line is that John was not able to withdraw from the business because he was dependent upon the business financially.

Scenario #2 - Sam, age 60 also worked tirelessly for decades and reached a point where he was ready to step away from the business, at least from an operational perspective. Sam enjoyed spending time with his grandchildren and was an avid boater. He also lived in an upscale community and owned a home at the beach where he spent long weekends. Unlike John in the above scenario, Sam had been very intentional in creating

a healthy balance between reinvesting in the business and also building meaningful investments outside of his business. When it came time to step away from the business, Sam had very little trouble because he had built

a comfortable nest egg that was more than capable of providing the income he needed to sustain his current lifestyle. Furthermore, he had gradually increased his son's role in the business over the past five years which made Sam's transition out of operations much easier. As a result, Sam and his wife were able to experience financial freedom from the business and do the things they always wanted t do: spoil their grandchildren and enjoy time on their boat at the beach.

Many of my most successful clients have built thriving family businesses as well as amassed impressive personal wealth with investments in real estate and in the stock market. When a business owner can retire and hand over control of the business to their successor without having to rely on income from the business, it enables the owner to step back and not feel the overwhelming pressure to stay involved in the business to ensure it will continue to succeed.

Consider the following for accumulating wealth independent from the business:

1. Define what financial security means to you.

I have encountered individuals who have modest net worth and feel financially secure as well as individuals with significant net worth who grew up in the depression and are fearful they will be financially dependent upon their children.

What does financial security mean to you?

- 2. After you have defined financial security, develop a specific game plan to achieve your financial security goals and build liquid net worth independent from the business. In other words, "don't put all of your eggs in your business basket."
- 3. Develop a relationship with a trusted investment advisor.
- 4. Activate your plan.

If you have the opportunity this Fourth of July to enjoy a picnic or watch fireworks with family and friends, take some time to be thankful for the incredible privilege of living in the United States of America. Consider revisiting your personal financial plan with your team of advisors to reconfirm your goals and objectives and determine what it will take to accomplish them. Making sound financial decisions today will increase the likelihood you will have financial freedom in the future. You too, can enjoy the fruits of your labor! Happy Independence Day, America! ■



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Business In The Parks

Mattamy Homes U.S. Group earned its second Grand Award in two years during the recent Home Builders Assn. of Metro Orlando's Parade of Homes. Steve Parker, president of Mattamy Homes U.S. Group, said the Orlando division earned the Parade's Grand Award as the top home builder in the production homes category. Mattamy's Captiva model town home at Lake Nona Preserve in East Orlando also won first place in the category of attached production homes priced under \$300,000. The Captiva model home is open daily at Lake Nona Preserve located off Narcoossee Road in Southeast Orlando.

Craig Clothiers announced today that Esquire Magazine has once again awarded it the honor of Best of Class. John Craig's high fashion, sophisticated accessories and elegant ambiance bring the Esquire's slogan, man at his



best, to life. Since 2005, John Craig has been recognized by Esquire Magazine as one of the finest men's clothing stores in the United States.

John Craig, named after H. Craig DeLongy's grandfather, embodies the essence of the best of the Florida lifestyle.

Cuhaci & Peterson Architects

has appointed three top professionals to staff positions at the firm. Lonnie Peterson, chairman at Cuhaci & Peterson, said the firm has appointed James Solomon to senior







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JUSTIN MAY

Solomon earned his Associates Degree in Architectural Design Construction Technology from Seminole State College and has more than 14 years of experience in architecture and project development. Travis Read, E.I., was appointed to graduate engineer-mechanical. Read earned his Bachelor of Science in Mechanical Engineering (BSME) degree from the University of Central

project coordinator.

Florida and has recently passed his E.I. exam. The firm recently ap-

pointed Justin May to senior project coordinator. May earned a Bachelor of Architecture degree and a Bachelor of Arts degree in Sociology from Florida Atlantic University. May is a LEED Accredited professional with more than six years of experience in project development.

Recently at the 2012 Parade of Homes Awards Ceremony, Phil Kean Designs, Inc. (PKD) was presented the Grand Custom Award for the fourth year in a row. PKD's custom home, The New American Home, won the Grand Award and PKD also received the Grand Remodel Award for its whole house remodel on Lake Sybelia. PKD received a total of six awards including the "green" LEEDer Award, Designers' Choice Merit Award, and 1st place in its custom and remodel categories. The Parade of Homes has been an annual event in Central Florida for more than 50 years. Produced each year by the Home Builders Association of Metro Orlando, the event showcases its members' best work and provides the community an opportunity to learn about what's new in home design and building.

Heart of Florida United Way (HFUW) has announced the appointment of Natalie Thornhill-Brown as Director of the Ryan White Part B program; and Anna Maria Lewis has been appointed Manager of **Education Programs and Initiatives** within the Community Investment department. Thornhill-Brown will



Natalie Thornhii i -Brown

oversee the administration of more than \$2.4 million per year, which HFUW receives through the Florida Department of Health to fund HIV/AIDS pa-

tient care and support provided by nine HIV/AIDS organizations and 200-plus service providers across Orange, Osceola, Seminole and Brevard counties. Thornhill-Brown holds a master's degree in social work from the University of Central Florida and a bachelor's degree in sociology from the University of



Anna Maria Lewis

Florida. As United Way's Manager of **Education Programs** and Initiatives, Anna Maria Lewis will be responsible for developing relation-



ships, partnerships and volunteer resources in support of United Way's long-term goal to improve education, including the launch of City Year Orlando. She recently relocated to Orlando from Chicago where she worked for City Year Chicago. She is a graduate of James Madison University and holds bachelor's degrees in political science and philosophy.

Baker Barrios Architects was awarded two American Business Awards for corporate marketing and public relations. The awards, which recognize the nation's top performers in business innovation, included bronze honors for the firm's first Annual Community Investment Report and Sales and Services presentations. These are the first American Business Awards for the company. Recipients were announced among 500 of the nation's leading executives at the 10th Annual American Business Awards ceremony held at the Marriott Marquis Hotel in New York City last night. Baker Barrios joins the ranks of nationally recognized Fortune 100 corporations including Apple, The Coca-Cola Company, Delta Air Lines, and Ford Motor Company. "Our work demonstrates how strategy and creativity can come together to deliver results that matter," said Shanon Larimer, Vice President of Global Marketing and Pub-



Shanon Larimer

lic Relations for Baker Barrios Architects. A record number of nominations were submitted this year with more than 3,000 entries from compa-

nies of all sizes and industries. The Awards include a wide variety of categories including management, marketing, public relations, communications, interactive, and more.

Colleen Gallagher, president and **CEO of Community Coordinated** Care for Children, Inc. (4C) is pleased to announce that the nonprofit organization has added new

members to its board of directors. Trisha Fohr, vice president and branch manager of Centennial Bank and Robert Gerencser, di-



rector of finance of Pepsico joined the 4C board this spring. Both Fohr and Gerencser actively pursued appointments with the 4C board as

they believe in the mission of the organization, which supports the early developmental years of children. 4C continues to be a trusted resource for Florida's children and families, and has been for more than 40 years, as it provides financial assistance to low-income working families. 4C is the first childcare resource and referral agency in the nation to be accredited by the Council on Accreditation (COA). The agency provides comprehensive services to the residents of Brevard, Orange, Osceola, and Seminole Counties, in Central Florida.

