The Park Press

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



Wildcatz

08



A Night Of Fashion In Pictures

14



Shen Yun Returns

17

For updated news, events and more, visit www.TheParkPress.com

Patient Writes Inspirational Book About Embracing Differences

Izzy Hadala has a unique physical condition called Ectodermal Dysplasia. She receives care from Dr. Raymund Woo, medical director of pediatric orthopedics at Florida Hospital for Children. Her condition is what inspired the book.



Thirteen--year-old Izzy Hadala is on a mission to empower kids with physical differences, just like her. Since first grade, Izzy has given a speech on the first day of school every year to educate her classmates on her physical disability. Now, she is hoping to spread her message even further with her book, "The First Day Speech."

Izzy was born with Ectodermal Dysplasia, or "lobster claw syndrome," which halted the development of her teeth, hands and feet. Dr. Raymund Woo, medical director of pediatric orthopedics at Florida Hospital for Children, has been treating Izzy since she was a little girl.

"Izzy has never let her condition keep her from doing things. For example, she wanted to play soccer so she played soccer. We just had to get her to a place where she was able to fit her feet into her soccer cleats," said Dr. Woo. "But what has impressed me the most with Izzy is that she has never seen it as being about what is on the outside, and I think that is a message we can all embrace."

Izzy wrote the book, "The First Day Speech,"

to help tell her story and empower others who look physically different. Izzy transformed her story into a picture book that follows a little boy named Nathan as he struggles to accept his physical difference, a cleft lip. Just like Izzy's own story, Nathan gives a speech to his classmates to answer their questions and show them he is not that different.

"I want to empower other kids with physical differences to have more self-confidence. I know what it feels like to be bullied," said Izzy. "My goal is to get a copy of my book in every classroom in America so no one has to feel inferior or be bullied for looking different."

Florida Hospital is already taking strides to make her goal a reality. The hospital has purchased and donated 100 copies of the book to local schools throughout Central Florida. Florida Hospital is on a journey to inspire individuals and communities to live longer, healthier lives in mind, body and spirit. Izzy's story is one of courage and inspiration, an important part of living to a Healthy 100.

Izzy Hadala is currently traveling to various schools throughout Central Florida to share her inspirational story and educate other children on embracing their differences. In fact, she recently spoke at The Park Maitland School to more than 600 students, faculty and staff to educate the entire school on how to celebrate differences. "The First Day Speech" is available for purchase on www. Amazon.com.

Librarian's Lifelong Love Of Reading Comes Full Circle

With a passion for reading that spans more than eight decades, Audrey Morris brings a joie de vivre to her role as librarian-in-chief at The Mayflower retirement community, overseeing a diverse collection of nearly 1,000 items and a volunteer committee of 10.

Audrey's love for reading began in grade school, when Franklin D. Roosevelt's Works Project Administration built a library on her street in upstate New York. "I begged my older siblings to read to me, and then I picked it up on my own," she says, starting a lifelong



"The Mayflower's library is more than a room of books," Audrey Morris says with a smile. "This is my playground!"

habit of devouring two books a week.

Later in life, after Audrey's husband passed away and left her with seven children, that passion inspired her to earn a degree in library studies. "I was tired of the kitchen, and the kids were growing up. I wanted to *Continued on page 10*

305% APY FINANCI WWW.oldharborfinance www.oldharbor

4767 New Broad Street Orlando, FL 32814 (407) 514-0087

We have IRA Specials & 401k Reviews

We broker CD's for FDIC insured banks.
Rates may vary depending on deposit amount.
Promotional incentive may be included to obtain yield.
Certain restrictions apply.



INSIDE THE PARK PRESS

 Editor's Message
 3
 Arts & Entertainment
 17

 News
 4
 Pets
 19

 Business
 12
 Technology
 19

 Fashion
 14
 Schools
 20

 In The Garden
 15
 Calendar
 23

 Health and Wellness
 16

DEBWIL NO 4282

MESL BYTW BCH ET

OR BORLYGE

OR BORLYGE

FROM THE PUBLISHER The Park Press | NOVEMBER 2012

The Park Press

PUBLISHER RICK CABLE rick@theparkpress.com

EDITOR TRICIA CABLE tricia@theparkpress.com

ART DIRECTOR EMMA HELLING

ADVERTISING SALES

advertising@theparkpress.com

EDITORIAL CONTRIBUTIONS AND WRITERS

Janna McGowan, John Gill, George McGowan, David Ciambella, Barbara Solomon, Scott Richardson, Stephen and Kristin Pategas, Ayesha Fuhr, Audrey S.F. Perrott

PHOTOGRAPHY Steve Graffham, Tricia Cable, Scott Richardson

DISTRIBUTION SUPPORT Jimmy Segal

The Park Press, LLC, Winter Park, Florida

Office: 407-644-6760

E-mail: info@TheParkPress.com

VISIT US ON THE WEB www.TheParkPress.com

QUESTIONS OR COMMENTS?

We want to hear from you! Send your submissions to The Park Press via e-mail at editor@TheParkPress.com. All submissions to The Park Press become the property of this publication and will not be returned; they may be edited and published or otherwise used in any medium.

RECEIVE YOUR COPY OF The Park Press EACH MONTH BY MAIL

The Park Press is free at various retail locations each month throughout the community. If you're not currently receiving our publication by mail, but would like to, please email your name and address to subscriptions@ theparkpress.com. The 12 month subscription cost is \$15. For more information please call, or email our staff today. Please allow 4-6 weeks for your first mailed issue to arrive.

THE PARK PRESS IS PUBLISHED MONTHLY. ALL CONTENTS, LOGOS, AND ARTICLES ARE COPYRIGHTED MATERIALS AND ALL RIGHTS ARE RESERVED. ANY REPRODUCTION IN WHOLE OR IN PART WITHOUT PRIOR WRITTEN PERMISSION OF THE PARK PRESS IS STRICTLY PROHIBITED. THE PARK PRESS RESERVES THE RIGHT TO REFUSE ANY ADVERTISING MATERIAL FOR ANY REASON DEEMED INAPPROPRIATE BY THE PUBLISHER. ©2012 THE PARK PRESS, LLC

Publisher's Message



RICK CABLE

I think I can hear a sigh of relief as the 2012 general election finally comes to a close. As residents of an all-important swing state, we have been through the political grind for a couple of years and great focus by both parties has been relentless over the past ten months. Don't get me wrong, I enjoy the campaigning process of a general election, however I'm thrilled that November is finally here. I'm also thankful to our nation's founding fathers that the citizens of this great nation have this amazing election process and the right to cast our vote.

I'm writing this prior to the election, so the result is unknown. I would not be surprised if this period of American history is not referred to as the Divided Parties of the United

States. During any campaign process we've naturally shown to have opposing sides, but for some reason neighbors, family and friends have appeared to be more divided during this election, unlike any I remember in my lifetime. I've actually overheard discussions that led to personal insults because of party differences. During these discussions regarding the highest office in the land the words "stupid, idiot, ignorant" have been tossed around just because someone didn't agree with another when they expressed who they felt had earned their vote. I've also seen where people have torn up candidate signs in other people's yards, and then seen the person who had the signs torn up go out and get a sign for every single candidate running within the respective party. Can you say "touché."

It's been a unique time in our history for sure, and certainly an election that I will remember. Regardless of who's elected president during this period of time in history, I think it's imperative that Congress and the people of this great nation stand united under this man who will serve in the office of president for these next four years. The stakes are high and failure on key issues is not an option. For history has shown that when the people of this great nation are united we are capable of great things.

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





OUR PUBLICATION IS
MADE POSSIBLE IN OUR
COMMUNITY BECAUSE
OF THE SUPPORT OF
OUR ADVERTISERS.

WE THANK THEM FOR SUPPORTING US AND ASK THAT YOU PLEASE KINDLY GIVE THEIR PRODUCTS OR SERVICES CONSIDERATION FOR YOUR BUSINESS.



Great rates on Vehicle Loans.



Let State Farm Bank® put you in the driver's seat for less money.

From cars to trucks; motorcycles to RVs, let State Farm Bank® finance or refinance all the things that move you. **Bank with a good neighbor®**.

CALL AN AGENT FOR MORE INFORMATION OR VISIT US ONLINE TODAY.



John Psomas 922 Lake Baldwin Lane, Suite A Orlando, FL 32814 Bus: 407-277-2997 Fax: 407-277-3682 www.johnpsomas.com



James E Ackerman 922 Lake Baldwin Lane, Suite A Orlando, FL 32814 Bus: 407-277-2994 Fax: 407-277-3682 www.jimackerman.net



State Farm Bank, F.S.B., Bloomington, IL

Man's Best Friend

By Tricia Cable

Dog or cat, fish or bird, I am hands down an animal lover. I have had many a pet over the years- turtles, hamsters, rabbits, etc.- but in my opinion, nothing compares to man's best friend. There is something about a canine that sucks me

in and takes up immediate residence in my heart. Be it the unconditional love they offer up without question or the unbridled excitement they display each time I return home, I do not ever recall a period of time without a hound dog of some kind sharing my home.

There have been five hounds in my life to date and all girls except for one lone boy....Scout. Scout was my 35th birthday present to myself. Initially, he was a tricolored miniature dachshund. But as he grew, so did his ears and before long, instead of hanging down as you would expect from a dachshund, they began to stand up and out like nothing I had ever seen. I should have renamed him "Radar" because as you can imagine, he had excellent hearing. But, I didn't, by then, he was already "Scout" to me.

I adopted Scout from a neighbor of mine in College Park. She had rescued Scout's mom (a purebred dachshund) from a puppy mill that had fortunately been forced out of business by the Flagler County Animal Control. He had a slew of siblings, all different color combinations,

but I was pretty certain that I got the best one. He entered my home as the third in command proudly taking his place behind the thenresident alpha dog, ten-year-old black and tan standard dachshund, Alexis, affectionately



Left to right: **Eleanor, Madelyn, Grace and Scout**Photo by Julie Little

referred to as "Lex Luther, hound from hell." It was love at first sight. Scout was smitten with her and for the next six years, he was her constant companion.

Scout was my pre-marriage, pre-children dog. He was with me through a break up with an old boyfriend, a move, a wedding and two babies. He was the only man up with me for late-night

feedings and he was happy to position himself directly under the high chair so that I would not have to clean the floor after the girls ate. He was a loving, somewhat neurotic force to be reckoned with, not adapting well to change of

any kind. He has been a constant fixture of our home for more than 14 years.

This past week, my boy started to take a turn for the worse. And as I reluctantly headed out of town for work for a few days, I made one admittedly very selfish last request of my friend...I asked him to wait for me. I could see in his eyes it would be hard for him to honor my request. He was tired and losing his fight. It was the longest three days I think I had ever been away from home. But upon my return, there he was. He had waited. He had waited for me. Not just for me to get home, but for me to be ready. For me to accept and recognize what had been there for quite some time. He was done. He was tired

and no longer had what he needed to hang on for me. I had to be the person my dog thinks I am, selfless and compassionate.

A dog's life never seems to be long enough. Not long enough for us to love them as they have loved us. Not long enough for us to bring them as much joy as they bring us. But just long enough for us to learn from them as intended.

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



FACE • BREAST • BODY CONTOURING



NEWS The Park Press | NOVEMBER 2012

City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



ROBERT F. STUART

As you read this, our community and our nation have just completed a very contentious election cycle. Let me express my personal gratitude to each candidate who made the brave decision to place their name before the voters in order for a chance to publicly serve. Their shared will-

ingness is a testimony to the staying power of the principles set forth by our Founding Fathers and a continuation of the clear vision for our country first realized long ago.

Let me thank those who believed in the principles of their candidate or their position on an issue and got involved in the process. Even more importantly, thank you to the thousands who voiced their opinion by casting their vote and participating in the very core of our citizenship.

While I know that for everything there is a season, I am relieved that this one is behind us. My hope is that we as a country, but more important to me, we as a city, can reflect on how we choose to share our passionate views with our wonderfully diverse community. While there are some great benefits of social media, it has made it very easy for all of us to hide behind a myopic political soundbite that doesn't garner any real political conversation or discourse.

Now that this election is over, let us remember the values of our country and celebrate the gift that we all share, the gift of living in America, by joining to work toward a better community

and nation. This is the "special genius" of our process...that following divisiveness, we can join our hearts and minds together to move forward, unified in our goal to better our community, our country and ourselves.

Speaking of ways to bring positive change to our City, the mayor gave his State of Downtown address at the end of October at the Amway Center. Unique this year, he was joined by Nancy Sutley, chair of the White House Council on Environmental Quality. During his address, he announced a new Green Works initiative, "How Do You Green?" Visit the interactive website, cityoforlando.mindmixer.com to help us develop our city's vision for sustainability. To read Mayor Dyer's remarks or watch the video on-line of his full speech, visit cityoforlando.net.

What better holiday to celebrate after an election than Thanksgiving, where we can all focus on the many blessings in our lives? If you are looking for a way to balance out the calories from the many traditional indulgences of the day, consider participating in the annual Turkey Trot 5K benefitting Seniors First, a wonderful charity in our community. For information, check out seniorsfirstinc.org. And if you want to share your blessings with others on this day, there are many other worthwhile charities that will be serving and sharing meals with those in need—the Coalition for the Homeless, the Christian Service Center, the Salvation Army and Ronald McDonald House just to name a few.

November is also a month to thank our veterans. The Mayor's Veterans' Advisory Council

will be hosting the city's annual Veterans' Day Parade on Saturday, November 10 begin-

ning at 11 a.m. The downtown parade route begins at Orange and Robinson, and continues on Orange, along Central to Rosalind, back to Livingston. For more information about this event that serves to honor all those who made our freedom possible, visit cityoforlando.net/veterans.

District 3 also boasts a few other unique events where residents can enjoy holiday festivities and do a little shopping on the side as well. First, the 26th annual Festival of Trees will take place at the Orlando Museum of Art from November 9-18. Enjoy the Toyland Town and Shop, the Holiday Boutique and Garden, as well as all of the superbly decorated trees and displays. For more about this event, go to omart.org. On November 17, head over to Ivanhoe Village for their unique Jingle Eve event that includes a wonderful holiday boat parade on Lake Ivanhoe. For more information, check out ivanhoevillage.org. Then on November 19, Leu Gardens' Holiday House opens, offering visitors a chance to tour the 11 themed rooms that make up this amazing holiday showcase. For more information on this and other upcoming events, visit leugardens.org.

This month, I want to say a special thanks for the opportunity to serve you. While the job is always challenging, I feel truly blessed every day to play a small role in building community throughout our Great City. Happy Thanksgiving to you and your family!

-Robert ■

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



Join our pre-holiday Blitz! It's an affordable, effective, 4-week program

Don't Wait! Use the YMCA Weight Loss Program to get your weight and health management back on track.

Within a few short weeks, our Healthy Solutions plan has proven results, all while saving money on groceries and eating out

For more information, or to register, please call our Program Director, Matt Jacques, RN.

Class Starts Monday November 26, 2012. Call 407-644-3606 to register.