Arnold Palmer Hospital for Children has opened a new outpatient rehabilitation center. The approximately 10,000-square-foot center is located at 925 South Orange Avenue, Orlando. The new center complies with design standards in the Americans with Disabilities Act and includes a number of unique features to meet the needs of patients from birth up to 21 years of age. Patients at the new rehabilitation center will have access to two separate waiting rooms, including one for patients requiring low stimulation, three large gyms, a rockclimbing wall, and a wheelchair seating and positioning clinic. It is staffed by a number of specialists, including a pediatric physiatrist, six physical therapists, six occupational therapists, six speech-language pathologists, an International Board-Certified Lactation Consultant, and certified translators. Therapists at the new rehab center are certified in serial casting, neuro-developmental treatment, oral-motor treatment, and assistive technology. ■



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The Park Press | JULY 2012 14 GARDEN

Garden by Stephen and Kristin Pategas



STEPHEN & KRISTIN PATEGAS

The Garden Indoors – Maintenance Challenge

the floor - another interior plant has come through the door. It is perfect in every way but how long will that last? Even experienced gardeners give up on trying to

grow interior plants. Spindly, see-through, pestladen and stretched; they either end up in the trash or go back out the door they came through to go into the yard trash or try life in the great outdoors.

Realize that most house plants are expected to be replaced on a regular basis since they are usually growing in less-than-ideal conditions. Rare is the plant that is native to what our interiors

The gauntlet has hit typically provide. So try really hard not to get Follow these tips and your indoor foliage emotionally attached to them and don't hesitate to toss a past-prime plant. A nasty looking focal point is worse than none at all.

> When the plant must go, use the trash heap and not the outside garden. House plants do not belong in our Central Florida gardens. They easily suffer cold damage and some (like pothos) are very aggressive and spread wildly. Once they reach a vertical surface they go into climbing mode and will greedily scale structures and trees. A ficus tree placed outdoors will root through the pot into the ground. If it survives our winters it may get large enough to become a tree protected by municipal code.



Use a digit to check the moisture of the soil.

plants will last longer:

- If you have a brown finger up to the first knuckle then you are properly checking the soil moisture of your plants. Water only when the top inch feels dry to the touch.
- Fertilize once or twice a year using a liquid fertilizer at one-half strength. The goal is to keep them healthy, not encourage them to grow large and outgrow the space.
- Check weekly for insect pests under leaves and on stems. Indoors there is a lack of good bugs to take care of the bad bugs such as spider mites, mealy bugs and scale.
- As light levels indoors change between the winter and summer sun's position in the sky, shift plants to brighter locations and always rotate them in place to encourage even growth.
- If your plants summer outdoors, before bringing them inside do a pot check for any tagalong insects on the foliage and in the soil.

This is a winnable challenge if the right plant enters the house, is placed in the right location, and your finger turns brown at least weekly.

To read about indoor plant selection visit www. theparkpress.com for our April In the Garden.

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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The arrowhead vine (Syngonium) will

climb a tree and create problems.

Summer is here and the heat is on! The Crosby YMCA is the perfect place to beat the heat this summer. Our Wellness Center just received a major makeover and we invite you to come check out the improvements. We have a variety of new programs for all ages designed to keep you moving towards a healthier you.

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pop culture detours by George McGowan

Is There Anybody Out There?

Last month, Roger Waters of Pink Floyd fame brought his live show of "The Wall" to Amway Center in downtown Orlando and proceeded to blow my mind. The spectacle of this show is outstanding and was performed to perfection by Mr. Waters and his talented band.

While it is disappointing that the original members of Pink Floyd no longer play together, seeing this show led by the person who conceived it was a wonderful experience. It brought back so many memories. First, the memory of my older brother introducing me to Pink Floyd by making me lie on the floor in between the two stereo

speakers to listen to "Dark Side of the Moon" from beginning to end. Second, the memory of a weekend trip from Soesterberg, Holland to Munich, Germany for Oktoberfest. Why? Well, Pink Floyd's "The Wall" was the one and only cassette (!) we took on the trip and we listened to it over and over on the long drive across Holland and Germany. By the end of the trip, we knew every word, sound and note of the album. After the show in Orlando, as we drove to Cocoa Beach for a Father's Day visit, I re-created the experience with my wife and daughter, but this time on my iPhone with the music "piped" in from the iCloud!

I recently came upon a term which made me think twice: "Dad Rock." It's a derisive term for music that "my dad likes to listen to and wants me to like too." Well, I resemble that remark. The term was used in a recent review of an exing my master's degree this spring), I read the

cellent new album by The Walkmen named "Heaven." In this review by Steven Hyden in the AV Club, Hyden explains that "Dad Rock" is "... an epithet used by snarky people looking to denigrate bands that conform to rock tradi-

> lutely nothing wrong with tradition. In the case of The Walkmen, they start with this "tradition" and then make it their own. They also do not shy away from the fact that they are new fathers with new responsibilities. As Hyden puts it, the Walkmen make music celebrating "the power

tion." Well put, young man. There is abso-

of fidelity and loyalty to outlast momentary sensation and passion." Plus, it rocks, it's sing-able and it makes me want to dance, but I know well enough to not try at my age! Listen to "Love Is Luck" or "The Love You Love" for two great Dad Rock tunes from The Walkmen.

A Google search of the term "Dad Rock" also brought me to a good quote from Jeff Tweedy of Wilco in Men's Journal: "When people say dad rock, they actually just mean rock. There are a lot of things today that don't have anything to do with rock music, so when people hear something that makes them think, 'This is derived from some sort of continuation of the rock ethos,' it gets labeled dad rock. And, to me, those people are misguided. I don't find anything undignified about being a dad or being rocking, you know?" Again, well put.

With my newly-found free time (after finish-

latest novel from my favorite author, John Irving. I mention the degree again since I wrote about his novel "The World According to Garp" in my application to the Rollins College Master of Liberal Studies program. So, obviously, John Irving has a special place in my heart. Unfortunately, his latest is not his greatest. It is a good read, with interesting themes and a main character that you want to know more about and hear more from, but ultimately it disappoints. Now, granted, Irving has set the bar quite high with at least two American classics, in my opinion, with "A Prayer for Owen Meany" joining "Garp" on that list. His latest, "In One Person" returns to familiar territory (look up the word "bildungsroman") for Irving with a quirky and precocious main character, William, who is a writer examining his life's experiences and the crazy, interesting and stereotypical people he encounters through his life.

Commenter Leviathan 212 in the comments section to a review of this book on The Guardian's website succinctly summarizes what is growing old about John Irving, that he "... has basically written the same novel about 10 times now: 1. New England setting - Check; 2. Unconventional sexual behavior - Check; 3. Male protagonist with Daddy issues - Check; 4. Wrestling - Check; 5. Freak accidents - Check." While all this is true, I can recommend this novel to fans of John Irving, but those out there who don't and can't appreciate his quirks will think it is more of the same.

Until next time, "Long live Dad Rock!" ■

Orlando Philharmonic Performs In Legend Of Zelda Symphony Concert

On Saturday, July 14, the Orlando Philharmonic Orchestra will perform as part of "The Legend of Zelda: Symphony of the Goddesses Tour." The concert will feature live orchestral performances of theme music from Nintendo's The Legend of Zelda video game franchise. Conducted by Eimear Noone, the performance will take place at 8:00 p.m. at Bob Carr Performing Arts Centre in Orlando. Tickets are on sale at www.zelda-symphony.com.

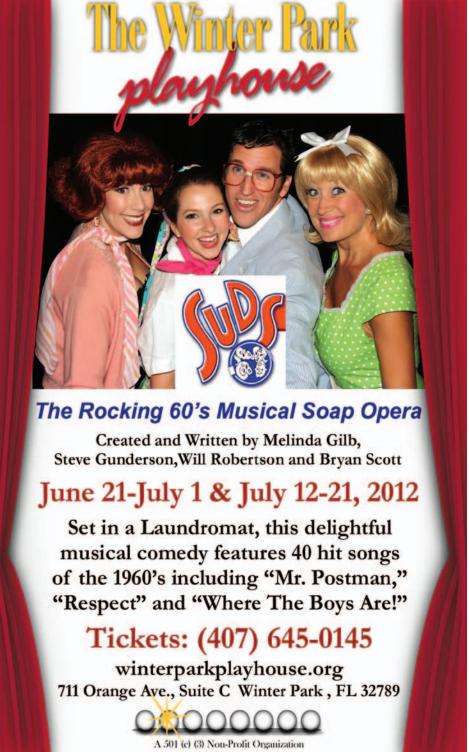
The new four-movement symphony recounts the classic storylines from The Legend of Zelda: Ocarina of Time, The Wind Waker, Twilight Princess, and A Link to the Past. The concert also will highlight orchestral renditions of music from other series games, arranged by music director Chad Seiter.

Since first appearing in 1986, The Legend of Zelda game series has sold more than 65 million units worldwide. The most recent entry in the series is "The Legend of Zelda: Skyward Sword," which launched exclusively for the Wii console in November 2011. The concert is a production of Jason Michael Paul Productions, Inc.

Celebrating its 20th Anniversary Season in 2012-2013, the Orlando Philharmonic is Central Florida's resident professional orchestra, appearing in over 125 performances each year. The orchestra offers a variety of programs, from classical and pops concerts to chamber music, staged musicals and opera productions. Education programs and community concerts are also a core part of the Philharmonic's programming.

> Information and concert schedule available at www.OrlandoPhil.org.





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Welcome To The Fun Laundromat by Barbara Solomon

WRITTEN BY GILB, GUNDERSON, AND SCOTT **DIRECTED BY ROY ALAN AND CHRIS LEAVY STARRING HEATHER ALEXANDER AND LAURA HODOS**

Get ready to rock n'roll. If you songs, advice, and fun and games, love '60s music, you will adore this show. And even if that's not your favorite era, the comedy will keep you in stitches. "Suds" is pure camp, from the bold, bright set to the crazy situations that occur. The story is built around the forty songs, and this somehow manages to make sense. Don't ask! Cindy (Joanna Yeakel) runs the laundromat, and has just been dumped, on her birthday, no less. Since her love life is kaput, she decides to end it all by committing suicide by washing machine. Two angels are sent to save her, DeeDee (Heather Alexander) and Marge (Laura Hodos). Marge is the experienced pro and DeeDee is a novice angel, Cindy being her first assignment. Through

they convince Cindy that life is not so bad after all, and love may be just around the corner.

The casting is excellent, as is typical of the Winter Park Playhouse. "Suds" is the perfect venue for Heather's comedic talents. She not only gets to rock us but to give us stomach pains from unmitigated laughter. Laura is funnier than usual as Marge, and her fabulous voice only adds to the enjoyment of the show. Her tour-de-force, "You Don't Have to Say You Love Me," brought down the house. Laura's comedic timing is great also; she's one of the few actresses I know who wait for just the right moment for the laughs to die down before continuing her lines. Joanna is adorable

as the looking-for-love youngster, and she can actually hold her own with the great madams vocally. Add to this a charming Christopher Alan Norton, playing all the male roles, and you've got a great foursome. His smooth voice and even smoother demeanor played well against the three girls. Everybody on stage looked like they were having fun, which translates to us, the audience, having fun. I know the guy behind me was hysterical all night, and I think the whole theater heard his laughter.

I used to dance on television when I was in high school on "The Alan Fried Show," and this was the music I danced to. I had to stop myself from singing along, since I have the world's worst voice. My

favorite song, "Where The Boys Are," was included in the fabulous 40. And my favorite line in the show was, "Don't play Barbie doll." Although a fun, campy show, it did have the moral of "put yourself first and you won't come in second." OK, everyone, the love of your life is just around the corner at The Winter Park Playhouse. I know mine was!

Playing through July 21 at The Winter Park Playhouse, 711 Orange Avenue. For more information call (407) 645-0145 or visit WinterPark-Playhouse.org. ■

Barb's Best Bets for July: "The Seven Year Itch" at Theatre Downtown and PRT's "Summer Shorts" at Orlando Shakes.

Orlando Museum Of Art Features Artist John Rocco

the bestselling Percy Jackson series as well as the Kane Chronicles, will be featured in "From Alice to Zeus: The Art of John Rocco," opening July 14, 2012 at the Orlando Museum of Art (OMA). In 2010, Twentieth Century Fox released the motion picture, "Percy Jackson and the Olympians, The Lighting Thief" based on a book from this series. This exhibition is the eighth in the OMA's "Art of the Picture Book" series. The exhibition will feature approximately 60 preparatory and finished drawings by Rocco, and will be on view through October 28, 2012. Rocco will appear at the OMA's opening on July 14 at noon for a presentation and book signing.

Rocco is a graduate of the Rhode Island School of Design, Providence, RI and School of Visual Arts, New York, NY. In 1992, he published his first children's illustrated book "Alice," an interpretation of Alice in Wonderland as retold by actor and comedian Whoopi Goldberg. Rocco worked as a creative director in the entertainment industry in Los Angeles and later at Walt Disney Imagineering, Walt Disney World Resort, Florida. He was involved in design projects for many attractions at Epcot and at Disney-Quest, an interactive theme park in Downtown Disney. At DreamWorks Animation, Rocco was the pre-production art director for the top grossing animated film "Shrek," where he created illustrations that helped the animators create the final look of the film.

In 2005, Rocco shifted his focus back to children's books. He wrote and illustrated "Wolf! Wolf!" (Disney Hyperion Books), which gar-

Artist John Rocco, illustrator of the covers for nered several awards including Borders Original Voices Award for best picture book. Art from his next book, "Moonpowder" (Disney Hyperion Books), was included in the Original Art Show at the Society of Illustrators, NYC, and was also selected for a special nationwide traveling exhi-



Image: ©2006 John Rocco. Cover image by John Rocco for "The Lightning Thief (Percy Jackson and the Olympians, Book 1)" written by Rick Riordan, published by Disney Hyperion Books.

bition. The fall of 2009 marked the release of his latest book, "Fu Finds the Way" (Disney Hyperion Books), a modern parable full of adventure, heart, humor, and a gentle message about the importance of focus and finding joy in simple tasks. The book "Blackout" (Disney Hyperion Books), written and illustrated by Rocco, was selected as a Caldecott Honor Book. In 2011, Rocco collaborated with award-winning youth author Katherine Paterson on an illustrated book titled "Flint Heart" (Candlewick Press), based on a traditional folk tale.

Rocco is enthusiastic about giving young visitors insight into his creative process and is interested in providing examples of how an illustration evolves, from earliest sketches to the finished work. He feels it is important that young people are encouraged to be creative and try new things without the fear of failing along the way. This can be seen in Rocco's many preparatory drawings that eventually lead to a published book. During the opening event, Rocco will make a public presentation, including a demonstration of how he creates an illustration, a process that involves a combination of traditional and computer-based media.

The OMA is located in Orlando Loch Haven Park at 2416 North Mills Ave., Orlando. From I-4 take the Princeton Street exit 85. Drive east on Princeton Street, and at the corner of Princeton and Mills (US Highway 17 / 92), turn left. Go one block east to Rollins Street and turn left. The entrance is the first driveway on the left. Parking is free. For further information, call 407 896 4231 or visit www.omart.org. ■

Wanted: Runway, Hair Models For Park Avenue Fashion Week



Harriett's Park Avenue Fashion Week (PAFW) is seeking runway and hair models for the sixth annual celebration of fashion and design in Winter Park, Florida. Male and female models are eligible to vie for a slot in the highly anticipated runway show, as well as other events leading up to and during fashion week.

Model casting calls will be held on Saturday, July 21 and Saturday, July 28, 2012 from 11:00 a.m. - 4:00 p.m. at the Winter Park Welcome Center/ Chamber of Commerce located at 151 W. Lyman Avenue, Winter Park, FL 32789. Casting is open to professional as well as up-and-coming models.

Harriett's Park Avenue Fashion Week is a seven-day (October 14 - 20, 2012) celebration of the local fashion and design community in Winter Park. Each fall, downtown Winter Park is transformed into a fashionista's paradise, complete with trunk shows, designer meet-and-greets, exclusive sales and VIP parties hosted by the boutiques and salons of Park Avenue and Hannibal Square. The grand finale is a spectacular runway show featuring the latest apparel and accessories.

> For additional information, please visit www.parkavenuefashionweek.com.