CROSBY YMCA WELLNESS CENTER

P 407.644.3606 | E mjacques@cfymca.org



The Park Press | NOVEMBER 2012 NEWS

Winter Park Mayor's Message

Mayor Ken Bradley



Honoring Our Winter Park Heroes

Winter Park held its first veterans celebration on November 11, 2011. It was an extremely humbling ceremony that served as a reminder of all of the sacrifices our friends, family and loved ones have made for

our country. We would like to honor our military heroes once again this year at our second annual Veterans Day Celebration. On Friday, November 9, 2012, at 10 a.m., the City of Winter Park is honoring all Winter Park veterans at the Winter Park Community Center Ruby Ball Amphitheatre located at 721 W. New England Ave.

The city is holding this event to pay tribute all veterans who have served in any military campaign (World War II, Korean War, Vietnam War, Desert Storm, Iraqi Freedom or Afghanistan) or have served in any military branch in honor of our nation's freedom.

Beginning at 9:30 a.m., the VFW Post 2093 Community Band will be entertaining guests as they visit with organizations and services that offer resources specifically for veteran needs. At 10 a.m., the official program will begin with musical tributes, anecdotal speakers and recognition of veterans according to the various military branches and campaigns served.

In addition, the Winter Park Fire-Rescue Department is once again supporting "Operation

Last year the City of Gratitude," a program designed to collect candy and letters of encouragement for American ser-

> vice men and women who are currently deployed in the remote regions of Afghanistan and other hostile regions of the world. Everyone attending this Veterans Day Celebration is encouraged to drop off candy and letters of support for our troops.

Please join me to



show your support of the distinguished men and women who have served in our various military branches and military campaigns. For more information, please call 407-599-3428.

VOTE - 2012 Election Information



On Tuesday, November 6, 2012, we have the unique and extremely important opportunity to exercise our American

freedom as we vote for our next United States president and on 11 constitutional amendments on the November General Election Ballot. This is the one definitive way we can impact the future of our county, state and our country. This privilege to vote is what our military defends, our veterans fought for, and sacrificed their lives to protect.



Whether you're planning on voting via absentee ballot or plan on visiting the polls on Election Day, please make sure to educate yourselves prior to voting. To assist in understanding the amendments, you can visit the homepage of the city's website cityofwinterpark.org and click on the Election button or visit the Orange County Supervisor of Elections website at www.ocfelections.com. Please make sure to bring your sample ballot to the precinct to help expedite the voting process. Exercise your right to vote this November!

Vote, then ice skate!

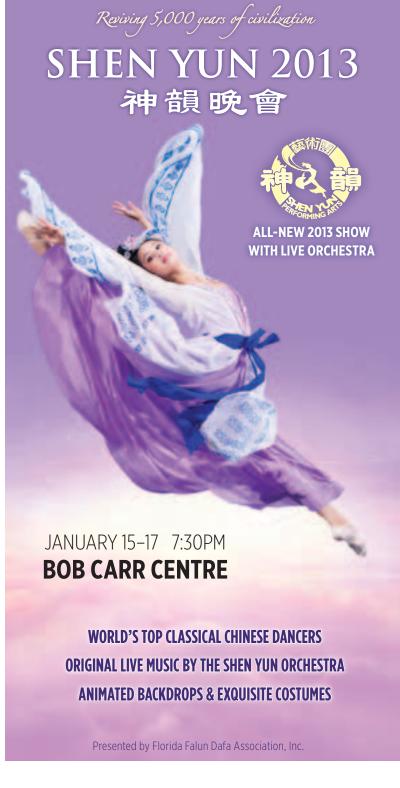
Also this month, the city's "Winter in the Park" holiday ice skating rink opens on Friday, November 16 in the West Meadow located at 150 North New York Avenue on the corner of Morse Boulevard and New York Avenue in downtown Winter Park. Snowflakes of all ages and skill levels are invited to chill out as they glide, spin and turn at "Winter in the Park" all day for only \$10 per skater (skate rental included). For more information, please call 407-599-3203 or visit our website at cityofwinterpark.org.

Thank you for your continued support, dedication and commitment to our city and our country!

Sincerely,

Keneth W, Bridley

Kenneth W. Bradley Mayor, City of Winter Park ■





EXPERIENCE 5,000 YEARS OF DIVINELY INSPIRED CULTURE

OR THE PAST 5,000 YEARS, China amassed a diverse legacy of heroes, myths, and values that still resonate in the present. To-day, Shen Yun Performing Arts is re-viving the world's most ancient herit-age in full color through dance and music. This past March-May, Shen Yun ran sold-out shows in the Tampa Bay area. She Yun will return to Florida in January 2013 to perform at Orlando's Bob Carr Centre with an unparalleled blend of energy, grace, and originality..

"It was an extraordinary experience," said Academy Award-winning actress Cate Blanchett after watching Shen Yun. "The level of skill, but also the power of the archetypes and the nar-ratives were startling. And of course it was exquisitely beautiful."

Shen Yun captures the spirit of ancient China, recalling the grandeur of a culture long lost. The show moves quickly from one story, region, and dynasty to the next. Down in the valley, ladies of the Yi ethnic group dance in rainbow skirts by the river. In the heaverainbow skirts by the river. In the heavens, celestial fairies trail silken sleeves through the clouds. Resounding drums

awaken the dusty plateaus of the Middle Kingdom.

Gorgeous backdrops extend the stage, transporting the audience to distant lands and eras. An orchestra, combining Western and Chinese instruments like no other, accompanies with stirring scores. Dancers fly across the stage in an array of flips, spins, jumps, and aerials. The energy of classical Chinese dance is contagious; the entire performance, mesmerizing.

"Entactical" caves low Peber from

"Fantastic!" says Joy Behar, from ABC's The View. "If you ever get a chance to see it, you should."

BUY NOW FOR PREMIUM SEAT SELECTION

Orchestra



Online: Ticketmaster.com Phone: 800-745-3000 888-884-6707 FLShows.com

ShenYun2013.org

NEWS The Park Press | NOVEMBER 2012

Maitland Mayor's Message

Mayor Howard A. Schieferdecker



Changing Of The Guard

see the changing of the guard in two key city staff operational areas this month.

After 25 years on the job, W. Brian Jones, assistant city manager will be retiring. Brian is a native of East Orange, New Jersey and was educated at

Lamar University where he obtained a bachelor's degree in business administration, followed by a master's degree in finance from Rollins College.

He began his professional career with Gulf Oil in Houston, Texas, as a credit representative working his way up to director of customer service for the Florida region. Seeing an opportunity to make a difference, he accepted a job offer from the City of Maitland in 1987.

"Watching long-term plans fall into place and casual interaction with residents" is what has motivated him throughout his tenure at Maitland. Success is measured by helping others become successful and being able to look in the mirror and say, "I did the right thing." He has said that he wants most to be remembered as someone who recognized the right thing to do, and did it.

Brian and his wife, Cindy, are proud parents and grandparents with two daughters, three granddaughters, and one grandson.

The chief of the Maitland Fire Rescue Department, Ken Neuhard, is also retiring this month after serving the city since 1986- more than 26 years.

Ken has called Central Florida his home since 1980 after he completed a tour of duty in the U.S Air Force. Chief Neuhard received an associate of science degree in emergency medical technology

The City of Maitland will from Valencia Community College in 1995 and in 1999 he completed his bachelor's degree in business administration from Columbia College.

> Mr. Neuhard started his firefighting career as a volunteer in 1986 with the City of Maitland and shortly thereafter was hired to fill a full-time position. Working his way through the ranks he was promoted to fire lieutenant in 1989 followed by a promotion to assistant chief of operations in 1994. Ken was selected to fill the top position of fire chief for the City of Maitland in 2004.

> His achievements in Maitland since becoming fire chief include the development of strategic planning, attainment of International Fire Service Accreditation for the organization, advancement of performance measurement within the department and expansion of citywide disaster preparedness efforts in his role as city disaster manager. Chief Neuhard is a member of the international, state and Central Florida fire chiefs associations.

> Ken and his wife, Stephanie, have one daughter, Catherine, and are very proud grandparents to one energetic young man and their lovely "little girl."

> These two professionals will be missed and have set a standard that will be hard to follow. Two skilled staff members will be stepping up to fill the ranks as Brian and Ken leave their posts.

> Being promoted to the position of assistant city manager is Sharon Anselmo. Formerly the director of management services, Sharon is a graduate of the University of Central Florida and has been recognized nationally for her work in budget preparation and communication through the years.

> During her tenure with the city, Sharon has worked closely with the city manager and all city department heads in the preparation of annual

operating budgets, capital improvement budgets and has directly been responsible for all aspects of city financial operations.

Stepping up to the position of fire chief is the former assistant chief of operations, Kimberly Neisler, who has been with the Maitland Fire Rescue Department since 1982. Moving through the ranks from firefighter/ paramedic to shift lieutenant and battalion chief, Chief Neisler has managed all phases of fire department operations including emergency and non-emergency responses; staffing and budgeting; field operation training; and the department's EMS/Paramedic program. Serving as an adjunct instructor for Valencia State College, Chief Neisler has mentored the department's firefighters as they made their way through the state's paramedic curriculum. Chief Neisler has also served as the department's liaison to the Central Florida Fire Chiefs operations group (OPS) and has overseen the department's role with the Orange County EMS Advisory Council. In addition to her fire rescue responsibilities, Chief Neisler is a licensed registered nurse.

The city's greatest asset is its staff, and this transition as two seasoned staff members are replaced by two staff professionals is a testament to the quality of employees who work to make the City of Maitland a great home town. The council and the entire staff wish Assistant City Manager Jones and Chief Neuhard much success in the future and look forward to working with them.

Howard A. Schieferdecker Mayor, City of Maitland ■



County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



TED B. EDWARDS

The Orange Charter Review Commission completed a more than yearlong comprehensive review of the Orange County Charter, and has placed five prospective charter amendments on the 2012 ballot for consideration. As a charter form of government, every four years, a new

charter review is conducted by an independent fifteen member volunteer commission. I want to thank my District 5 appointments- Shawn Rader, the vice chairman; and Cheryl Moore, District 5 Citizen of the Year- as well as all the other CRC members, for their tireless efforts, work and long hours on the Charter Review Commission. The CRC held numerous public hearings and their recommendations will be presented to the electorate for approval during the general election ballot on November 6.

To assist you with your decision on whether to approve the CRC recommendations, below is a brief description and summary of the CRC recommendations:

Ballot Question 1 - Local Method filling vacancies in office of commissioner and mayor when authorized under Florida Law - This will allow

vacancies to be filled locally rather than by the governor. The Board of County Commissioners will fill vacant commission seats until next general election. A county mayor vacancy will be filled by a special election where the mayor's remaining term exceeds one year. The financial impact of this recommendation will be the cost of a special election if required. Currently, the governor fills any vacancies at his/her discretion.

Ballot Question 2 - County Charter Amendment changing due date of Charter Review Commission report. - The due date for the Charter Review Commission Report would be changed to the

Continued on page 7





The Park Press | NOVEMBER 2012 NEWS 7

Continued from page 6

County Commissioner's Message

last day for qualifying for election to county office This would provide the supervisor of elections additional time to prepare the ballot in a more cost efficient manner. There is no financial impact.

Ballot Question 3 – Effect within municipalities of County ordinances concerning simulated gambling or gambling – This is a charter amendment that I sponsored to prohibit simulated gambling ("Internet cafes") in municipalities. Orange County has already adopted an ordinance under my leadership prohibiting simulated gambling ("Internet cafes") in Orange County. The charter amendment would apply to any municipality in Orange County to prohibit simulated gambling ("Internet cafes") or other types of similar activities. The Orange County Charter currently prohibits casino gambling as well. Simulated gambling generally occurs in strip malls and has been linked to increased criminal activity.

Ballot Question 4 – County Charter authorizing designation of unincorporated villages and creation of village advisory boards – Voters in qualified census designated places exceeding 25,000 in population would be empowered, by citizen petition, to vote to create a "Village" and "Village Advisory Board" that would have specific advisory powers and duties.

Ballot Question 5 – Requiring County and Municipal approval of zoning or comprehensive plan amendments affecting overcrowded public schools – Voters are being requested to extend a current practice of requiring county and city approval, where and when applicable, of requested comprehensive plan amendments and rezoning that will impact school capacity in an overcrowded school zone. This would be in addition to concurrency which has also been adopted by the state.

Items are already under consideration for the next County Charter Review Commission including issues related to the tax collector's office and citizen-driven ballot initiatives. Both items will have ample opportunity for citizen involvement and input. As always, my staff is available to answer questions and offer any other assistance. Feel free to contact Dana Boyte or Lynette Rummel at 407-836-7350 or email district5@ocfl.net.

Yours Truly,

Commissioner Ted Edwards ■

led B. Columbs



November 15th - 18th Downtown Winter Park



The BEST pre-holiday shop local event of the year!



Sip, Stroll & Shop event November 15. Scan for map, discount details & event updates or visit RedBagDays.com.







protection and service by The Winter Park Police Department

What Is The Latest Crime Trend Of Concern In Winter Park?

Vehicle Burglaries And Subsequent Theft Of Property

The most active places for these types of burglaries and thefts are in our public parks and playgrounds, daycare and church parking lots, the YMCA and other fitness locations and generally, parking lots of all kind. Burglars target these areas because they know that once you leave your vehicle, they have a specific amount of time before you will come back.

Criminals will randomly check car doors to find unlocked vehicles or will smash your window and grab the item that they viewed (and wanted) from your vehicle.

Between May and October 2012, the Winter Park community has suffered a total of 46 unforced entry vehicle burglaries. This means that

the owner of the vehicle left said vehicle unsecured in some way; either unlocked doors or windows down. During the same time period, the Winter Park community has suffered 51 forced entry vehicle burglaries. This means the criminal smashed the window of the vehicle to steal something of value contained within the vehicle.



Stolen in almost all of these cases is

either small electronics like a GPS, cell phone or laptop or a purse or briefcase. In cases where a purse, wallet or briefcase is stolen and the criminal has gained access to personal information, "Felony Lane" crimes have subsequently occurred, further victimizing the person.

"Felony Lane" crimes are committed by a group of suspects who are operating statewide with the same mission: to use your identity to cash checks and steal money. These crafty criminals rent a car, put temporary window tint stickers on it, pull up next to a parked car, open the door to conceal themselves, look in the car for a purse left behind, punch a hole in the victim's car window, grab the purse, and head to the nearest bank drive-through window to cash either your stolen checks or other checks they have gleaned from other crimes.

Safety Tips:

- Leave NOTHING of VALUE in your vehicles.
- DO NOT try to hide or conceal items on the seat or floorboard of your car by covering them with a jacket or blanket.
- DO NOT place items of value under your seat or in the console/glove box. The current trend in the area is for the criminal to watch the targeted location and observe the drivers leave their vehicles. They simply watch where you hide your valuables.
- CALL THE POLICE if you observe any suspicious people, vehicles or incidents in the area or if you are the victim of one of these types of crimes.