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the educated palate by Scott Richardson



SCOTT RICHARDSON

My Top Ten Restaurants To Eat A Great Burger In Central Florida

I started thinking about my "Best Burger in Orlando" article many months ago. I began to think of how many articles cover this topic. So, thinking outside the box, I wanted to bring a twist to this subject. I wanted to write about my favorite restaurants in Orlando which

offer the best burgers to their guests. While the notion that offering a list of restaurants and their burgers might be misconstrued as minimizing their commitment to offering great products and experience, I wanted to let you know, all the restaurants on my list offer consistently outstanding service and great menus. I decided that since all of these restaurants offer awesome burgers, I am not going to put them in any sort of order. I want you to visit these places and try their burgers and determine for yourself who has the best burger

I decided to add the "napkin factor" to these burgers. One napkin means the burger wasn't messy and you can probably go there in your suit and not run down the road to the dry cleaners after lunch. Five napkins means take an extra suit to work, or at least a clean shirt or blouse just in case... and all points in between.

The ten best restaurants serving the ten best burgers are:

Ever since I met Tito Peña, GM at Brio Tuscan Grille, (Winter Park Village off 17/92) and he asked me to try their **Brio Bistecca Burger** (\$11.85), it was love at first bite. The reason I love this burger -- the Pinot Noir

onions! Sweet and winey, tangy and soft placed under their crispy bacon and melted provolone cheese. To me, this is a burger that screams consistent, which I like in a restaurant. Be creative, but be consistent. I enjoy sitting at the bar rather than inside their dining room... but you choose. Just make sure you order their Bistecca burger which comes with homemade potato chips (or ask for fries if you want). - 2 napkins

The Tap Room at Dubsdread (549 West Par Street, Orlando, FL) Of course Steve Gunter and his staff create the ultimate relaxing experience to enjoy their award winning Tap Room Classic Cheeseburger (\$10.95) with Tillamook cheddar cheese, lettuce, tomato and onion. With all the creative ingredients other restaurants are doing, this burger is easily in the category of "old faithful" which is not a bad thing, in fact I like counting on consistency in flavor when I go out to eat. I chose not to add the cheese to my burger. After the first bite, I felt like I was home again...especially when Steve comes by and sits down with you to chat... ahhh! - 1 napkin

Wildside BBQ Bar and Grille (2305 Edgewater Dr, Orlando, FL) I took the chance and tried their Wildside "Stuff" Burger (\$9.99). 100% Black Angus Beef stuffed with crispy bacon, mushrooms, yellow onions, fresh garlic and jalapeños, topped with tomato, lettuce and a toasted bun. I split this behemoth of a burger with my dining companion and I really enjoyed the flavors, juiciness and heat from the jalapeños. For me, this is once in a blue moon choice. - 5 napkins

Just across the road from Wildside is Graffiti Junktion (2401 Edgewater Drive Orlando, FL) known for creating great burgers and allowing you to have your burger any way you want it, even if you want alfalfa sprouts! Almost each time I have been to this place, it is packed with customers eating burgers. What I like about this

place... I can sit outside on a graffiti-inscribed picnic bench and watch the world go by, while enjoying their **Santa Fe Burger** (\$12... add a fried egg for an extra buck, trust me it's worth it). The Santa Fe burger is topped with green chilies, pepper jack and cheddar cheeses. The flavor combinations, especially with the creaminess of the fried egg, do a number on the palate. Washing it down with a Widmer beer...perfect! - 4 napkins

Pine 22 on ... well, East Pine Street in Downtown Orlando is a gem of a place. Some of the best burgers I have tasted come out their kitchen. This is a place you can go to town on creating your own burger. Apparently 300,000 ways to make your own unique sandwich... not wanting to be

overly difficult, I just took the paper that had the options to how I wanted my burger made and checked the 5oz 100% all natural beef, multigrain bun, feta cheese, pesto sauce, and added sun-dried tomatoes for an additional dollar. While some frown on checking boxes to create a burger, it works for me and thousands of others who frequent this trendy little hot spot. Cost of the burger... \$8.99 (not including Pine Fries) – 2 napkins

Down the street and around the corner is **Prickly Pear Steakhouse** (100 S. Eola Drive, Orlando, FL). Eddie Nickell and Nicholas Olivieri, long time supporters of all things hospitality in Orlando, own this joint. This is an unbelievable place to take some friends and enjoy dinner with a southwest panache. My choice of burger is the **Bison Burger** (\$13). This delicious lean burger needs to be cooked rare or medium rare, any further and it will dry out. Truly, I felt like I was eating healthy, until I looked and saw chunks of blue cheese and tangy balsamic caramelized onions. What a way to go. - 2 napkins

310 Park South (310 South Park Avenue, Winter Park, FL) has a consistent burger which adds a value to my choice of top 10 burgers. I have written about this burger before and it is a very good burger. What I like about this restaurant is being able to sit at the bar (seems to be a trend of mine) and relax, while chatting with those folks beside me. But something changed on the menu when I was recently visiting... they added a new burger called **Akaushi Burger** (\$15). This burger had a symbol of a heart next to it, so I thought I would give it a shot. Akaushi is a

Wagyu breed of beef, tender and full of flavor. Nicely grilled Akaushi beef, it comes with aged cheddar cheese, lettuce and a red onion jam all served on toasted ciabatta bread. - 3 napkins

K Restaurant and Wine Bar (1710 Edgewater Drive, Orlando, Fl) is one of my favorite restaurants to visit. While Kevin is known for James Beard quality dishes, I find his **K-Burger** (\$14) is amazing. Kevin offers a \$5 burger on Wednesday for lunch, but I think his regular burger is too good to pass up. Kevin and his chefs typically grind their own beef to make their hamburger patties so the flavors are always tantalizing. It is always cooked to perfection. Take a peek at his choice of cheeses on the blackboard in the bar area. Kevin has a veggie garden in the back growing a variety of vegetables throughout the year. Some of these will appear on the menu, like the pickles on the day I was there. - 2 napkins

The Ravenous Pig (1234 N. Orange Ave., Winter Park, FL) another of my favorite restaurants to enjoy any meal, specifically the burger. James and Julie Petrakis are the quintessential owners of everything complex. For me, their **1855** Angus Pub Burger (\$13) is out of this world. 1855 Angus beef is branded as the top 10% of the Angus beef cattle. What this means for the burger is unparalleled quality and flavor. James adds his caramelized onions and buttermilk bleu cheese, all on a brioche bun. If you are one of the few in Orlando who have not tried Ravenous Pig for their burgers, stick it on your bucket list. - 2 napkins

The Bistro on Park Avenue (348 N. Park Avenue, Winter Park, FL) finishes off my top 10 list. Their **Blue Ranch Burger** (\$13) is my choice. 8oz of Harris Ranch beef, smothered with blue cheese, ranch and jalapeño dressing and deep fried onions. This burger is all about flavor and the texture between the Kaiser roll.

The juiciness of the burger, tanginess of the ranch and blue cheese, and the crunchiness of the deep fried onion rings makes this a truly epic culinary experience. - 3 napkins

Of course there are so many options for burgers being produced by so many talented chefs here in Central Florida that it can be hard to choose where to dine. Go visit some of these restaurants and try the burgers for yourself and let me know what you think.

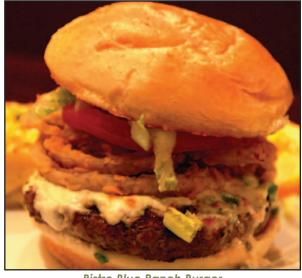
Have a safe and happy July 4th celebration Cheers!



Brio Bistecca Burger



The Tap Room Classic Burger



Bistro Blue Ranch Burger

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



Shed A Little Light...

As I was sitting down to a breakfast meeting the other day, a dear friend shared with me the reasoning behind why it seemed that things had been so frenetic and stressed as of late. She described how her friend had told her about the

AYESHA G. FUHR

recent shift of the planets and how apparently this causes all around chaos. Now, I had heard something about the "transition of Venus" and I do give much credit to those things outside of our control contributing to many life factors, but I do not necessarily follow astronomy... or astrology.