PLEASE do your part in helping keep Winter Park a safe and secure community and do not make it easy for these criminals to victimize you. Should you find yourself the victim of a burglary, immediately call the police. Reporting these types of crimes, no matter the value of the item(s) stolen, assists the police department in identifying and responding to crime trends. It is the most sincere wish of the Winter Park Police Department for everyone to be safe within the city.



Central Florida State Of Philanthropy



Understanding the region's philanthropy is more than a measure of economic conditions and how much money is contributed to charity. Giving, by its very nature, is a highly personal act of caring motivated by individual interests. For many years donors and

nonprofits alike treated the act of giving as a "need-based" endeavor, without recognizing that a growing number of people have independent interests of their own, and view "making a difference" as the most important reason to give. Moreover, they are more likely to give to issues and organizations where they are involved. Yet we are clearly falling short on engagement. Central Florida ranks near the bottom of communities whose citizens gather to solve problems (www.ncoc.net). We need to do a much better job of recruiting people to action.

The Chronicle of Philanthropy ranks Orlando metro giving at 172 out of 366 measured metros, with a median contribution of about \$2500 and total giving of about \$700 million annually. Perhaps most revealing is that those with the lowest household income in the study give the most - more than 5% of their income

- while those with the highest household incomes contribute about 3.5% of their incomes to charity (http://philanthropy.com).

Philanthropists tend to prefer "supply-side" giving strategies with a focus on making a measurable difference. In other words, they bring money to strate-

gies and solutions to social problems for which they have engagement and passion. In arts and education they give for infrastructure and expansion of things we all dream about. They create endowments that sustain nonprofits working in healthcare, education, the arts, social services, and the faith-based communities. In essence, the very organizations we all depend on for our quality of life in Central Florida. Philanthropists talk often of social change.

Recently, a caucus of nonprofit sector organizations, hosted by the Central Florida Partnership, put together a two-day regional gathering where hundreds gathered to discuss shared regional values and to look at the most important areas for engagement and investment. Eleven areas surfaced including everything from transportation and building a strong regional economy to solving the chronic homeless dilemma, investing in people, and highlighting race relationships and diversity (http://www. orlando.org). All of these areas have champions and people from all three economic sectors collaborating to make a difference. This is the new social engagement at work.

You don't need a study to know that times are tough for many who are struggling through the "jobless recovery." However, now is the time to engage in areas where you or your company can be part of a solution that matters to you. Aggregate information from the Community Foundation of Central Florida's Knowledge Base (www.mycfcf. org) on nonprofits across the region suggests an increase in collaboration and improved program.

Welcome to the new Winter Park High **School Dance Team!**

Thanks in large part to Ashley Jordan's passion for dance and her mom Jennifer's determination and resourcefulness, Winter Park High School now has a dance team. The team is enthusiastically coached by Hannan Ouano, and supported by Amanda Stewart as teacher sponsor and Jennifer Jordan as parent sponsor. The team kicked off their school participation during last month's homecoming festivities and they are looking forward to performing during both girls and boys varsity and junior varsity games throughout the school year. For more information about fundraising help and an updated performance schedule, please visit their website at: www.eteamx.com/wphsdanceteam.



The Winter Park Wildcatz **Top Row:** Elizabeth, Shyrie, Lola, DeeDee, Asher, Christina, Sagine, Sarah, Ashley & Emily J. Bottom Row: Nyle, Emily C., Joeilys, Jalsiha, Jazlyn, Celeste, Gabby, Michael Photo by Steve Graffham



LONG SLEEVE TECH T & FINISHERS' MEDAL

For half marathoners!

MERCHANDISE PRIZES

Awarded to overall male and female age group winners. The top three overall male and female athletes will receive merchandise prizes and prize money totaling \$2500

USATF FLORIDA STATE CHAMPIONSHIP

POST-RACE PARTY

Featuring Mich Ultra and Derek & The Slammers performing live!



Lake Eola, Downtown Orlando

7:00 am: Half Marathon (13.1 miles) • 7:05 am: 5k (3.1 miles)













Run to OrlandoHalfMarathon.com



Publix.

The Park Press | NOVEMBER 2012

Volunteer Designers Explore Their Creative Sides At Canstruction

Some artists work in oils or pastels ... others sculpt with clay or marble. But for the teams of artists who took part in the Canstruction – Orlando competition on Oct. 21, the medium of choice was nonperishable food.

Architectural and engineering artists representing Orlando's business community, volunteer groups and schools created food



Houghton Mifflin Harcourt "HMH Can"

masterpieces using items such as soup cans, bags of rice and jars of spaghetti sauce. And as the canned structures came together in each team's 8'x8'x8' space at Orlando Fashion Square, more than a dozen teams helped raise awareness and collect donations for Central Florida's hungry.

The annual event, which is part of the international Canstruction initiative known as "the most unique food charity in the world," helped collect thousands of nonperishable food items. At the close of the exhibit, all food used in the designs will be donated to Second Harvest Food Bank of Central Florida for distribution to pantries,



Borrelli + Partners "Can-templative Garden"

soup kitchens, homeless shelters, senior programs and low-income daycares.

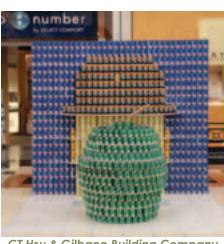
Though this is the event's 19th year in Orlando, sponsor Orlando Museum of Art (OMA) inspired a new "Artful Canstruction" theme that encouraged teams to push the traditional boundaries of artistic expression. The creations ranged from interpretations of famous works of art to tributes to teams' favorite artists to expressive works that illustrate our community's pressing hunger issue. As head of the museum's Collections and Exhibitions Department, OMA Curator Hansen Mulford brought an

Some artists work in oils or pasartist's eye and expert perspective s ... others sculpt with clay or to the role of competition judge.

"Not only did our canned food artists produce some visually stunning creations, they showcased the generosity of our community when it comes to those in need,"



Burke Hogue Mills "In the Shadow of Hunger"



CT Hsu & Gilbane Building Company "The Hidden Face of Hunger"

said Mulford. "There were so many amazing works and it was inspiring to see the teams tapping into their creativity and working together for this worthy cause."

At this year's Canstruction competition, 14 teams participated including Borrelli + Partners, Burke-HogueMills, C.T. HSU/Gilbane

Inc., Cuhaci & Peterson, Darden Restaurants Development, DLR Group, HMH (Houghton Can! Mifflin Harcourt), HuntonBrady Architects, RLF/Allan and Conrad, Inc., and Walt Disney World's Design & Engineering. Additionally, local middle and high school students got involved, with teams

from South Seminole Middle School, Conway Middle School, Lake Brantley High School's Interact club and Girl Scout Troop #506. Many school students contributed their time, talents, and energies to collect cans of food to assemble inspiring structures.

With awards for the structures such as "best meal," "best use of label" and "structural integrity," the event was a competitive "food fight" as well as a creative celebration.

For more information about Canstruction – Orlando, visit http://www.canstruction-orlando.org.

THE VOLVO STORE DOES IT AGAIN WITH THEIR SIGN AND DRIVE LEASE

DUE AT SIGNING DOWN CAP REDUCTION DEPOSIT TAG FEE

\$399

MILES PER YEAR. MSRP: \$34,845*

2013 VOLVO S60 T5

With Premier Package



THIS 2013 S60 T5 IS NICELY EQUIPPED WITH: City Safety • Advanced Stability Control Corner Traction Control • Dynamic Stability Control with Sport Mode • 17" BALDER Alloy Wheels Touring Chassis • Volvo Sensus • High Performance Audio System • Sirius Satellite Radio HD Radio-Bluetooth • Power Driver Seat w/ Memory • Sport Leather Steering Wheel Shimmer Graphite Aluminum Inlays • Electronic Climate Control • Headlight Washers Rain Sensor • Chrome End pipes • Power Glass Moonroof • Leather Seating Surfaces Sport Seats • Keyless Drive w/ Personal Car Communicator • Power Passenger Seat.

5 YEAR WARRANTY- 5 YEAR WEAR TEAR- 5 YEAR ROADSIDE ASSISTANCE- 5 YEAR SCHEDULED MAINTENANCE

SAFE + SECURE COVERAGE PLAN



* MSRP \$ 34,845. Plus Monthly sales tax on all payments for your area of registration with approved credit after factory incentives. No security deposit required. Offer ends November 30, 2012.





1051 W. Webster Avenue **888-734-0480** (Across from Winter Park Village on Webster Ave)

www.volvowinterpark.com

FLORIDA'S #1 DEALER

IN CERTIFIED VOLVO SALES AND OTHER PREMIER TRADE INS

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

Thousands Expected To Participate In 36th Annual OUC Half Marathon



More than 4,500 runners and walkers of all ages are expected to hit the streets in downtown Orlando on Saturday, December 1, 2012 for the 36th running of the OUC Orlando Half Marathon and 5K (formerly the OUC Half Marathon). It's Orlando's only half marathon, and hometown utility OUC-"The Reliable One" - as the title sponsor since 1999-has been supplying

runners with race-day water from eight hydrants along the 13.1 mile

The "Fun Beyond the Run" will feature a half marathon finishers' medal, more than 200 enthusiastic volunteers, and live on-course entertainment will make this well-established race "beginner" friendly and attractive to new runners. Local favorite cover band Derek and

ishers at the post-race party at Lake Eola.

To attract developing and regional-class athletes, a \$2,500 prize purse will be added to incentivize athletes for the 2012 race. This year's OUC Orlando Half Marathon will be the home of the USA Track and Field State Half Marathon Championship, which will recognize the top three male and female finishers as the state champions at the half marathon distance.

"We're thrilled to have OUC as a hometown partner with such rich history who literally pours themselves into Orlando's premier half marathon," says race director Jon Hughes. "Together with the city and our sponsors, our goal is to showcase Orlando as a big-time running city and to make this one

the Slammers will entertain the fin- of the biggest and best half marathons in the U.S."

> The OUC Orlando Half Marathon is owned and managed by Track Shack Events, a locallyowned road race management firm that manages more than 25 events per year and operates Track Shack, a specialty running/walking store.

> The beneficiary focus is on youth health and fitness with race proceeds benefitting the Track Shack Foundation and the Florida Citrus Sports Foundation MVPs.

> Generous community support to make this event possible comes from Orlando Utilities Commission, Florida Hospital, Track Shack, Florida Dairy Farmers, Downtown Orlando, City Beverages and Florida Citrus Sports. For more information please run to www.OrlandoHalfMarathon.com. ■

A Day To Serve Orlando

We know that serving others can change lives. What we don't expect, and are often surprised by, is that often it's the servants' lives that are changed. Giving shapes our worldview, ridding us of preconceived notions and destroying stereotypes, and we view those around us in a positive light. We find compassion for need, respect for struggle, and celebration for another's victory. In serving we become a part of something larger than ourselves. To lead we serve.

The Christ School's student body spent an early fall school day doing just that, leading through service, in the school's annual One

Great Day of Service event. "We wanted to provide meaningful, ageappropriate projects," says Cynthia Zimmerman, the annual event's codirector.

Kindergarten through eighthgrade classes worked on prearranged volunteer projects. In a few short hours students fed Orlando's homeless at the Coalition for the Homeless and cleaned toys in their daycare, packaged 6400 meals for children in Africa, weeded and cleaned Dickson Azaela Park, cleaned church pews, picked 2,000 pounds of corn to feed 6,000 people, visited the elderly and disabled,

and cleaned 125 pounds of soap. Most importantly, friends and neighbors were assisted as students learned more about the community around them.

"We went to Grandma's House at Orlando Health and Rehabilitation Center," says Vincent Petrucelly, a second-grade student speaking for his class. "We sang songs and read to children and adults. We planted a garden and created door hangers for their rooms." When asked how he felt about his class's service project he answered, "I felt happy that I was serving God like that." Other second-grade classes spent





time singing songs and making crafts with the elderly at Westminster Towers and Windsor

First-grade students had a chance to work with Green Up Orlando at Dickson Azaela Park. "I liked this project because we got to take care of our plants," says Ella Arias.

"Fourth grade went to Clean the World," shared Regan MacDonald. "Local hotels donate used and new soaps to be recycled. The soap is then sent to many different countries and given to children and adults who cannot afford to buy soap. We scraped about 125 pounds of soap clean with potato peelers and it was fun."

Extra chores and community fundraisers gave sixth-grade students the chance to buy 6400 meals for children in Africa through Children of the Nations. "It was neat when they said we packaged 6400 meals for children who don't have very much to eat," says Nelson Garris, TCS student.

Fifth-grade students spent time packing and serving lunches, cleaning toys and playing with the children at the Coalition for the Homeless. Maggie Cramer, a TCS fifth-grade student, asked the question on everyone's mind at the Coalition. "If we want to come back here and volunteer, can we just come back anytime?" They learned at the heart level. To give is to receive and to lead is to serve.

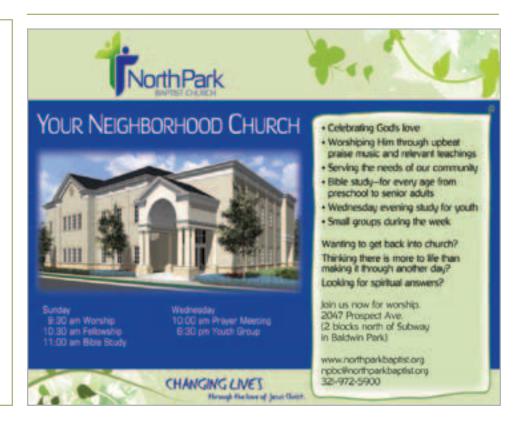
Librarian's Lifelong Love Of Reading **Comes Full Circle**

get out and do something!" she says. "It took me a few years, but I was so proud on graduation day." For the next 20 years, she managed the interlibrary loan department at the University of Buffalo.

At The Mayflower, Audrey relishes the hunt for just the right book, which she calls the best part of her job. She's fielded some odd requests. "One man asked for a mystery, 'the gorier the better.' And I found him the perfect one!" She also maintains a strict categorizing system, aided by "putter backers" who follow a manual she wrote.

Current offerings include historical novels, volumes of French impressionistic art, health reference books and a "Peanuts" cartoon anthology, among others. Every month the library committee selects five new books. Recently, a group of residents created a genealogy category. Open 24/7, the library loans all items on the honor system.

After all these years, Audrey is still in love with the written word - and with her job. "This is a special place," she says. "How many retired librarians get a library to play in?" ■



A Life Changing Partnership

healthy lifestyle it takes a combination of diet and exercise. And perhaps, there is no better example of that, than the partnership formed over the past year between Nuviva Medical Weight Loss Clinic and the Crosby YMCA.

Nuviva takes responsibility for the nutritional side of weight loss. Their clients begin their multi-phase program by identifying their current caloric intake, resting metabolic rate and lipids. This input is imperative to setting the specific goal of the individual, and used as a plan established by Dr. Bouilette. The plan is then supported concierge-style by the clinic's nutrition coaches, Jeremy Avner and Dan Escabar. Nuviva knew that when it came to exercise they needed to be able to write their clients a prescription to a trusted health and wellness facility. So, they turned to the Crosby YMCA and their trained staff to help support their clients' training efforts.

John Cardone, executive director of the Crosby YMCA said "It's the perfect partnership with a 360 degree health approach. Nuviva is focused on the dietary side, and trusts our staff to focus on the exercise and fitness training side."

Jeremy Avener said, "Many of our clients are seeing results without the need for any medication. It's simply having a "go to" person to help you

We all know that in order to live a know what to eat and then how to exercise."

Perhaps the most obvious of all the successes for this partnership is local resident Kerry Giese. Kerry was a successful and active show director with Universal Studios until he suffered a stroke in 1999. After the stroke his legs were very weak and he became less and less active. Walking was a chore and even standing was a challenge. For years, he has been mainly confined to a wheel chair and gained weight as a result. Due to his condition, Kerry was unable to work and his wife, Amanda, became both the breadwinner and his caretaker.

Kerry had pretty much resigned himself to the fact that he had only a few years left. He was seeing his physical therapist, Anne Klien, who mentioned that he should at least have a consultation with Jeremy. Kerry said, "That meeting has changed my life. I had a team that was going to set out on this journey with me, and I've already lost over 100 pounds!"

Kerry's trainer is Sierra Skofield. She has him doing low impact work in the pool. To give you a sense of how quickly his strength has improved, in the beginning during a 45 minute workout, Kerry could complete three walking laps, where as now he can do thirteen. The rewards of his efforts are quickly paying off.

Since the Crosby Y has several

programs for members who have caregivers, they also have been working with Kerry's wife Amanda and her fitness and well-being training. Kerry said, "It's truly amazing, they treat me and my family like their family."

While Kerry's situation is perhaps extreme and offers high reward, this

partnership is seeing positive results with people of all types of health goals. Nuviva has an office in Baldwin Park and an-

other location in Lake Mary. They are currently working with around 120 clients, and according to Jeremy, 95 percent of their clients have been successful once they've left their program in maintaining their weight.

Let's Say Grace And Help To Make A Difference

Grace Medical Home is the only privately-funded medical home for the low income, uninsured members of our community. On Saturday, November 10, Grace will once again host its largest annual fundraiser in hopes of gathering more than \$350,000.All funds raised at the 4th Annual "Let's Say Grace" event will go toward patient care, which will help Grace expand its need.

Let's Say Grace is a creative dinner gathering, where guests can express their creativity through their table theme and accompanying menu, décor and attire, and has included numerous imaginative ideas over the years from biblical characters to the royal wedding.

More than 100 tables have already been sold, with an anticipated guest count exceeding 1,000 community members and leaders from all areas of Orange County.

Let's Say Grace is run by an independent committee of volunteers, spearheaded in 2012 by Tavistock group director and Grace board member Douglas McMahon and his wife, Molly.

"Doug and I moved to Orlando nine years ago, and we have been overwhelmed with the 'sense of community' and service in this city. Grace Medical Home is one tangible place where we all can serve our neighbors in a way that makes our community stronger in countless ways," said Molly.

Understanding the challenging Grace.org. ■

times, this year's Let's Say Grace committee brought on four corporate sponsors, whose generosity will cover the cost of the event. Therefore, all of the table profit from the evening will go directly toward patient care. Let's Say Grace 2012 Partners are ABC Fine Wine & Spirits, CNL, Grant Thornton LLC, and Heart of the City Foundation.

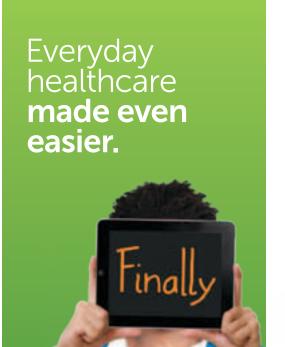
"We are honored to partner with current services to more people in Let's Say Grace. Grace provides a service to our community that adds real value, alleviates the medical needs of those in need and represents the Gospel of Jesus as well as any organization we know of," said Brad Staton, executive director of Heart of the City Foundation.

> In addition to funds raised directly from the event, Grace received two grant opportunities. A \$50,000 challenge grant will be presented for 50 new recurring gifts, and a \$50,000 match grant will be presented for new gifts exceeding \$5,000.

> "Our annual event, Let's Say Grace, has become so important to us. It is one night each year where we connect with 1,000 leaders in our community who help us sustain our mission, ministry and operations over the long-term so we can powerfully serve our community," said Stephanie Garris, executive director of Grace Medical Home.

> To learn more about Grace Medical Home and how you can get involved, visit GraceMedicalHome. org. For more information about Let's Say Grace, visit: LetsSay-





Convenient healthcare that fits your lifestyle.

- Urgent care, well care and occupational health services.
- Close to your home and work with multiple locations.
- Save your spot now or make an appointment for a later date
- Open 7 days a week, including nights and weekends.
- Check wait times online before you come in.

To find one of the 8 convenient Orlando locations nearest you, visit CareSpot.com

Fashion Square 4301 East Colonial Drive 321-319-0212



12 BUSINESS The Park Press | NOVEMBER 2012

fiscal fitness by John Gill



Sequestration

Now how about that word? Sequestration. This is a word that you may have heard occasionally over the past few months. You are likely to hear it more over the next few months. The definition of the word sequestration

from the Merriam-Webster dictionary is: the state of being sequestered as in a jury in sequestration. Another definition is: a legal writ authorizing a sheriff or commissioner to take into custody the property of a defendant who is in contempt until the orders of a court are complied with. Synonyms include aloneness, insulation, segregation, separateness and isolation. The synonym you may be more familiar with for sequestration is the fiscal cliff. And the fiscal cliff may have a significant impact on your fiscal fitness.

Do you remember approximately eighteen months ago when Congress and the President both blinked during the debt ceiling debate?

Because of political implications neither side was able to make a fiscally responsible arrangement to put the United States on sound fiscal footing. They did not want to risk alienating their respective political bases. To appear to do something, the Congress and the President crafted automatic spending cuts to take effect as a deal was not reached. The novel portion of this arrangement is that both sides put everything on the table to be considered for cuts, entitlements and other social programs from the Democrats and future deeper tax cuts and defense spending from the Republicans.(Democrats are listed first here because of alphabetical order, that I have to explain this is how bad things have gotten.)

Because of the draconian nature of the cuts, each side believed they would get back to negotiating and structure an arrangement before the cuts were anywhere close to being enacted. Well, as we get close to the close of a contentious presidential election, the automatic cuts are just a couple of months from being enacted, January 2, 2013 to be exact.

What is the impact of the cuts? According to the nonpartisan Congressional Budget Office, if the sequestration occurs, the United States economy will experience a recession in 2013 with the economy contracting by 3.0% in the first half of 2013; an increase in unemployment to 9.1% which is approximately another 2 million unemployed Americans; at least \$100 billion in defense cuts in 2013; a tax increase on average of \$3,500 as many tax cuts expire or are eliminated; national park closures; reduced services in food inspection, air

traffic control and security; and other impacts to services all Americans rely on or have come to expect.

The fiscal cliff can be avoided if Congress and the president, Democrats and Republicans can unite as Americans to craft a plan that is fiscally prudent, balances the budget in a reasonable time, reduces the debt, and addresses fiscal issues with Social Security, Medicare & Medicaid, other entitlements and the defense budget. A good starting framework is the Simpson-Bowles plan that was not embraced by the Congress or the president several years ago. Actually something more aggressive on the debt front is probably needed, but if Simpson-Bowles gets things moving, then I am for it.

The United States must develop and implement a fiscal and budgetary plan that sets our country on a course which is economically sustainable and prudent. Our current trajectory as a country is not economically viable. In order for the United States to remain strong and globally relevant we must get our fiscal house in order.

Stay tuned to see what happens with the fiscal cliff. It may create a situation which allows Congress and the president to climb the mantle of economic leadership or plummet into the fissure of fiscal failure.

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

As I write this article en



DAVID CIAMBELLA

Count Your Blessings

November is one of my favorite months of the year! There are many reasons for this but one in particular is having the op-

portunity to celebrate Thanksgiving. This is a special time of year that affords us the opportunity to slow down long enough to reflect and give thanks for all of the gifts we have been blessed with in this life. For some, it is the gift of family, the birth of a child, good health, friendship, opportunity or financial success. For others, it may have been another tumultuous year. Unemployment remains high and many folks have lost their jobs right here in the Central Florida community. Perhaps this is an emotionally challenging time of year for those who may have lost a loved one close to the Thanksgiving holiday. Regardless of our individual circumstances, my best guess is each of us can find something we are grateful for and take a moment to count our blessings. Whether it be finding a way to give back to those in the community who have not been as fortunate or serving as a humble, appreciative role model like my father has his entire life, an attitude of gratitude and counting our blessings is a contagious disease worth spreading.

route to visit with an outof-town client I have had the privilege to work with over the past four years, there is no better example of an individual counting his blessings than Mr. Survivor. When I met Mr. Survivor at a reception after speaking to a group of successful business owners on the topic of business succession planning, he confided in me he was battling cancer and was told by his doctor he would be lucky to live another two years. Naturally Mr. Survivor's emotions were running wild and he had many concerns about his family, his estate planning and also the continuation of his businesses since there were several hundred families dependent upon his businesses for their livelihoods. For many of us, receiving this kind of devastating news might thrust us into a downward spiral and a "poor me" attitude. But not Mr. Survivor, he commented about how fortunate he had been in his life to have the opportunity to rise from a ham-

burger cook at a fast food restaurant

business owner

who could afford the finer things in life. He expressed appreciation for the managers and employees who had helped him build his businesses over the years. He did not dwell on the news that he may have a finite time to live but instead counted his blessings and chose to spend his time focusing on how he could continue to impact others with whatever time God would bless him with.

Fortunately for Mr. Survivor and those who have been fortunate enough to know him, he continues to impact the lives of others by investing his time, talent and treasures into charitable causes that are meaningful to him and his family. He has exceeded his doctor's projection on his life expectancy but recognizes the end is near. I often wonder how much Mr. Survivor's positive attitude and intentional effort to count his blessings impacted his health and contributed to extending his life beyond his physi-Continued on page 13







13

Business In The Parks

J. Jeffrey Deery, a shareholder with Winderweedle, Haines, Ward and Woodman, was select-



J. JEFFERY DEERY

ed for 2012 inclusion in "Best Lawyers," as featured in US News and World Report; "Top Attorneys in Florida," as published in The Wall

Street Journal and Miami Magazine; as a "Florida Super Lawyer," which is also published in the South Florida Legal Guide, as a "Best Lawyer," in Orlando Magazine; and in "Best Lawyers in America" under the Banking Law category. A Central Florida native, he graduated from Auburn University with a Bachelor of Arts degree in 1987 and from the Walter F. George School of Law at Mercer University with a Juris Doctorate in 1990. Deery is active in a number of other civic and educational organizations. He is past chairman of the board of the Winter Park YMCA and is also a past president of the Winter Park Racquet Club. Deery is active as a member of the Dean's Advisory Board to the College of Liberal Arts at Auburn University. In 2006, Deery was awarded the national Jefferson Award for outstanding community service. In addition, he is a member of the Florida Supreme Court Historical Society.

tects, Engineers, Planners based in Orlando's Baldwin Park, has appointed two new project architects







Cuhaci & Peterson Archi-

and one construction administrator. Amy Phillips, marketing manager at Cuhaci & Peterson, said been hired as proj-

Gevel Marrero has ect architect. He has a Bachelor of Architecture degree from Wentworth Institute of Technology Boston and has over 17 years of experience with architectural design. Chris Doig, project architect attended the University of Miami with a Bachelor of Architecture degree

with a minor in computer information and has more than 15 years of experience in architecture. Phillips said Tim Bass was named construction administrator. He received his Bachelor of Science in construction from Ohio State University and has over 20 years of experience in the construction industry.

The Downtown Development **Board** recently announced **Thomas** Chatmon, executive director of the Orlando Downtown Development Board (DDB), was elected chair of the International Downtown Association (IDA) board of directors.



Chatmon will serve as chair through September 2013. In his new role with the IDA, Chatmon will lead the IDA in the implementation

the new, three-year strategic plan for the organization. His vision for the IDA is clear and begins with "Strengthening the Core, Mastering the Basics, Moving Us Forward," the board's theme for 2013. "Thomas has played a critical role in the redevelopment of Downtown Orlando," said Mayor Buddy Dyer of Orlando. "Under his leadership, Orlando is setting a new standard for downtown vitality. It's only fitting that he was selected to help lead an international association focused on supporting downtown districts and organizations around the world."



DARYL PLACE



KATIE MILLER WITTER

Financial Harvest Wealth Advisors is pleased to announce that their vice president, **Katie Miller** Witter, was recently selected to serve on the board of directors for the Winter Park YMCA. Also, Daryl Place has recently joined their team and will serve as the relationship manager.

The International Association of Assessing Officers (IAAO) is pleased to announce that the Orange County, Florida Property Appraiser's Office has received the Certificate of Excellence in Assessment Administration. IAAO's Certificate of Excellence in Assessment Administration recognizes governmental units and individuals involved with assessment that integrate best practices in the workplace. This challenging and rigorous program is a self-conducted evaluation of adherence to specific, accepted assessment administration and appraisal standards as defined in the IAAO publication "Assessment Practices: Self-Evaluation Guide."

Mya M. Hatchette, a shareholder with Winderweedle, Haines, Ward and Woodman, is the incom-



Муа М. Натснетте

ing president and the current national delegate for the Orlando chapter of Commercial Real Estate for Women (CREW.) She will begin her

term as president in January 2013. Hatchette earned her Juris Doctor degree, cum laude, from University of Miami Law School and received her B.S.B.A. degree, summa cum laude from Georgetown University. She is also an active Florida licensed real estate broker and is a member of both the state and local bar associations. Hatchette currently serves on the board of directors for CREW and is a frequent lecturer on various legal topics concerning real estate including mortgage fraud, real property litigation and landlord/ tenant law.

Monte Olinger has been selected to join on the City of Orlando's Public Art Advisory Board. Principal and creative director of Interior Design for Baker Barrios Ar-



MONTE OLINGER

chitects, Olinger carries more than 26 years of experience in designing public spaces. He holds a Bachelor of Arts in anthropology

a Master of Interior Design from Florida State University, and conducted research at the University of Florida in international studies. Currently, Olinger is an adjunct professor at Seminole State College and is active within the community as an internationally- known fine artist and immediate past chairman of the Downtown Arts District and CityArts Factory. ■



cian's initial projection. I guess I may never know!

My challenge to you this month is to catch the "attitude of gratitude" fever, take a few moments to count your blessings and find a way to make a difference in the life of others as Mr. Survivor has. Perhaps each one of us can take the time to do something to positively impact someone's life, such as donate your time volunteering; donate clothing, food or blankets to those in need; volunteer to mentor a child who struggles in school or write a check to your favorite charity. Gratitude is contagious! Happy Thanksgiving! ■

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





fashion by Kristina Mackinder

Harriett's Park Avenue Fashion Week Grand Finale Runway Show the night in pictures



Backstage dozens of hair and makeup artists from Kendall & Kendall and MAC Pro created the facade of over 100 models.