Nevertheless, it has felt like more of a challenge to 'keep up' as of late and it seems that most everyone I know has been feeling the same sort of reactive energy in their own lives as well. I continue to reflect on my own advice to be more responsive and measured in my energy and interactions and to live with greater meaning and intention, but sometimes it feels as though there's only so much one can do just to meet the minimum necessary to keep our lives running as smoothly as possible.

Though all the balls may remain in the air and the plates keep spinning, there's something altogether unsatisfying about just reacting to one's life, and the circumstances therein, as opposed to mindfully navigating situations, relationships and daily interactions. There is a greater sense of power and purpose in being self aware enough to see the world through your own clear lens and go in the direction which you choose. So how do we make the shift?

I could answer this in any number of ways and I'd like to believe I'm far more eloquent in the man-

As I was sitting down to a ner in which I assist my clients with exactly this challenge... but when it comes to one's own circumstances, it's always a bit trickier. So, I've decided to experiment with a new approach this time.

I've recently been immersed in some home renovation projects. And though I had a whole different life and career, largely based in building and design, before this... again, it's different when it's your own. I'm not completely finished as of yet, but the house is much closer now and I can honestly say it's been rather exhausting attending to each and every little project (that then gives way to three new projects) every weekend and in the 'spare' moments found in between.

However, this last weekend I had my first house guest since the chaos began and my sister (who's an amazing designer herself) came to visit and check out the progress. She asked me with which area of the house I was least satisfied and we decided we'd work on it together. I knew right away that it was my bedroom and I even knew what was missing (in theory), but it had been the very last room on which I had spent any energy and as such I had pretty well drained both the inspiration and energy buckets by the time I got there.

We had a nice dinner on Friday night and spoke very little about the next morning's project. Saturday morning arrived and we had our coffee, spent some time catching up and then sat down in the bedroom and made a list. We decided we'd have a lovely brunch and then hit three particular stores and go from there. Approximately 3.5hours later we returned home with a few things from said stores and a sense of satisfaction. I had been looking for a specific way to introduce a color I had in mind and

she insisted on more lighting. I hadn't put much thought into lighting... or into asking for help, for that matter, until both were gently forced upon me.

And let me tell you, in just a few hours, with just a few things, the room feels completely different. It essentially looks like the same room, nothing significant has been changed or moved- but the experience of being in the room is both lighter and brighter now. I had allowed myself to ask for help, I had given a few hours of dedicated time and energy to both the project at hand and an important relationship, and the world (or at least the view of it from this room) looks significantly different. More light, a bolder color, time spent, help asked, and an air of intention... and things can change in a matter of moments.

Perhaps this is a somewhat abstract way of conveying my thoughts on Living Meaningfully this month, but this little Saturday project reminded me just how simple it can be to transform a situation with which you are unsatisfied. Shed a little light on it, be mindful in your assessment of what may not be working for you, planful in your decision to change it, willing to ask for help, spend time with those who love and understand you and be intentional in your path to change it. Chances are – whether it's a bedroom or a life circumstance, you'll sleep much better after doing so.

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.



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YMCA OF CENTRAL FLORIDA

Protect Yourself From Mosquito-Borne Diseases

The Orange County Health Department (OCHD) is reminding everyone to take precautions against mosquito-borne diseases especially with all the recent rain. Throughout the year, OCHD works with Orange County Mosquito Control, the Florida Department of Agriculture and Consumer Services, the Florida Fish and Wildlife Conservation Commission, and state universities, to monitor for the presence of illnesses carried by mosquitoes

"It is important for people to be aware that standing water is a breeding ground for mosquitoes and can lead to an increase in the insects. There are simple measures to reduce the

chances of contracting a mosquito-borne illness," said Dr. Kevin M. Sherin, director of the Orange County Health Department.

Orange County residents and visitors should remain diligent in protecting themselves from mosquito bites by practicing" Drain and Cover."

Drain standing water to stop mosquitoes from multiplying.

- DISCARD: Old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.
- EMPTY and CLEAN: Birdbaths and pet water bowls at least once or twice a week.
- PROTECT: Boats and vehicles from rain with tarps that don't accumulate water.

• MAINTAIN: The water balance (pool chemistry) of swimming pools. Empty plastic swimming pools when not in use.

Cover your skin with clothing and use mosquito repellant.

- CLOTHING: If you must be outside when mosquitoes are active, cover up. Wear shoes, socks, long pants, and long sleeves.
- REPELLENT: Apply mosquito repellent to bare skin and clothing. Always use repellents according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective. Use mosquito netting to protect children younger than 2 months.

Cover doors and windows with screens to keep mosquitoes out.

Keep mosquitoes out of your house. Repair broken screens on windows, doors, porches, and patios.

Symptoms of mosquito-borne illnesses may include headache, fever, fatigue, dizziness, weakness, and confusion.

Physicians should contact their county health department if they suspect an individual may have a mosquito-borne illness. Department of Health (DOH) laboratories provide testing services for physicians treating patients with clinical signs of mosquito-borne illnesses. For more information on mosquitoborne diseases, visit www.orchd.com.

Arnold Palmer Hospital Named One of **America's Best**

Arnold Palmer Hospital for Children has been ranked among America's best children's hospitals in U.S. News & World Report's 2012-13 Best Children's Hospital rankings.

Arnold Palmer Hospital ranked 27th in orthopedics, 33rd in gastroenterology, and 47th in cardiology and heart surgery. It was the only hospital in Central Florida to be included in the rankings.

"It is a tremendous honor to be named one of the best children's hospitals alongside other great institutions around the country," said John Bozard, president, Arnold Palmer Medical Center. "This accomplishment allows us to stand out from the crowd when families are looking for the very best care for their children."



For families of sick children, Best Children's Hospitals provides unparalleled quality-related information in addition to rankings, including survival rates, adequacy of nurse staffing, procedure volume, and much more. Since their 2007 debut, the rankings have put an increasing emphasis on data that directly reflect hospitals' performance over the opinions of physicians.

This year, U.S. News surveyed 178 pediatric centers to obtain hard data such as availability of key resources and ability to prevent complications and infections. The hospital survey made up 75 percent of the rankings. A separate reputational survey in which 1,500 pediatric specialists – 150 in each specialty—were asked where they would send the sickest children in their specialty made up the remaining 25 percent. ■

Hospice Volunteers Needed

VITAS Innovative Hospice Care of Central Florida needs volunteers who can be riend terminally ill patients, provide relief for weary caregivers, accompany their pet on Paw Pals visits, visit with veterans, provide art and music therapy, make bereavement calls, sew, make crafts, help repair medical equipment, or help with administrative work.

For more information call 407-691-4541 or e-mail central.floridavolunteers@vitas.com.



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Quality

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

technology_{by Trevor Honohan}

Power Up!

I am seemingly spending more and more time charging my devices. I am constantly looking for a power cord at work to charge my iPad. While that is charging I am using my phone to check email and access the Internet. Work in a

few phone calls and suddenly now my phone battery is low. So I go to my car and plug in the phone and allow that to charge. Then it is back

to my iPad. I also have an iPod and will use that for music. I only charge it when I get the battery low signal. But I still have to go find the plug. Then there is the matter of my netbook. I have a bad habit of not shutting it down after use. And then of course ev-

ery other time I go to use it the battery is critically low. I have a hard enough time keep all of my electronic devises charged. But then I have to assist the kids in managing their phones and i-Touches and portable game devices etc. It is a constant hunt for the right cords and a constant conversation about being proactive and charging prior to use.

> This summer I am planning to go on vacation for a few weeks and I started to worry about all of our must-have devices and

> > the number of power cords we will be taking and how we will keep up with all that mess. There is also

the matter of packing these items in the carry-on bag and having easy access to everything. After having a humorous conversation about all this with a colleague, I was made aware of an item called the Powerbag. This electronic backpack comes equipped with a battery sys-

> vices anywhere, anytime. In a side pocket there is an Apple connector, mini and micro USB connector as well as a USB port. And one Powerbag boost will charge an average smart phone two times. E-readers and tablets can even be safely stored and charged in this bag. I am always

tem that can charge up to four de-

on the lookout for the newest tech gadget. I had no idea I would find an electronic backpack. This will really simplify my travels and organize all of our devices. I purchased mine from Amazon.com. You can also visit mypowerbag.com. Happy charging and traveling! ■

schools

Summer Is Here!!

Orange County School Board Member Nancy Robbinson, District 6



Last month the OCPS careers of approximately 10,000 at high school graduation ceremonies around the county. Many of these graduates are going on to college or the military and some will start their careers. I am especially proud of the Class of 2012 because

these students have worked hard and achieved much. A few of the colleges and universities that OCPS graduates will attend in the fall are quite prestigious, including Brown, BYU, Carnegie Mellon, Columbia, Cornell, Duke, Emory, Georgetown, Harvard, Johns Hopkins, Julliard School of Music, MIT, Notre Dame, Princeton, Rice, Smith, Stanford, University of Edinburgh, Vanderbilt, Vassar, Williams, Yale and the United States Military Academies! Congratulations and best wishes to all of the OCPS 2012 graduates and their families!

The summer months are a time students came to a conclusion to rest and refresh for teachers, students and families! They are also a great time to help your children stay on track academically. Be sure to encourage your children to read books and continue to practice their math skills as well as spend time creating with art and music. You could even take advantage of the technology available to you and help your children make their own music video from your family vacation and then have a movie premiere for their friends once you return home! If any of your children actually create a video please email me a copy, I'd love to see it!!

Thank you for choosing OCPS to educate your children. With all the options that exist for your family to choose from to meet your child's academic needs I appreciate you choosing OCPS. Did you know that OCPS has 35 magnet programs to choose from as well as its own

OCPS Virtual Academy? A well-rounded student is what OCPS strives for with academics, arts and athletics available to all of its students and I'm thankful you are partnering with us to educate your children.

Don't forget school starts back on Monday, August 20! I hope you have a fun and safe rest of your summer and your children come back to school ready to learn more next month! If you move during the summer and your school attendance zone changes, be sure to contact the new school your children will attend to register them before the first day of school- it will make things easier for you, your children and the school.

Thank you for allowing me to serve our community as its District 6 school board member and please feel free to contact me with any thoughts, questions or concerns you have regarding Orange County Public Schools.

Nancy Robbinson nancy.robbinson@ocps.net, 407-310-9194



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EYEWEAR FOR **INDIVIDUALISTS**





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schools



On June 2, 2012 the kindergarten through fifth-grade students had an opportunity to perform at the Annie Russell Theatre on the Rollins College campus. All year long Ms. Scott (our performing arts teacher) has been working with students on grade- level performances. Because: of the size of our student body we had to look off campus for a venue that would hold all our parents and guests. Rollins came to the rescue. We also partnered with The Dr. Phillips Center for the Performing Arts. They assisted us with printing playbills and announcing the grade levels at the start of each performance.

I would like to thank the Dr. Phillips Center for the Performing Arts and would like to congratulate all of the student performers, teachers, and volunteers who shined during Saturday's Audubon Park Performing Arts Festival. We have captured video of the performances and welcome you to forward on the link below so that others can share in the experience.

www.ArtsForEveryLife.com

Check out the Special Summer: Edition of @Audubon, our studentproduced magazine. Please share this latest issue with your child.

Flash Version (best on computer) http://tinyurl.com/AudubonMag

Non-Flash Version (best on iPad and mobile devices) http://tinyurl. com/AudubonSUMMER

Featured in this issue:

- Audubon Park Students who make a Splash
- The Olympics @Audubon
- Interactive Sunshine State books with sound
- Apps for Summertime Learning Be sure to leave your comments and feedback on the back cover for our Journalism Club.



Unpacking and setting up at our : Pre-Game On-Field Recognition: temporary location continues as we: 7:00 p.m. - EHS/BHS Alumni prepare for the upcoming school: Cheerleaders and Cheer Coaches year. The staff and students of the : In-Game Recognition: 2012-13 school year will have a year: EHS/BHS Alumni Band Members of memories as the only group to at- and Directors tend Brookshire West. It will also Halftime Recognition: be exciting to watch our new school : EHS/BHS Alumni Football Players being built. You can keep track of and Coaches scnool construction via our school web site.

On July 24, we will have tours of Brookshire West (1500 Falcon Drive) on the hour from 8:00 a.m. - 4:00 p.m. There will also be an Open House hosted by our school board member, Joie Cadle, on August 6 from 4:00 -6:00 p.m. Our Meet Your Teacher event will be held on August 16 from 11:00 a.m. – 1:00 p.m. And don't forget the first day of school is Monday, August 20.

We hope all of our students are enjoying the summer. They should be drinking plenty of fluids and applying sunscreen when outdoors and taking the proper precautions when swimming. We want our Bulldogs to always be safe so remember that Brookshire is a construction site, and while it is exciting to watch, please do so from a safe distance.



Edgewater High School

Principal Michele Erickson

60th Anniversary of Boone vs. **Edgewater Events**

"Celebrate the Barrel"

Wednesday, November 7, 2012 The Historic Dubsdread Ballroom 7:30 p.m. - 9:00 p.m.

This event is a social gathering: for Edgewater and Boone alumni, supporters and community to come: together to celebrate 60 years of this historic rivalry. Tickets are limited.

Attendees are asked to wear cocktail-style attire. Boone supporters: ange, Powder Blue and/or White/: Silver). Edgewater supporters should: dress in cocktail attire that matches: Edgewater's school colors (Red, Black, White/Silver). Attendees and guests 21 and older only, please.

and Edgewater's athletic departments and history will be at this event. There will also be "donation" barrels, so that each school may receive support. The event will also include various contests and recognitions as well for both schools.

Boone vs. Edgewater Golf Outing

Thursday, November 8, 2012 Dubsdread Golf Course and The Tap Room

Lunch - 11:30 a.m. to 1:00 p.m. Shotgun Start at 1:30 p.m.

Afternoon, scramble format, golf: outing that includes lunch prior to tee off. Lunch will be held in the Florida Room of the Dubsdread Banquet Facility. Once you are finished having lunch you are able to hit the range and other warm up areas. We will recognize the first and second place teams; Longest Drive and Closest to the Pin.

60th Anniversary Football Game -Boone vs. Edgewater

Friday, November 9, 2012 Edgewater High School, Lough Stadium Pre-Game Barrel Buffet: 5:30 p.m. to 7:00 p.m.

All Alumni Groups must purnition opportunities

For more information, golf registration and advance game tickets please call 407-835-4906.



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. All summer reading lists and summer assignments are listed on our school webpage under the "Summer Information" page at www.glenridge. ocps.net. Student supply lists, bus route information, and registration ·

information are also available on the : Not only did they set the example

ent, summer is a busy time at Glenridge Middle! Beginning June 21, our office has new summer hours, open from 7:30 a.m.-5:00 p.m. Monday through Thursday. The office will be closed every Friday until mid-August. Additionally, the school will be shut down for the week of July 2 through July 6.

Summer school is being held for students in need of Course Recovery or 8th Grade Reading Camp through July 18. Additionally, the should dress in cocktail attire that : YMCA summer camp is taking place matches Boone's school colors (Or-: at Glenridge through late July. For more information regarding the YMCA camp, please visit the YMCA office (located on the front of our gym) from 8 a.m.-5 p.m. or call 407-623-1415 x 2267.