Cancer survivors walked the runway in celebration of life



Peter Millar



Winter Park Historical Association authentic 1880s dresses opened the show in honor of the City of Winter Park's 125th Anniversary.





Can you see the letters on this sign? - Eyes & Optics



Bella's models live up to the store's name.



Factory "Glambots" were manufactured and inventoried during the Tuni show.



lit up the room courtesy of Liz's.



Vivo's "Project Runway" design made out of construction fencing and landscaping cloth provided by the City of Winter Park.

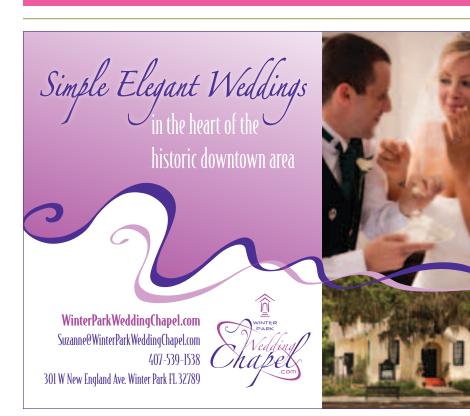


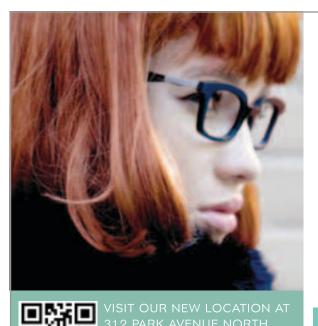
Winter Park peacock lashes by iLashworks.



joined in the runway show.

Photographers: Ryan Beadle, Betsy Hansen, Steven Graffham – Winter Park Photography





EYEWEAR FOR **INDIVIDUALISTS**



Garden by Stephen and Kristin Pategas

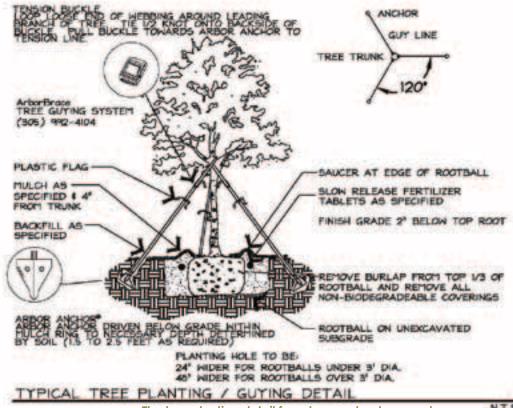


STEPHEN & KRISTIN PATEGAS

Guidelines For Successful Tree Planting And Establishment

Use these guidelines to plant your new tree. If you hire a landscape contractor make the guidelines part of your agreement.

- 1. You may have room above ground for a tree but is there room below ground? Before the purchase, dig the hole so you know the rootball will fit. Be a pessimist and assume there may be large roots or utilities in the way. If there isn't another location, a smaller tree or no tree may be the result. A tree in the wrong place is worse than no tree at all.
- 2. As the test hole is dug, temporarily place the excavated soil on tarps or into containers so the soil doesn't get mixed up with the mulch or smother plants. Planting a tree should enhance the garden and not destroy it.
- 3. Remove all non-biodegradable coverings and wire baskets and even biodegradable burlap if the rootball is firm. Trees with overgrown rootballs usually languish after planting. Sometimes the tree can transcend a too-tight rootball if the roots are seriously loosened just prior to planting. Often the bottom of the rootball should be butterflied. Remove any roots that circle the trunk.
- 4. Find the top main root at the trunk and, if needed, remove soil to expose the root. Then to determine the depth for the hole, measure the depth of the rootball and subtract two-to-three inches so the top root ends up above the existing grade. If you dig too deep, compact the soil in the bottom so the tree does not settle later. Then dig sideways so the hole is wider than the rootball by about fifty percent. Check the depth again.
- 5. As the hole is backfilled, water in the soil to fill air pockets around the rootball and do not add any soil amendments or fertilizer. According to research they are not needed.
- 6. Place the inner edge of the three-inch-high soil saucer/donut just inside the outer edge of the The top main root at the trunk rootball so water sits on top of the rootball and doesn't drain down its side. Add only a one-inch depth of mulch to the top of the rootball so water easily penetrates. Keep mulch four inches away from the trunk.
- 7. Oh my! Where did all of that extra soil come from? The contractor will automatically try to spread the excess soil around the site. DO NOT allow that unless you have already identified low



The tree planting detail found on our landscape plans.

spots to use the soil.

THE RIGHT DECISION...

- 8. Fill the saucer with about two to three gallons of water per inch of trunk diameter every day at first during the summer or else you will lose the tree. Don't count on irrigation or rainfall, or reset your irrigation to water everything every day just to water the tree. Headed out of town? Get a battery-operated timer with a hose and test it to make sure it fills the saucer each application. See http://hort.ifas.ufl.edu/woody/irrigation2.shtml for
- Once the tree is established (about three months per inch of trunk diameter if watered regularly) dispose of the soil saucer and make sure the top main root is still exposed.

Follow all of these steps and a well-planted and established tree will be a great addition to your garden and the environment. \blacksquare

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



must be visible.



"It's the Best of Both Worlds."

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

FOR THE WHOLE FAMILY

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

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



www.themayflower.com **1620 Mayflower Court** Winter Park, FL 32792

WINNER: ICAA INDUSTRY INNOVATOR AWARD

For The Mayflower/Rollins College Lifelong Learning Program



16 HEALTH The Park Press | NOVEMBER 2012

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

Family and Turkey and Stuffing, Oh My!

A h h h h h, change. Thanksgiving... And thus begins my favorite time of year.

An entire holiday dedicated to good food and

giving thanks! Though ideally we'd all take some small part of each day to be grateful, all too often days turn into weeks and our best intentions are thwarted by the chaos of life.

November marks a cooling temperature, the smell of pumpkin pie in the air, and the coming of winter and holiday cheer. Yet, it also ramps up the mph on our lists of things to accomplish and people to whom we must attend. The holidays are statistically the most stressful time of the year for so many of us... but why?

According to (the all-knowing) Google, it seems that between expectations, obligations, overindulgence, family, loneliness and financial stressors, it's a wonder we even survive the holidays every year, let alone enjoy them.

So - why not navigate this year a bit differently?

This year, how about you commit to focusing on "being present" instead of preoccupying yourself with "buying presents"? There's no telling how the holiday experience may

Here are a few tips to get you started:

- 1) Get out the calendar.
- 2) Make a list... and check it twice.
- 3) Give yourself permission.
- 4) Say "No."
- 5) Say "Yes."
- 6) Maintain perspective & priority.
- 7) Reach out.
- 8) Breathe.
- 9) Love.

1) Get the calendar out. Write down each major holiday 'task' you want to include in your life and place it on a specific day or week. Buy pumpkin - check. Invite family - check. Decorate - check. Grocery shop for Thanksgiving dinner - check. By the time you get to New Year's the only thing left to do will be to "Enjoy!" - check. (Note: be sure to have the "White Out" handy as well. If it looks like the calendar's getting too crowded already... start cutting.)

2) Here's the cutting part - make a list of those people, parties, activities and things that you want to include in your holidays. Check it again. What's reasonable/feasible? What's not? Do we have to forego holiday cards this year? If you would feel more relief than sadness by doing so...do it. Give yourself permission.

3) Give yourself permission. If the ultimate goal is to truly enjoy your holidays and make it a special time for yourself, your friends and your family, give yourself ultimate veto power. If there are things that would stand in the way of being present and enjoying the holiday on your 'to do' list or your calendar- cut them.

4) Say "No." Say no to those things that feel merely like 'obligation.' Your Great Aunt Sally's annual pie tasting party? If it's not something that truly holds meaning for you or your family, say no. This year is all about being thankful and being present in the moment... not at every event to which you're invited.

5) Say "Yes." To the late night cookie baking with the kids. To the date night out to see the lights. To the times, people and places that will actually make a special memory, not merely make you 'look good' or 'check off another box.'

6) Remember your commitment to Perspective and Priority. If you truly want this holiday to be different- BE DIFFERENT. No more getting sucked into "should," "ought to" and "have to." Remain unwavering in your focus to enjoy a meaningful holiday season.

7) Ask For help... from any and all.

Ask for help from your partner, from vour friends, from your kids. Don't get caught up in being Superman or Superwoman. Ask for help when you're feeling overburdened, even if that means doing something radically different. (Perhaps this looks like only making one part of the meal and doing a pot luck or doing a Secret Santa this year in the family instead of buying for everyone.)

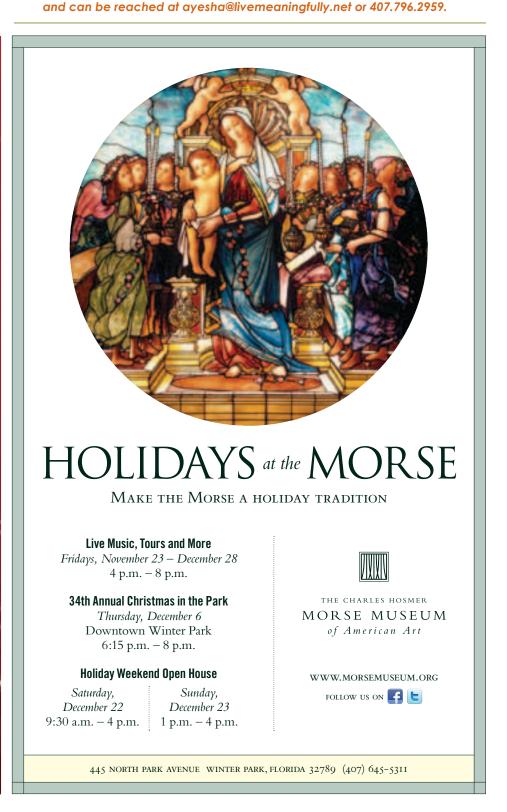
8) Breathe. In... and out.... Take a few moments each day to just breathe. Deep and restorative breath is about giving yourself a moment each and every day to allow yourself the oxygen and energy necessary to be present and aware enough to en-

9) Love. Love yourself, your family, your friends. Make the most of the 'most wonderful time of the year' by being honest and authentic enough to accept and love. That means even when your pants may fit a bit more snugly, even when your sister creates chaos, even when the line at the store is insane. Approach each part of the holiday with love. It'll amaze you how much more you can give.

Be well; Live Meaningfully, Ayesha

Ayesha G. Fuhr, M.A. practices at 2150 Park Avenue North, Winter Park, FI 32789 as a Registered Mental Health Counselor Intern





pop culture detours by George McGowan

The Best In Reality TV, Or, How The Baseball Playoffs Are Better Than College Football

I will admit right off the bat that I am biased. But this bias comes after being a TV consumer for most of my 49 years. The best reality shows on TV are live sports. But more than that, the best reality TV is the Major League Baseball playoffs (yes, even the games broadcast by the hacks at Fox Sports). That's right, Floridians. Baseball. And right in the middle of your season of high religion: college football.

Young (boasting just 89 career home runs), the wonderfully named Coco Crisp (not even listed in ESPN's list of the top 30 center fielders in baseball), and pitcher Ryan Vogelsong (veteran of two seasons in Japanese professional baseball with a Major League Baseball lifetime record of 37 was and 38 losses). Meanwhile, others making

Don't get me started on all the reasons that baseball is superior to football. I will point out just one: head injury. There is simply no rational reason for a sport to exist in which its players are eventually bound to suffer dementia and suicidal thoughts (and in some cases actions) in their retirement. While the evidence of head trauma may be most apparent whenever one sees Muhammad Ali these days, there are many more examples of less famous and less wealthy men suffering because they chose to play a violent game for a living and were, arguably, encouraged to do so while their heads were literally spinning. Until and unless football is reformed to protect its players from lives of woe, it will simply be sanctioned head trauma to me. While I admit that I have partaken of a lazy Saturday or Sunday afternoon in front of a big screen with men crashing into each other at great speeds, I can't say that I would miss it if it were gone. On the other hand, I would certainly miss the wonder of the baseball playoffs.

In no other sport do we see marginal professionals with rudimentary gifts become heroes. In this year alone, we have seen feats of greatness from mere mortals such as Marco Scutaro (lifetime .276 hitter playing for his sixth team in eleven seasons), Delmon

Young (boasting just 89 career home runs), the wonderfully named Coco Crisp (not even listed in ESPN's list of the top 30 center fielders in baseball), and pitcher Ryan Vogelsong (veteran of two seasons in Japanese professional baseball with a Major League Baseball lifetime record of 37 wins and 38 losses). Meanwhile, others making insane amounts of money for playing a children's game fail spectacularly in the harsh spotlight of the playoffs (name any Yankee but Ichiro or Jeter here). Sometimes you wonder how the things you see happen on screen during these games are not scripted by veteran television writers. As they say, you couldn't make this stuff up.

While some would decry the propensity of the broadcasters of sports playoffs to create drama by weaving a narrative about such things, luckily for the viewer the actual drama of the games themselves always trumps these efforts. This year, for the first time, Major League Baseball expanded the playoffs to include a second wild card team from each league. This addition also included a new winner-take- all wild card "play-in" game. While any changes to baseball offend the "baseball gods" in some way or another (and don't get me started on the DH), the first year of the one game play-in game resulted in two fantastic games with loads of drama. They were a microcosm of what occurs in a longer baseball playoff series. The plucky, perennial losers- the Baltimore Orioles- defeated the absolutely loaded defending American League champs Texas Rangers while the Atlanta Braves, led by face-of-the-franchise

Chipper Jones, lost in a wild one to the defending World Series champs, the St. Louis Cardinals. Mean-

while, surprising newcomers (the Oakland A's and Washington Nationals), large-market mainstays (New York Yankees, San Francisco Giants) and hungry-for-championship old sports towns (Detroit Tigers and Cincinnati Reds) awaited the results.

This prelude simply set up four series that went to their fully allotted five games each before a winner could emerge. Each series had so, downs, ins, outs, and were almost stacked d-to-toe with intrigue and suspense. The Nation-

ups, downs, ins, outs, and were almost stacked head-to-toe with intrigue and suspense. The Nationals lose the final game after winning game 4 with a walk-off home run and then leading game 5 by six runs after three innings. The Giants lose two at home and win three on the road to beat the Reds. The suddenly old Yankees barely take care of their division rival and much younger and peppier Orioles. The Tigers' ace pitcher Justin Verlander putting his team on his back and shutting down the A's in game 5 of their back and forth series. And then the winners faced off in two very memorable League Championship Series, with the Tigers humiliating the Yankees in four games and the Giants winning their sixth (yes, sixth!!) possible elimination game in a row to get into the World Series for the second time in three years.

At press time, the World Series between the two venerable franchises of the Detroit Tigers and San Francisco Giants was about to begin. If it is half as exciting as the playoffs to this point, it will be memorable. In any case, it will very likely be the best reality TV you can see this fall. And yes, that includes college football!

P.S. In other sports news: the Orlando Solar Bears are more exciting and interesting than the Orlando Magic. \blacksquare



EGEND has it that Chinese arts and culture were gifts bestowed by the heavens. In ancient China, students and scholars would sit in meditation to calm their minds and inspire creativity. But in recent decades, these traditions have been all but completely lost. Today, where can you go to discover authentic Chinese arts and culture?