We hope you have a terrific sum-A silent auction focused on Boone • mer and we are looking forward to the 2012-2013 school year! We will kick off the year with our "Mane Event" which will take place Thursday, August 16. More information regarding this event will be posted on our school website as well as the: you there!



and I am very proud of our students: events. As the day progressed, the for their hard work. I can't thank : smiles on each of the students' faces our faculty and staff enough for all: and all the abounding laughter were of their dedication and commitment: an indication of just how much fun this year and thank you parents and . volunteers for your continued supunteers have once again helped Lake • Silver earn the Golden School Award! Thank you Partners In Education for your continued support!

Thank you to Kara Pastis, our outgoing PTA president. Kara spent countless hours on campus, on the phone and on the computer overseeing our PTA and everything that the PTA does for our students and staff. I look forward to working with our new PTA Board and Pam Oldham, PTA president, for 2012-2013.

The Lake Silver Foundation hostwas raised at the event. The funds will be used for technology and additional support for our students.

Check the Lake Silver website www.lakesilver.ocps.net for summer chase tickets to participate in recog- reading lists, school supply lists and uniform information. Have a safe and fun summer and read a lot of



St. Charles Borromeo

On May 24, the St. Charles Borromeo Catholic School community celebrated the graduation of the eighthgrade students. The Class of 2012 consisted of 34 young men and women with a variety of talents and gifts. Some are artists, others musicians, and still others great athletes. Each of them, however, share one important: thing in common...they can now call where we saw first hand how cripthemselves alumni of St. Charles!

school, the eighth graders had very important responsibilities this year.

for the younger students on how to Even without our students pres- be successful in their studies, but they also set the example for having a little fun.



On May 21, the eighth-grade students hosted St. Charles Borromeo Catholic School's annual Field Day. Every eighth grader was divided marquee in front of the school. See into a specific group and assigned responsibilities, including leading games such as water balloon toss, tug-of-war, and musical chairs. It was their jobs to ensure that all the other students – from preschool to seventh We've had a great learning year: grade-were enjoying the various each class was having.

Raphael, a seventh-grade student port. Our wonderful ADDition vol- thoroughly enjoyed the day. "I think Field Day is really fun because you get to exercise all day," he said.

> Those sentiments were echoed by Sofia, a fifth-grade student at St. Charles. "I enjoyed Field Day because you get to play water games. It's refreshing under the sun."



A group of St. James Cathedral School (SJCS) alumni and staff participated in a mission trip to Jamaica ed a Casino Night and over \$3,000.00: last month with Food for the Poor, an interdenominational Christian relief and development organization that



provides food, housing, healthcare, education and other assistance for the poor in the Caribbean and Latin America. The group's experience illustrated the school's motto in action: "Come to Learn, Leave to Serve."

"Our journey took us to places pling poverty can be and how daunt-As the student leaders of the ing when it seems there is no way out of a desperate situation," said Laura

Continued on page 22

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dren with mental and physical hand- : and listened to the elderly tell their : ney, whether it be the icaps, along with those who have ! life stories. They also delivered hybeen abandoned by their families, including girls born with HIV/AIDS. The children loved being showered: who received a new toothbrush was: hearing how they have with attention, which seemed to be: priceless," said McDonald. their most urgent need. "I realized these children never focused on their: ly life-changing for the SJCS mem-: in academics, athletics, lack of food or shelter. They just: wanted what every kid wants - to play! They wanted us to simply be there and have fun with them," explained SJCS alumnus Ryan Shaughnessy, Class of 1995 who shared this trip with his younger brother Aidan, SJCS Class of 2010.

The group also built a house for a woman who ministers to the poor and indigent in her Kingston neighborhood, despite the fact that she herself was homeless. Ryan Shaughnessy described Ms. Josephine as "a woman as close to Mother Teresa as : dral School was blessed with the : insight into their academic abilities. : I will ever meet." The group worked: presence of St. James Catholic Ca-: After sitting for the high school SAT: our new TCS Lions to kindergarten alongside local Jamaican tradesmen thedral's Father Nick Tocco along or ACT, four students were awarded next month!

McDonald, a first-grade teacher at foundation to the roof in a single day. SJCS, accompanied by her daughter: "The labor was challenging in the Ca-Britain, SJCS Class of 2011. The trip : ribbean sun, but watching the tears : began at Jerusalem Children's Home, : flow from Josephine's eyes made the which ministers to the needs of chil- work worth every bit of sweat," said:

McDonald.

The mission trip group visited a relief center for the homeless that included a primary: school for young children and a derly. The group meals, served played with the

giene items, toys and educational school of their choice. supplies. "The pure joy of a child: We look forward to

The mission trip was as profound-: ginning in ninth grade bers as it was for those they helped. : student Alumnus Kelly Wilkes, Class of 1997, and in continuing to explained, "I went on the mission ex- serve others. pecting to give more than I received, me a deep love for the poorest of the academically promising this mission trip.

Nasrallah, a Food for the Poor board: scoring at or above the national avermember. As a team, this St. James : age of high school juniors or seniors "Come to Learn, Leave to Serve,": as they experienced first-hand how : ley, Caroline Kefauver, Jimmy Lane, the poorest of the poor live and how: and Haley Wass. grateful the poor are to those who serve them.

The Christ School

Christ School Head of School Jason Powell, Ed.D.

home for the el- our outstanding eighth-grade stu- strated leadership, and exhibit good

dents who have graduated and are equipped and confident about the children and sat next stage of their jourpublic or private high emerged as leaders begovernment

but quickly was proven wrong. State award winners! Over 60% of return in August as our eighth-grade Throughout the trip, I met Jesus in our current seventh-grade students leaders. Several middle school stuthe poor of Jamaica; an experience were invited to participate in the dents participated in the Junior Nathat has allowed me to grow in my Duke University Talent Identification tional Young Leaders Conference relationship with Christ and gave Program, Duke TIP, which identifies (JrNYLC) in Washington, D.C. Teachpoor." Kelly's younger sister Katie, graders based on their standardized have developing leadership skills SJCS Class of 2009, also served on: test scores in sixth grade. Candidates: and Cole Dalton, Jimmy Lane and This "family" of St. James Cathe-: the ACT which allows them greater: the week-long conference.

Continued from page 21 to build the 24'x24' house from the with devoted parishioner Dr. Lynne state recognition by Duke TIP by "family" lived the school motto, on at least one part of the SAT or the ACT. Congratulations to Sam Ems-

We were proud to tap 17 of the seventh-grade students into the National Junior Honor Society (NJHS) just prior to the end of school. To be considered, students must maintain a 3.5 or higher grade point average, The Christ School congratulates performed service hours, demon-



Congratulations to our Duke TIP: character and citizenship. They will seventh ers recommended students who are then invited to take the SAT or : Katie McCree chose to participate in

We look forward to welcoming

Lord Family Endows Community Engagement Directorship At Rollins College

Rollins College recently announced a new endowed directorship in its Office of Community Engagement - a role that will expand meaningful service-based experiences for students. This \$1 million major gift from Rollins alumnus David Lord and his family will fund the permanent endowed position,



Micki Meyers and David Lord

known as the Lord Family Director of Community Engagement.

"We are very thankful for the generosity of the Lord family and their commitment to the mission of Rollins," said Micki Meyer, who will hold the position. "This gift will enable us to offer more opportunities such as service-learning, community-based research, and civic involvement to students and faculty who are passionate about leveraging their education as a vehicle for change."

Lord and his family made an initial gift to help establish the Office of Community Engagement in 2001 and have championed its mission since then - helping thousands of students, faculty and staff to engage in service-based experiences. In 2005, they created the Rhoda Newberry Reed Endowment for Community Engagement and Leadership Education and Development.

Lord, a member of the college's board of trustees, received a bachelor's degree from Rollins in 1969 and an M.B.A. from the Crummer School of Business in 1971. He then led a career in higher education operations, including several posts at his alma mater.

"Community engagement is already a cornerstone of the academic program at Rollins, and we're honored to raise this position to the level of an endowed chair," said Lord. "Students want to attend a college where they can make a difference. Through community engagement, they can experience the complex problems of society and use their education to find solutions."

Local Students Win Top Honors At National Science Olympiad

Five students at Orlando Science naments that led them to the national school with a focus on science and University of Central Florida. mathematics education – recently won in Orlando, Fla.

Elizabeth Martin, Daniella Gutierrez and Raquel Guerrero - all 8thgraders - received sixth place in the "Experimental Design" category. Their event challenge was to create a dental health test based on acidity.

Carlos Barea and Isaac Gordon - both 8th-graders as well - took home ninth place in the "Awesome Aquifer" category. Following detailed specifications, the students created a concept and solu-

tion to underground water pollution.

students," said Yalcin Akin, executive director of Orlando Science Schools. "The tasks given at these competitions are extremely challenging, and teams scientific concepts and solutions in a short period of time."

also won first place at the Regional Sci-Olympiad - the pre-qualifying tour- Pham. ■

Schools - an Orlando-based charter competition, which took place at the

Science Olympiad is a national sixth and ninth place at the 2012 Sci- non-profit organization that hosts anence Olympiad National Tournament nual competitions featuring more than



The Experimental Design Team

at the National Science Olympiad

Orlando Science Schools

240 regional and state tournaments, providing more than 6,000 students with the chance to participate. The state and national tournaments

consist of a series of individual and "We couldn't be more proud of our team events, involving interscholastic academic competition in biology, earth science, chemistry, physics, problem solving and technology.

Other Orlando Science Schools stuare put to the test by having to create dents who participated in the national competition include: Annabel Zinn, Ahmed Rashid, Markus Zirkle, Sam Orlando Science Schools students Dai, Omar Gammouh, Taylor Ramsamy, Jordanis Barzana, Daniel Stetzingence Olympiad Competition, and first er, Lucas Lamoureux, Sebastian Gonand third places at the Florida Science zalez, Sebastian Orellana and Danh

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CALENDAR

Audubon Park Garden District Events Ongoing Events

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

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



July 14 Bastille Day – Hosted by the Audubon Park Garden District from 6:00 to 10:00 p.m. at 3022 Corrine Drive and includes live music, French food and Belgian beer. For more information and tickets please visit www.apgardens.com

July 16 Green Gardening: Design, Install, and Maintain by Stephen & Kristin Pategas of Hortus Oasis - 7:00 to 9:00 p.m. at Harry P. Leu Gardens. You will be empowered to "do it yourself" or hire others to create a water-wise use garden with cold hardy, low maintenance plantings. Registration required 407-246-2620.

Baldwin Park Events

July 6 Charity Art Festival and Art Stroll – Hosted by the Baldwin Park Merchants Association featuring over 40 local artists from 5:30 to 10:00 p.m. along New Broad Street. Proceeds will benefit One Brick Orlando.

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

College Park and Orlando Area Events Ongoing Events

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

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

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

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

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

Now – 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.osc.org.

July 3 2012 Red Hot and Boom! – 4:00 to 11:00 p.m. at Cranes Roost Lake in Altamonte Springs. For more information please visit www.uptownaltamonte.com.

July 3 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.

July 4 Fireworks at the Fountain – 4:00 to 10:00 p.m. at Lake Eola Park.

July 7 Armand Marchesano and his Orchestra – The dance is from 7:30 to 10:00 p.m. at the Beardall Center located at Gore and Orange Avenues. Cost is \$4.00 per person. For more information please call 407-246-2637.

July 9 Free Florida Hospital Sports Medicine Clinic – Topics will include hydration, supplements and weight loss at 6:00 p.m. at Track Shack. For more information please call 407-896-1160 or visit www.trackshack.com.

July 12 Dinky Line Family 5K Walk/Run – This free event is to celebrate the official ribbon cutting for the Dinky Line segment of the Orlando Urban Trail. The ceremony begins at 6:15 p.m. at the Mennello Museum in Loch Haven Park.

July 14 – October 28 Orlando Museum Of Art Features Artist John Rocco – Rocco is the illustrator of the covers for the bestselling Percy Jackson series as well as the Kane Chronicles. For more information please call 407-896-4231 or visit www.omart.org.

July 14 The Orlando Philharmonic Orchestra Performs "The Legend of Zelda: Symphony of the Goddesses Tour" - The concert features live orchestral performances of the theme music of Nintendo's video game franchise. 8:00 p.m. at the Bob Carr Performing Arts Center. For more information and tickets please visit www. zelda-symphony.com.

July 18 37th Anniversary of Belles and Beaus Dance Club — 7:00 to 9:00 p.m. at the Marks Street Recreation Complex located at 99 E. Marks St. Cost is \$5.00 per person and singles and couples are welcome. For more information please call 407-277-7008.

July 20 – 31 Target Family Theatre Festival in Loch Haven Park – For more information please visit www.orlandorep.com.

July 21 Orlando City Soccer vs. Nottingham Forest – 7:30 p.m. at the Florida Citrus Bowl. For more information please visit www.orlandocitysoccer.com.

July 27-29 28th Annual City of Orlando Amateur Golf Championship at Dubsdread – For more information please visit www. historicaubsdread.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.

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily

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.org.

July 17 "Music From the Big House" Live Q&A and Concert – 6:30 p.m. featuring Canada's "Queen of the Blues," Rita Chiarelli at the Enzian. For more information and tickets please call 407-629-1088 or visit www. enzian.org.

July 19 29th Annual Beat-the-Heat 5K Road Race $-7:00\,$ p.m. at the Roth JCC located at 851 N. Maitland Ave. Pro-

ceeds benefit the Marvin Friedman Children's Scholarship Fund. Event will also include a free kids' race for children six and under as well as a pool party for all participants. For more information and to register please call 407-645-5933 ext. 259.



July 22 & 25 KidFest Summer Movie Series at the Enzian - 1:15 p.m. on Sunday, July 22 and 3:00 p.m. on Wednesday, July 25 with the showing of "Jason and the Argonauts" (1963) rated G. This event is sponsored by Walt Disney World with the weekday showing being free, and the weekend showing at \$5.00 per person. For more information and tickets please visit www.enzian.org.

Winter Park Events

Ongoing Events

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

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

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

Sundays Music at the Casa – This free event is hosted at Casa Feliz on various Sundays from noon – 3:00 p.m. through 2012. For information call 407-628-8200 ext. 3

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 407-539-2680.

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.

July 3 – August 21 Ballroom Dance Lessons (Beginner) – 7:00 to 8:30 p.m. at the Winter Park Farmers' Market.





July 4 Hunter Vision July 4th Watermelon 5k Run/Walk – 7:30 a.m. at Mead Gardens located at 1300 S. Denning Drive. Proceeds benefit the Track Shack Foundation, a local 501c(3) organization that promotes health and fitness with an emphasis on youth programs. For more information and advance registration please visit www.trackshack.com.

July 5 and 12 S.A.F.E. Classes for Women - 6:00 to 8:00 p.m. at the Winter Park Police Department. Classes are free and limited to first 25 who sign up. Please call 321-303-5884 to register.

July 11 Basic Irrigation and Landscape Principles -6:30 to 8:00 p.m. at the Winter Park Welcome Center

July 12 Enzian's Popcorn Flicks – 8:00 to 10:00 p.m. featuring "The Great Muppet Caper" in Central Park.

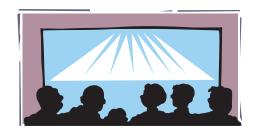


July 13 and 27 Free Friday Family Films at the Morse – This 90 minute program is designed especially for elementary school age children and all children must be accompanied by a parent or guardian. Space is limited and reservations are required with \$5.00 refundable deposit per child. For more information and to register please call 407-645-5311 ext. 136.

July 19 "CoffeeTalk" – 8:00 to 9:00 a.m. featuring Randy Knight, city manager of Winter Park, at the Winter Park Welcome Center.

July 21 and 28 Modeling Casting Calls – Harriett's Park Avenue Fashion Week is seeking runway and hair models for October's Fashion Week. 11:00 a.m. to 4:00 p.m. at the Winter Park Welcome Center. For more information please visit www.parkavenuefashionweek.

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.





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