Surprisingly, perhaps, the answer is so near you - Orlando. In January, the world's premier classical Chinese music and dance company, Shen Yun Performing Arts, will perform at Bob Carr Centre. The show is a celebration of traditional Chinese culture as it was meant to be—a study in grace, wisdom, and virtues distilled from five millennia of civilization.

The company's dancers are mostly ethnic Chinese selected from among top artists around the world. Many of them grew up outside of China, including in Florida. What unites them is a vision of reviving a lost heritage and sharing it with the world.

The journey to understanding today's China begins 5,000 years ago, with the reign of the legendary Yellow Emperor. He is credited with establishing a culture rooted in veneration for the "Heavenly Way."

The idea of aligning oneself to a higher principle has permeated Chinese life for thousands of years since: from arranging furniture with Feng Shui to governing by Confucian ideals; from following Buddhist and Taoist meditation disciplines to creating music and art that revere the divine.

Fast-forward to the present and these traditions have mostly disappeared, wiped out by the Chinese Communist Party's political campaigns. The Cultural Revolution of the 60's and 70's was especially devastating—artifacts, books, and temples were destroyed in an effort to wipe out the world's most ancient culture. Millions were killed and Chinese culture never fully recovered.

Enter Shen Yun Performing Arts. In 2006, a group of top Chinese artists living in the West came together and established Shen Yun as a non-profit organization in New York. Having found artistic freedom, they set out to bring a long-lost culture back to life.



Ever since, Shen Yun has performed in the world's top venues, taking audiences from Paris to Sydney on a journey to distant lands and times.

At the core of a Shen Yun performance are classical Chinese dance, ethnic and folk dances, ancient legends, and modern tales of courage. Dance is accompanied by a one-of-a-kind orchestra, which combines both classical Western and Chinese instruments to produce a refreshing sound. Vocalists, bright costumes, and animated digital backdrops round out the evening. The experience has been described as both enriching and inspiring.

And January 15-17, Shen Yun will return to Bob Carr Centre as part of its 2013 world tour. To learn more and to support Shen Yun by buying tickets, please visit: Shenyun2013.org.



It's Only Madness If You Miss This Show

by Barbara Solomon

18

REEFER MADNESS

WRITTEN BY MURPHY AND STUDNEY **DIRECTED BY STEVE MACKINNON STARRING JOHN GRACEY,**

SHANNON BILO-ZEPF, AND SAGE STARKEY

This hysterical spoof will keep you laughing all night. And you'll want to get up and dance with the cast as well. It takes place in the late 30's, when people actually thought that marijuana could drive you crazy. We follow the story of two young high school sweethearts, Jimmy (Sage Starkey) and Mary (Shannon Bilo-Zepf) as they change from goodygoody to crazy with "Reefer Madness." Of course, the proverbial bad guy and his dames are the bad influences that take Jimmy along the path of destruction. The goofy spoofy story is enhanced by the great songs and incredible dancing. Jesus weaves in and out of the plot, supposedly to put Jimmy's footsteps on the path of righteousness. In the end, it is one of the ladies of the night who save Jimmy, and we have the expected happy ending.

There is not one dud in this cast. Nor behind the scenes. Accolades must go to Fran Hilgenberg, who runs Theatre Downtown as competently as she does her costuming. Fran has, however, outdone herself on costuming this show. The choreography of Spencer Morrow was extraordinary, and enhanced by the cast's great execution. I later learned that Spencer stepped in for John Gracey as the lecturer when Gracey got appendicitis. I know I can't learn a script in four days, but that is exactly what Spencer did, and perfectly to boot. His voice was amazing as was his portrayal of the narrator. I thought I was going to lose it when he came out as a baby in another of the great costumes. Shannon always has a lovely voice, and I really enjoyed her rendition of "Lonely Pew." Her counterpart, Sage, really got into his role, so much so that I could almost believe his lunacy when on the "stuff." Stephen Pugh as Ralph demonstrated his wonderful comedic timing along with his hysterical facial expressions. But my favorite of the night was Mae, played by Victor Souffrant. "Her" voice was powerful enough to shake the rafters of the theatre and "her" portrayal of the abused girlfriend was close to perfection.

Was there a moral to this story? Maybe in the 1930's, but certainly not as much in today's era. Unfortunately, the hard stuff of today can also land you in the same hot water as they are depicting in this show. Moderation in all things? Maybe, but not in the laughter at Theatre Downtown for "Reefer Madness."

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

Barb's Best Bets for November: "A Tribute to Irving Berlin" at The Winter Park Playhouse and Dickens' "A Christmas Carol" at Theatre Downtown.

"Chasing George Washington" **Opens At The Rep**

Orlando Repertory Theatre (The REP) continues its10th Birthday Season, presented by the Edyth Bush Charitable Foundation, with "Chasing George Washington," November 18, just in time ry and say, 'Well, of course John Adams for election season. This patriotic musical features book and lyrics by Karen Zacarias and music by Debbie Wicks La Puma, and is presented by the Darden Foundation.



Field trips are fun, especially when vour destination is 1600 Pennsylvania Avenue- the White House! In this delightful new musical, Dee Dee, Jose, and Annie accidentally knock George Washington out of his portrait and into real life, turning their tour into an unexpected adventure. As they try to get the nation's first president back into his painting, they encounter other famous White House residents, including Abraham

Lincoln, Dolley Madison, and Jackie Kennedy. Together, they learn that the White House isn't just a historic building, it's also a home, a home for all Americans, no matter their ethnicities or economic class.

Director Joshua Chase Gold joins The REP for his first production with the team. A New York City-based director, Joshua received the 2008 New York Independent Theatre Person of the Year Award for his Off-Broadway productions of "Bent" and "Woyzeck." This summer, Joshua was awarded a national fellowship by the Society of Stage Directors and Choreographers, which took him to the Denver Center Theatre Company to assist Art Manke on "The Three Musketeers." Joshua is a Lincoln Center Theatre Directors alum, a member of the Dramatists Guild's Director/Dramatists Exchange, a reviewer for New York Theatre, and an adjudicator for the New

York Innovative Theatre Awards. Later this year, he will direct "Spring Awakening" for Theatre UCF.

"It is easy for us to look back on histoshould have signed the Declaration of Independence,' or 'Why wouldn't Abraham Lincoln have signed the Emancipation Proclamation'," says Gold. "In hindsight, these appear like easy deci-

> sions. In hindsight, these were the right decisions. "Chasing George Washington" gives us a richer understanding of the leaders who were responsible for shaping our country. It is easy to forget that our forefathers were just men - not deities - struggling to make tough decisions in order to shape our country. The signing of the Declaration of Independence or the Emancipa-

tion Proclamation were not simply preordained events that now reside in textbooks. They were momentous turning points for our country, guided by our leaders making difficult choices and doing what they thought best. This play enables us to see our founding fathers in a way we haven't before. It is my hope that this new perspective on our history, and those who made it, will give us all something about which to think."

The creative team also includes choreography by Myles Thoroughgood, musical direction by Danielle Barnes, lighting design by George Jackson, sound design by John Valines, costumes by Daniel M. Jones, scenic design by Vandy Wood, props by Matt Rudman, and dialect coaching by Kate Ingram.

Backstage tours are offered on November 17 following the 5:30p.m. performance of "Chasing George Washington" for an additional \$5 per person. Space is limited, so please contact the box office in advance. For the hearing impaired, The REP is proud to offer an American Sign Language performance on November 10 at 2p.m. and has assisted listening devices available for all shows.

All performances take place at Orlando Repertory Theatre, located at 1001 East Princeton Street Orlando, FL 32803. For more information please call 407-896-7365 or visit www.orlandorep.com. ■



Volunteers Needed At Polasek

The Albin Polasek Museum and Sculpture Gardens is looking for volunteers and is beginning a new volunteer and docent training program.

Polasek volunteers and docents provide an invaluable service by helping visitors of all ages; engage with works of art through the museum's guided tour program, assist with keeping the gardens looking beautiful and aid guests with

questions and gift shop purchases. While no experience is required, volunteers must be comfortable talking to the public. An application is required.

"Being a museum docent is unlike other volunteer experience," says Trudy Furno, docent trainer and research specialist at the museum." Docents become well acquainted with Polasek's life story and art and have many opportunities to interact with Museum visitors. It can truly be a rewarding experience to make a connection with a group of guests and get them excited about what we have to offer here." The museum has needs in all areas including Docents, Museum Gallery and Gift Shop Attendants and Gardening enthusiast.

For more information on becoming a volunteer at the Polasek museum please call 407-647-629 or visit www.polasek.org.

The Park Press | NOVEMBER 2012

park press pets by Sherri Cappabianca

How To Help Your Dog Age Gracefully

Just like with people, dogs age differently and have different life spans. Generally, small dogs and mixed breeds tend to live longer and age more slowly than purebreds and bigger dogs.

Watching our beloved companions age is difficult. But we can help them have the best quality of life possible by being aware of the physical signs of aging and knowing ways we might be able to slow the process. Here are a few physical signs you can easily help.



- Weight gain. This is because their metabolism slows, yet we often continue to feed the same amount we fed when they were more active. To help:
- Reduce caloric intake. Look at the ingredients in your dog's food and switch foods if there's too much fat and not enough nutrients. Reduce the amount you are feeding, and watch treats.
- Make exercise a priority and increase it as you can.
- Arthritis. This is a common condition in older dogs. Painful arthritis can cause behavioral and physical changes dogs in pain don't want to move like they used to so they end up losing muscle mass and tone. To help:
- Exercise, exercise, exercise. But

only the right type of exercise, that which doesn't cause any pain. Warm water swimming is ideal, as it can help with all problems associated with arthritis. Short walks each day also help.

- Pain management medication only as is absolutely necessary.
- Massage to help with circulation, range of motion, stress reduction, and pain management.
- Gray hair and thinning or dull coat. You can't help gray hair but you can help coat quality.
- Regularly brush your dog. This increases natural oil production.
- Don't bathe your dog too often.
- Give your dog a supplement that provides oils and nutrients.
- Look into changing your dog's food.
- Massage.
- Dental disease. Very common in older dogs.
- Brush your dog's teeth regularly.
- Provide raw marrow bones (soup bones) to chew on. Chewing on raw bones cleans the teeth naturally.
- Have regular dental checkups and professional cleanings as necessary.

Dogs can experience many changes in their bodies as they age. Some dogs have more notable changes than others, and in some dogs, the changes start to occur at a younger age. The best thing you can do is to monitor your dog for physical and behavioral changes and if you think that these changes may not be normal, check with your veterinarian. Be proactive with your dog's health and you can help your dog feel younger and better, and you'll be able to enjoy his or her company for longer period of time. ■

Sherri Cappabianca, an expert in the field of canine health and fitness, is the author of two books on canine health, and is the co-owner of Rocky's Retreat Canine Health & Fitness Center, located in Orlando. For more information, visit www.rockysretreat.com.



technology_{by Trevor Honohan}



Trevor Honohan

BYOD

A trend referred to as "Bring Your Own Device" is beginning to present itself in the school systems. Also known as BYOD., it is a program that encourages and allows students to bring in their own electronic device into the school. It allows students to connect to the online curriculum experience and learn at a more differentiated pace, while remaining engaged and on task. We are in the midst of the screen revolution as more and more students own iPod Touches, tablets,

laptops, e-readers, and netbooks. Until now, cellphones were forbidden and were at the very least required to be turned off or stowed in backpacks or lockers. Now these devices are considered by some to be learning tools and teachers at BYOD. schools are allowing students to use them. And they are discovering that students will act respectfully and put forth maximum effort when the tools of their time are welcomed in and not frowned upon.

There's no question that technology is playing a huge role in students' education these days, and will continue to do so in the future. Today's students, some in progressive elementary schools and especially the middle and high school students, are using their smart phones and iPads for writing reports, conducting research and more. Some schools are purchasing iPads for use in classroom, a luxury for some. But many schools don't have the funding to purchase new devices for every student. They must rely on textbooks that are now 10+ years old and a technology infrastructure put in well before Wi-Fi became the norm. These factors are contributing to the "bring your own device" policies.

It's a tricky issue, though. If it's up to students and their families to bring devices to school to use in class, it could lead to a disparity among students, since there are some who won't be able to afford them.

Preparing students for the 21st century is an expensive undertaking, but painful budget cuts have made purchasing tablet computers, iPod Touches, Kindles and other devices unfeasible, so schools are asking students to BYOD. Many teachers and public education advocates are left wondering where this plan will lead. As schools across the country lose potentially more funding, are students and their families now sup-

posed to make up the difference? How will the prevalence of these devices affect the classroom?

In most programs, students have to sign some sort of agreement to only use the device during class time for specific projects. Students can sometimes log on to "guest" wireless networks to



get around website blocks, and teachers still need to be present in the classroom to help students learn from the new technology.

Not every district has the resources to properly train teachers to use the devices students will bring in, especially those that have already faced large budget cuts. A BYOD program could save money if implemented properly, but tossing teachers into a BYOD environment without any training wouldn't be very effective. So, successful programs have teacher leaders who train colleagues on how to use the devices. Also, teachers who have expertise with certain devices can conduct mini workshops for other teachers. Not every school has these resources so collaboration among schools in similar areas is encouraged. It is also necessary for a careful and thorough review of schools' acceptable use policies – one of the critical steps districts must take if they are to open their school doors to mobile devices and social media. If banning mobile devices increasingly becomes an outdated option, districts must ensure that schools have the tools and resources to create safe and constructive learning environments.

The Park Press reaches over 60,000 readers each month.

For cost effective advertising opportunities please call 407-644-6760.

20 SCHOOLS The Park Press | NOVEMBER 2012

schools



Aloma Elementary Principal Dr. Drew A. Hawkins

Construction is finally complete: and we are so excited to be in our new building! We thank you for choosing Orange County Public Schools, and thank you for your help in making this happen. We are planning a Dedication Ceremony for Wednesday, November 7, at 9:30 a.m. under our pavilion. The ceremony will begin promptly at 9:30 a.m. and is planned to last approximately 30 minutes. We hope many of you can attend. Please R.S.V.P. at 407-672-3100, ext. 2221 so we can plan accordingly.

Last year, we started a new initiative: Education Pays-Make Every Day Important! We are continuing this initiative again this year, and it is part of our School Improvement Plan. children out early, and scheduling va-: your child. In line with this initiative, between 2:30 - 3:00. It is during this: ing. It is for your children's benefit that they are in classrooms the maximum amount of time to ensure their learning. Also, for the safety of all children, please drive slowly and refrain from being on your cell phones as you drive through our parking lot. Thank you for your help with this.

We will be holding our awards programs on the following dates and times for the following grade levels:

Monday, November 5:

2nd grade - 9:00 a.m. 4th grade - 9:45 a.m. Kindergarten – 10:30 a.m.

Tuesday, November 6:

5th grade - 9:00 a.m. 3rd grade - 9:45 a.m. 1st grade - 10:30 a.m.

on November 13 from 6:00 – 8:00 p.m.

Mrs. Mask at extension 2227.

There will be no school for stuthrough Friday, November 23. Our vou as well! school will be closed that week for again for your help and your support! It is through your help and cooperative efforts that our students are successful. We are "Team Eagle: Every Student! Every Day!"



Thank you for your continued support of Audubon Park Elementary School. Terrific things continue: to happen on a weekly basis and Family Reading Night from 5:30-7:00 your support has a direct and posi-: p.m. Please join us for an informative tive impact on student achievement. family night celebrating literacy. Please continue to encourage your

fact, you can also encourage them to celebrating our 65th Birthday at our neighbors. We would love for you to have read. The ability to explain their: invite you to join us for an evening: able through the school. Our PTA thoughts and to think critically will: of community and sharing. It will be: uses the funds raised at this event to be important as we tackle the new held November 14 from 5:30-7:30p.m. support initiatives at Lake Sybelia. and challenging Common Core State:

Standards. Feel free to stop in and see me anytime with questions or concerns. Thanks for all you do!

As always, feel free to email me anytime. Thank you for your continued support.



We are pleased to announce the selections of our Employees of the Year. Stephanie Joy, our fabulous fourth: grade math and science teacher has : nual gala in late October at the Win-You can help by having your children: been selected to represent the won-: ter Park Civic Center. The event also: OCPS Teacher of the Year celebration: and dancers from several countries: is Mrs. Margaret Blackburn. Mrs. us make every day important for our remarkable pre-k paraprofession- sponsors, food providers and attendal, will represent our awesome clas-: we will not be releasing any students: sified staff as our Support Person of are Brookshire Bulldogs.

Our Veterans Day celebration will 9. This annual Brookshire event honors those who have or are currently protecting our country. We would like to thank our music teacher, Denise Legan, and the many parents who put so much time and effort to make this such a memorable and successful event. And a very special thank you to our neighbors, the staff of Emmanuel Episcopal Church, for allowing us the use of their facility.

Fern Creek Elementary Principal Dr. Patrick Galatowitsch

It's only October and Fern Creek The School Advisory Council will: already has 70 mentors who come to meet on November 6 at 8:00 a.m. in see our students on a weekly basis. the principal's conference room. PTA: This is wonderful but we are always; this year. Our PTA enrichment class-: her extremely busy assisting teachers will be hosting a Family Movie Night: looking for dedicated mentors for es are in full swing and our second and students. She avidly consults our many students and it's not too: Come out and help at Teach-In on : late to get involved. We have over 40 Wednesday, November 14. This is a students on our waiting list. If you Stars" silent auction is Friday, Noday set aside for parents and guests: are interested in learning more about: vember 2, at SoNappa Grill in Maitto come teach something they are ithis program please contact our comiland. We will have a silent auction, interested in to our students. Our imunity and mentor assistant, Anna i a live auction, and a raffle. We are all media specialist, Mrs. Mask, coordi- Dempsey, at anna.dempsey@ocps. looking forward to this opportunity serve on several committees. She is nates this event. If you are interested inet and she will point you in the right to unwind with fellow parents and part of our school's Leadership Team in coming in that day, please contact direction. Also, if you are a business owner who would like to find out how you can partner with Fern dents from Monday, November 19 · Creek, we would love to speak with

Another great way to get involved the November break. Thank you • at Fern Creek is donating non-perishable food items to our school's pantry. Every Friday we send home over 310 "Snack Packs" for our students so it's important that we keep our pantry stocked. With the help of our local businesses, families and communities we are able to continue this program and feed all of our students on the weekends. Some great items are applesauce, granola bars, fruit cups, beans, tuna, or canned ravioli.

November 13 we have our annual

Lastly, Fern Creek is excited to child to read 20 minutes per day. In let the community know that we are

write brief summaries of what they: annual Thanks for Giving Event. We: come and join us. Tickets are availat Harry P. Leu Gardens.

> Thank you so much for supporting Fern Creek, we are grateful for all ition on Friday, November 16. Offiyou do for our staff and students.

involvement of parents and the community in the life of our school. To inquire about opportunities to become involved, please contact the school principal at galatop@ocps.net.

Jewish Academy of Orlando Head of School, Lynne Shefsky

Jewish Academy of Orlando (JAO) honored all of its alumni at its anees for a great evening.

the Year at the OCPS awards banquet: fun season in mid-October, and both: teachers. She has a love for children time that all students are working in : on January 23. Both of these employ-: middle school and elementary stu-: and a strong commitment to educatheir classrooms on science, and we ees are dedicated, positive, and hard dents had playing time in the games. don't want to disrupt their learn- working. We are fortunate that they The athletic department's next interschool sport will be basketball.

> Always a busy week at JAO is the • take place the morning of November: Book Fair in November, which includes a family night where students and parents will enjoy dinner together, along with a speaker related to this year's fair theme. JAO has wonderful parent volunteers who make these types of events all the more successful. Parental involvement is highly encouraged at JAO.

Lake Sybelia Elementary Principal Dr. Julie Paradise

It is hard to believe that our first quarter of this school year is complete, our students have received their first report card for the 2012-2013 school year, and we have had: nine weeks has just begun.

Our PTA "Evening Under the:

Our fifth-grade students will be participating in our DARE Graduacer Allison Diller with the Maitland We welcome and encourage the Police Department instructs our fifth graders in this Drug Awareness Resistance Education program. The graduation ceremony is a celebration of what the children have learned and a wonderful event for the students, teachers, and parents.

Lakemont Elementary Principal Dr. Brenda Cunningham

We would like to highlight two of our many wonderful personnel who help make Lakemont Elementary a on time every day, not signing your : derful teachers of Brookshire at the : had an international theme with food : great place! Our Teacher of the Year cations during school holidays. Help: on February 28. Gloria Castorina, and cultures. Thank you to all the Blackburn came to Lakemont last year and is hard- working teacher who routinely goes above and be-The school soccer team wrapped a vond to assist both students and tion and to our school.

Mrs. Blackburn is a veteran teacher who seeks opportunities to use her wealth of knowledge. She serves our



Teacher (Mrs. Blackburn) and Classified Employee (Mr. Bombard) of the year.

school as our instructional coach and our first Parent Conference Night for : reading specialist, both of which keep student data and makes programmatic recommendations based on the student performance and often can be seen modeling strategies in the classrooms.

Mrs. Blackburn has volunteered to



to best serve at-risk students. She has calendar of school events, as well as been instrumental in assisting our other important school news via our school with developing a strong RTI: email newsletter, Hawk Happenings. Program, as well as differentiated in- You can sign up by going to the MMS: tervention/extension groups to best: PTA website (www.mm.opcs.net), fit the needs of all of our students. : click on "Parents," then "PTA." On : She is married with three grown chil-: dren and two grandchildren.

Our Support Person of the Year is: Mr. Rodney Bombard. Mr. Bombard: is an invaluable asset to our Lakecustodian for the past two years. He demonstrates true dedication and selfless service to our students and staff. Mr. Bombard takes his job very seriously and gives 100% every day. His outstanding work ethic and contagious optimism are evident in all of his endeavors. He is a very humble and private person who is always willing to take on a task. Mr. Bombard is married with one daughter and is active in his church with the video and jail ministries.

We are very proud of both our Teacher of the Year and Support Person of the Year nominees. We are glad that they are part of our Lakemont Leopard family!



Hello to our Golden Hawks Family. Our first round of benchmark er to all parents that the Maitland: building a bridge to the future.

and make recommendations on how : Middle School PTA sends a weekly the right side of the PTA homepage,: click "Sign up for our email newsletter." There is no need to re-register if you are a returning Golden Hawk.

PTA's first fund raiser, the annual mont team, serving as our resident : magazine subscription sales, was a big success. Thank you to students, parents and staff for participating in this event. Proceeds from this fundraiser are distributed to teachers in be a Stewardship Parish; we are also the form of mini-grants for classroom • instruction enhancement. Congratulations go out to our support person of the year, Dawn Raines and our teacher of the year, Dawn Dunham.

The MMS boys and girls soccer teams ended their season with both the girls and boys teams making the playoffs. The girls went undefeated in regular season play and are cluster champions. Volleyball tryouts started on October 11. Students must: have a completed physical packet in order to try out for school sports teams. Packets can be downloaded from www.MMSathletics.com or: picked up in the front office. Our band, chorus and orchestra students are working hard and performing in events throughout the first and testing took place in mid-September. : second nine weeks of school. We are Progress reports were sent home in proud of our Golden Hawk family late September and report cards for ; and our students' continued success the first nine weeks will be sent home: in academics, athletics and the arts. on Friday, November 2. A remind-: At Maitland Middle School we are



Children's Stewardship

decide either "The World Owes Me": them happier and more fulfilled.

As St. James Cathedral strives to working to become a Stewardship: School with age-appropriate stewardship information for children. The basic goals are:

- Help children see that God has given them many blessings.
- Teach children to be grateful to God for the blessings He has given
- Show children how stewardship has built our church.
- Help children recognize that stewardship is something we do all the time. Every decision we make is a : stewardship decision.
- that comes from stewardship.
- Live the St. James motto: "Come to Learn. Leave to Serve"



Stewardship Poster Contest

All grades incorporated stewardship into their religious education classes. The art department held a

poster contest and the winners' art will be featured on the covers of the St. James Cathedral bulletins. Pictured here are the winners: 1st Place - Jordan Johnson, 2nd Place - Sophia Stephens, 3rd Place - Baylee Arnott, and Honorable Mention - Kate Watson.

Children can learn that stewardship is not just a service project that they must do

before they can be confirmed or grad- ; you. Your reputation will be chiseled offertory basket every now and then. : what the angels will say about you Stewardship is a way of life. It is the : before the throne of God." way a good Christian lives every day: of every year.



Fall is in the air, and the St. Margaret Mary Catholic School community is thinking about the holidays, also. Our sixth grade students will publicize and gather donations for the annual Thanksgiving Store to help local : needy families. Our bands and choirs are preparing for the upcoming Advent Concert. Eighth grade is beginning to collect gift cards for friends at a local after-school program for the children of migrant workers. In the elementary grades, the cooler weather affords great opportunities for field trips in nature. Our track team is in full swing with students from fifth through eighth grade participating.

The school is gearing up for the an-: nual Boosterthon Turkey Trot to raise: peers to lead our student council.

HPA100

funds for classroom technology. This year, we hope to expand our offering of iPad carts to promote 21st Century learning. Junior high social studies classes are conducting a straw poll Every day children in our society: for the presidential election and are are bombarded with hundreds of ad-; preparing for the election pageant vertising messages. But the steward-: complete with student mock debates. ship message is being lost. Children: Junior high students are also finalreceive 3,000 ad messages a day. Be-: izing science fair projects, which has tween the ages of 6 and 10, children: historically yielded several honorees at the county level. And as you read or "I Owe the World." Stewardship is : this, applications are being consida gift we give to our children to make : ered for our newly founded National Junior Honor Society.

> In the midst of our work and preparations we remember the many blessings around us. We wish you and your family a peace-filled, blessed Thanksgiving.



On October 10, 2012, The First Academy football players received a special visit from retired hHall of Fame football coach, Bobby Bowden. Coach Bowden, the winningest coach in college football history, served as head coach at Florida State Univer-Help children recognize the joy sity for 35 years. This visit was arranged by one of Bowden's past FSU football players, Mr. Dayne Williams, who also happens to be the parent of three children now attending The First Academy.

> Bowden has been quoted as saying, "Your reputation is a picture; but your character is your face." "Your reputation is something that's manufactured, but your character is born. Your reputation is what you have when you move into a new town; your character is what you have when you leave that town. Your reputation is what people say about you; your character is what God knows about



uate. Or that it's a token dollar in the on your tombstone. Your character is



Welcome Jaguars! We celebrate the season and look forward to it bringing fall leaves and cooler weather.

Jaguar spirit was in the air at our first PHA Pep Rally. Our students highlighted their talents with a trumpet performance, an introduction of our safety patrol and hip-hop dancers. Our fourth grade performed a cool math song to a Justin Bieber tune, "As Long As You Love Math." The Pep Rally culminated with the announcement of our 2012-2013 Student Council and a high-energy performance by our PHA cheerleading squad. Congratulations to Senora Alvarez on being elected by her peers as Upper Division Teacher of the Month.

Congratulations to the following students on being elected by their



President - Kennedy (fifth grade) Vice President - Carolina (fourth grade)

Secretary - Parker (fifth grade) Treasurer - Charlie (third grade)

Our Student Council is busy on their first community project. The Parke House Academy is proud to be a drop-off location for the Operation Gratitude Orlando Halloween Candy Collection Kickoff. Our students will donate their Halloween candy to give to the soldiers who are deployed in remote areas of the world. For more information visit www.Operation-Gratitude.com.

Due to the generosity of the Edwards family, the Lower Division: garden is receiving an amazing makeover!!!! Our Lower Division preschool and pre-kindergarten friends: history and vision in our 45th year, are excited to grow flowers and vegetables in their new box garden.

We wish to thank our local business community for supporting our annual PHA PTC Gems & Jaguars auction. We greatly appreciate your generous donations.



Fall is finally upon us! The students and staff at Trinity Lutheran School are embracing the cooler air (as slight as it might be!) as they gear up for numerous big events taking place in the next several weeks. The end of October brought the third annual Race for Education to our campus and our first school spirit night at Chick Fil A. On October 25 our Race for Education raised funds in order:

through and around them, as well as, talk to the drivers!

Also, TLS students are already busy preparing for our annual Veteran's Day program on November 9. Our entire student body puts on a performance for our parents and visiting veterans.

It's a great time of year to be a Viking!



are wrapping up this month, and our winter sports are getting underway. Soon basketball, soccer, and girls: weightlifting will start their competi- staff and students of WPHS. tions, and Saints fans will cheer them

Heading into the Thanksgiving participate in an annual food drive for: Florida. Last year, they collected an outstanding 12,794 pounds of food and they had fun in the process, competing to create the best "canstruc-: tions" out of their donations.

recently named 2013 National Merit: to the occasion so that all students at

who were honored as Commended Students by the National Merit Corporation based on their performance



Semifinalists will advance in the competition for 8,300 National Merit scholarship awards.

As we celebrate Trinity Prep's join us for a play, concert, or athletic event. Check www.trinityprep.org for upcoming events, or follow us on Facebook and Twitter.



The Florida Department of Education recognizes and honors the con-: tributions of outstanding classroom: of learning in students of all back-: High School is proud to recognize: our 2012-2013 Teacher and Support Persons of the Year.

Our Teachers of the Year are: Meg Pietkiewicz

(WPHS Main Campus)

Meg Pietkiewicz is an experito continue providing a quality edu-: enced teacher with over six years as a cation and affordable tuition for all: member of the WPHS faculty. While our students from infants to eighth; at WPHS, she has taught marketing grade. Staff and parents cheered the ; and business classes. In addition to children on as they ran around their: teaching, Ms. Pietkiewicz is also the playgrounds or the entire campus for : junior and senior class sponsor. She as long as they could during the hour! : is usually working in her classroom One of the most exciting events: long before the classroom duty day that our families look forward to in begins, preparing her instruction November is our annual Touch-a-: for her students and devoting hours Truck event. On November 3, from to creating a unique senior year 9:30 a.m.-1:30 p.m., vehicles of all for each graduating class. She also shapes and sizes come on to our spends many nights and weekends campus and children can climb in, at student events for seniors, such as painting senior parking spots or the fall carnival. As the junior class sponsor she spends many hours helping to create an unforgettable prom. In addition to all this, Ms. Pietkiewicz and her marketing students earned a grant to fund a healthy school initiative they have titled Live.Life. Heathly. This year WPHS has benefitted from having a healthy school fair, which brought many businesses and community members to school to educate our students on healthy living. Meg exemplifies school spirit It's hard to believe that fall sports • and a passion for her students' education and health. Her consistency and excellence in teaching has had a profound and positive impact on the

Joseph DiFrancesco

(WPHS Freshman Campus)

Joseph DiFrancesco is an excepholiday, Trinity Prep students will: tional student education teacher at the Winter Park Freshman Campus. Second Harvest Food Bank of Central: He has been an educator for over 14 years, and a member of the WPHS staff for over eight years. Not only is Mr. DiFrancesco an outstanding teacher, but he also acts as a facilitator, staffing specialist, and resource for We are proud of the thirteen mem- : other teachers. When there is a need : bers of our senior class who were at WPHS, he is always willing to rise

Semifinalists and the eighteen seniors • WPHS continue to be successful. His • face. During her time at WPHS Ms. professionalism, in and out of the Dunn has been a great asset, always classroom, speaks volumes. The stu- willing to go above and beyond to dents respect him because he is car- help in times of need, from answering and kind; all while implementing • ing phone calls to taking class counts. a safe and friendly environment. He: She steps in to assist without needing is an excellent communicator and : to be asked and never complains. Her an advocate for ESE students. In ad-: dition to his role as an educator, he are appreciated by all. We are very also coaches baseball for WPHS. His : fortunate to have Jill Dunn as a memplayers have a tremendous amount : ber of our WPHS team. of respect for him. Not only does he: coach them in the game, but he also: emphasizes the importance of good: sonal excellence in a caring place."

Jill Dunn (WPHS Main Campus)

brought it into the 21st century by upforms and developing online spreadsheets for everyone's convenience. She brings a wealth of knowledge and expertise to the Winter Park staff and community and Orange County teachers who have demonstrated a Public Schools. She is so well respectsuperior capacity to inspire a love; ed in her field that people from the district office often consult her when grounds and abilities. Winter Park they have questions. Not only does she work with our faculty and district personnel, but she also works with volunteers, coaches, and booster •

professionalism and proactive nature

Kitza Rivera Rodriguez

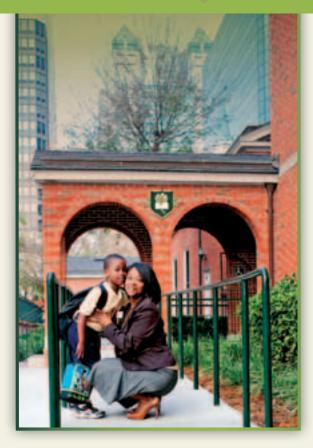
(WPHS Freshman Campus)

Kitza Rivera Rodrigues is our sportsmanship. Coach "D" is a living : crew leader who has brought positive example of the school's motto: "Per-; changes to our custodial staff and school in a very short time. In her first Our Support Persons of the Year: day on the job, Ms. Rivera Rodriguez sent an email to the entire faculty and staff introducing herself and mak-Jill Dunn has worked at WPHS for ing herself available to anyone who over 12 years. As Winter Park High: needed assistance with the custodial School's bookkeeper she has excel- department. Ms. Rivera Rodriguez is lent organizational skills. In fact, she one of the most efficient, caring, and reorganized the WPHS office and disciplined individuals at the Ninth Grade Center. The school looks better dating filing systems, computerizing inow than it did when it was new. She is also a caring member of our staff, one who goes out of her way to help teachers, even after hours, and takes great care of her team. Although she works during the night shift, she will usually arrive early to find out if there are any special needs or custodial emergencies and will go out of her way to assist teachers without delay. Mrs. Rivera Rodriguez is a role model for our staff and students. She is part of our Healthy School Team, clubs. She is detail oriented and helps and is the first to volunteer to help each one who goes through her door or stay until an unfinished project is as to procedures that need to be fol- : completed. She is a very import and lowed, always with a smile on her part of our successful WPHS team.

Introducing Your Child's Most Powerful Confidence Builder.



The Christ School



OPEN HOUSE K-8 November 6 at 9:00am

Call to schedule a personal tour and see teachers and students in action.

Uncompromising K-8 education located in the heart of downtown Orlando.

Call Nicole at 407.849.1665 • TheChristSchool.org

The Park Press | NOVEMBER 2012 CALENDAR 23

COMMUNITY CALENDAR

Audubon Park Garden District Events Ongoing Events

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

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

November 19 – December 31 Leu's Holiday House – 10:00 a.m. to 3:30 p.m. at Harry P. Leu Gardens. This annual tradition includes tours through the 11-room estate that was built in the late 1880's located at 1920 North Forest Avenue. For more information please visit www.leugardens.org, or call 407-246-2620.

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

Now - December 31 "Peanuts...Naturally"- An exhibition

from the Charles M. Schulz Museum and Research Center at the Orange County Regional History Center. The Orange County Regional History Center is located at 65 E. Central Blvd. For more information visit www.thehistorycenter.org or call (407) 836-8500.



November 19 – December 17 Pet Photos with Santa – 6:00 p.m. at Orlando Fashion Square. For more information please visit www.orlandofashionsquare.com.

November 14 "Jeans & Boots Western" Theme Dance – 7:00 to 9:30 p.m. at the Marks St. Recreation Center located at 55 E. Marks St. The dance is sponsored by Belles and Beaus Dance Club. Singles and couples are welcome and the cost is \$5 per person. For more information please call 407-277-7008.

November 16 Santa's Arrival – 10:00 a.m. at Orlando Fashion Square. For more information please visit www.orlandofashionsquare.com.

November 17 Ruck Sack March – 6:00 a.m. at the University of Central Florida – 12- Mile Extreme Course hosted by the Camaraderie Foundation. For more information, or to register, please visit www.CamaraderieFoundation.com.

November 22 Seniors First Turkery Trot – 8:00 a.m. at Lake Eola Park. Proceeds benefit Seniors First. Registration is required at www.track-shack.com, or calling 407-896-1160.

December 1 OUC Orlando Half Marathon & 5K – 7:00 a.m. at Lake Eola Park. Proceeds benefit the Track Shack Foundation and Florida Citrus Sports Foundation. Registration is required at www.trackshack.com, or calling 407-896-1160.

December 6 The Orange County Retired Educators Association Meeting – 10:00 a.m. at the College Park United Methodist Church located at 644 W. Princeton Street. Anyone who has worked in education is invited to join. For more information please visit www. crea-fl.org, or call 407-67-0446.

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily

November 23 – January 13 Holidays at the Waterhouse – Admission is \$3 for adults, \$2 Seniors/Children (ages 3 and under are free). The Waterhouse Residence, located at 820 Lake Lily Drive, was built in 1884 by pioneer settler and builder William H. Waterhouse as a home for his family. Holidays at the Waterhouse takes you back to see how William and his wife Sarah prepare for their Christmas celebration. Each room features Victorian-era holiday decorations and interesting historical facts about the yuletide. Contact 407-539-2181 or visit www.ArtandHistory.org.

Winter Park Events

Ongoing Events

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

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

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

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

Every Friday Night (November – April) Free Admission to the Morse – 4:00 to 8:00 p.m. visitors can enjoy free admission to the Morse Museum. The museum is home to Louis Comfort Tiffany's (1848–1933) collection and also regularly changes and updates complimenting exhibits to bring a broader understanding of the developments of American art. For more information please visit www.morsemuseum.org.

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

Now – December 11 Ballroom Dance Lessons – Beginner – 7:00 p.m. to 8:30 p.m. at the Winter Park Famers' Market.

Now – December 11 Ballroom Dance Lessons – Intermediate – 8:45 to 9:45 p.m. at the Winter Park Farmers' Market.

November 8 Pedaling For Parkinson's Information Meeting — 2:00 to 3:00 p.m. at the Crosby YMCA Wellness Center located at 2005 Mizell Ave. Information on an indoor cycling program for people with Parkinson's Disease and their caregivers. 8-week session free for Y members and/or those with a medical clearance. Next session starts Dec 3, 2012, on Mon, Wed,

November 8 Happy Hour for Hunger - 5:30 - 7:30 p.m.Winter Park Village with proceeds to benefit Second Harvest Food Bank. Cost is \$20 per person. For more information and tickets please call 407-644-8281.

Fri. For more information please call Terri Callanan

November 9 Veteran's Day Ceremony – 9:30 a.m. at Emmanuel Episcopal Church located at 1603 East Winter Park Rd. All Veterans are welcome to attend.

November 9 2nd Annual Veterans Day Celebration – 9:30 a.m. at the Winter Park Community Center Ruby Ball Amphitheatre located at 721 W. New England Ave, and hosted by the City of Winter Park. For more information please call 407-599-3428.

November 10 Rollins College 5K – 10:00 a.m. on the campus of Rollins, and hosted by Next Step and the office of Multicultural affairs. All proceeds benefit the Parramore Kidz Zone. For more information please http://www.cityoforlando.net/fpr/Html/Children/aboutpkz.htm.

November 10 - 11 11TH Annual Winter Park Concours D' Elegance – Classic automobiles are showcased along Hannibal Square and Park Avenue all day Saturday and Sunday.

November 13 "Florida Smart Plants" by Stephen & Kristin Pategas of Hortus Oasis - 7:00-9:00 p.m. at Harry P. Leu Gardens. Presentation covers the smart palms, trees, shrubs, groundcovers, vines and perennials to use in Central Florida. Registration required, call 407-246-2620

November 14 Annual Flowers for Fall & Winter Gardens – 10:00 a.m. at the Winter Park Garden Club located at 1300 South Denning Drive, and featuring guest speaker Keri Leymaster. For more information regarding this free event please call 407-644-5770.

November 15 CoffeeTalk – 8:00 a.m. at the Winter Park Welcome Center featuring Commissioner Tom McMacken

November 15 Winter Park Sip, Stroll & Shop - 5 - 8:30 p.m. along Park Avenue. Enjoy special pre-holiday savings as part of Red Bag Days. Tickets are \$25 per person in advance. For more information please call 407-644-8281.

November 15 "A Conversation with Martin Luther King, III"

– 12:30 p.m. and 7:30p.m. at Knowles Memorial Chapel, and hosted by the Winter Park Institute at Rollins College. Both events are free and open to the public. No RSVP is necessary. For more information please visit www.winterparkinstitute.org.

November 16 "Winter in the Park" Holiday Ice Skating Rink

Opens – the rink is located in the West Meadow located at 150 North New York Avenue. For more information please call 407-599-3203, or visit www.cityofwinterpark.org.

November 28 Scholarship Shopping Benefit – 10:00 a.m. to 6:00 p.m. at Ten Thousand Villages located at 346 North Park Ave. Proceeds benefit scholarships in conjunction with the Winter Park Garden Club. For more information please call 407-644-5770.

November 28 – December 1 36th Annual Tip-Off Classic Invitational - This basketball tournament is hosted by the Rotary Club of Orange County East at the Winter Park High School Gymnasium located at 2100 Summerfield Road. Admission is \$5.00 or two cans of food which will benefit the Salvation Army. The first game is at 7:00 p.m. on November 28.

November 30 Holiday Tree Lighting Ceremony – 5:15 p.m. in Central Park. This free event kicks off the holidays as historic downtown Winter Park is transformed into a winter wonderland. For more information please call 407-644-8281.

November 30 Popcorn Flicks in the Park – 7:00 p.m. featuring the showing of "Elf" and "How the Grinch Stole Christmas" (animated) in Central Park. Admission is free. For more information please visit www.enzian.org.

December 1 14th Annual Leadership Winter Park Pancake Breakfast – 7:00 to 10:30 a.m. at the Central Park Stage. Enjoy a traditional pancake breakfast before, during and after the Christmas Parade. Proceeds benefit local elementary schools. Cost is \$6 Adults / \$4 Children. For more information please call 407-644-8281.

December 1 60th Annual Winter Park "Ye Olde Hometown" Christmas Parade – 9:00 to 10:00 a.m. along Park Avenue. This annual family fun-filled event is free and open to the public. For more information please call 407-644-8281.

December 6 Garden Talks – noon to 1:00 p.m. with Stephen and Kristin Pategas of Hortus Oasis at the Winter Park Library. Cost is \$5 per session, and please bring a lunch. To register please visit www.wppl. org, or call 407-623-3279.

December 8 Holiday Boat Parade & Water Ski Show - The water ski show will begin at 3:30 p.m. on Lake Virginia with viewing on the Rollins College campus by the jump ramp located in front of the campus Student Center/Swimming Pool. The Holiday Boat Parade festivities will begin at 5:00 p.m. at the Polasek Gardens. Admission to the Polasek Gardens is free and food, wine and beer will be available for purchase with proceeds to benefit the efforts of the Rotary Club of Winter Park to help local non-profits. The boat parade will begin around 6:30 p.m. on the east shore of Lake Virginia. For more information or entry information please visit www.wpboatparade.com or call 407-647-6492.



Thank You...

We would like to recognize the generosity of the partners, merchants and community members for their dedication and support of Pink Out Winter Park 2012. Because of their commitment, the Winter Park Memorial Hospital Mammography Scholarship Fund will continue to save lives from breast cancer.

Participating Pink Out partners and merchants include:

- Aveda Gary Lambert
- Salon
- Affinity Automotive
- Bajalia
- Bella
- Be on Park
- Blue Door Denim
- Coralia Leets
- DeVanes
- Doggie Door
- Earth Inspired Living
- Eyes and Optics
- iLashworks
- John Craig
- La Bella Intimates
- Lilly Pulitzer
- Miller's Hardware
- Mitchell's Fish Market
- Mi Tomatina
- Park Plaza Gardens

- Peterbrooke Chocolatier
- Rosey Wray's Roost
- Synergy Sportswear
- Ten Thousand Villages
- The Ancient Olive
- The Partridge Shop
- The Spice and Tea Exchange
- The Wine Room
- Thread
- Through the Looking Glass
- Timothy's Gallery
- Tolla's
- Tugboat and the Bird
- Tuni
- Unleashed
- Wearable Art
- Winter Park Country Club
- 310 Park South

Special thanks to these Pink Out partners:

- City of Winter Park
- Park Avenue Merchants Association
- Rollins College
- University of Central Florida College of Nursing
- Winter Park Chamber of Commerce
- YMCA Crosby and Winter Park



Benefiting the Winter Park Memorial Hospital Mammography Scholarship Fund.

Don't forget - schedule your annual mammogram today by calling (407) 646-7798 or visit www.PinkOutMammo.com.

