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Publix And Its Customers Help Fight Hunger

throughout Central Florida benefit organizations such as Second Harvest Food Bank of lar amounts to benefit local food banks, includ-Central Florida through a variety of programs ing Second Harvest.

throughout the year. The 2011 "Food For All" seasonal program appeared in all Central Florida stores from November through December. Throughout the fundraiser, Publix customers and associates throughout Orange, Seminole, Volusia and Brevard counties were invited to make donations to fight hunger. Customers contributed \$1, \$3 or \$5 while paying for their groceries and raised nearly \$98,000.

Publix's media and community relations manager Dwaine Stevens said "We started Food for All three years ago because we care about the health of our com-

munity. It's become a great vehicle for our customers and associates to help improve our community at the grassroots level."

Publix also donates perishable food to Second Harvest throughout the year. Each month, multiple truckloads of food are donated to Second Harvest for distribution to more than 500 local pantries, soup kitchens, homeless shelters, senior programs and low-income daycares. During the past year, the company has donated more than 3.5 million pounds of product. In addition, Publix stores run the "Food for Sharing"

Publix Super Markets and its customers program four times a year, where customers can donate a "recipe" of products in a variety of dol-



Left to Right: Dave Krepcho, CEO/President, Second Harvest Food Bank of Central Florida, Kirsten Jersey Langan, Product Sourcing Manager, Second Harvest Food Bank of Central Florida and Sam Pero, Regional Director, Publix Super Markets Inc.

Stevens said, "Second Harvest has the expertise and infrastructure to channel the resources where they're needed most. We are impressed that for every dollar our customers and associates donate, Second Harvest is able to provide \$9 worth of food value to people in need. That's a great return on investment."

"We really respect Publix for their commitment to changing lives through this region," said Dave Krepcho, president/CEO of Second Harvest. "With this generous donation, we can do much for the community."

President Obama Visits Winter Park

On August 2, President Barack Obama became the third sitting U.S. president to visit Rollins College. Coordinated by Organizing for America, the free and open-to-the-public grassroots event held in the Harold & Ted Alfond Sports Center featured a 25-minute speech by the 44th and current president of the United States.

Though the public appearance was not an official Rollins event or an endorsement by the College, the president's visit reignited a passion for civic engagement, discourse, and activism throughout the community.

"Just to see so many people out, engaged, and excited is setting the tone for an amazing



President Barak Obama at Rollins College Photo courtesy of Judy Watson Tracy

election season to come," said Sarah Elbadri, a graduate assistant in the Office of Community Engagement.

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Publisher's Message



While reading this, or any issue of The Park Press you may notice a common theme. It's the expressed importance on the physical, mental, and financial well-being of those who live in or visit our community.

Let's consider physical health. The Orlando metropolitan area is home to not one, but two of the premier health care systems in the nation. Yes, I'm talking about Florida Hospital and Orlando Health, as well as all their affiliated service areas and doctors. In the past twenty years we've become a sought -after destination for top level health care for not just those in our community, but for those in need around the world. Both health care systems not only continue to grow, but also continue to push the boundaries of cutting-edge technology. Two such examples are the announcement regarding Arnold Palmer Hospital's new feeding difficulties

Rick Cable

center (page 9), and Florida Hospital's Kids Beating Cancer Pediatric Transplant Center (page11).

Preventative health is key, so taking good care of yourself physically will benefit you mentally as well. No one's ever said working out was bad for you, right? Of course, it's important to get health clearance from your doctor before starting a workout routine. But once you're cleared, find the workout facility, class or trainer that you feel most comfortable with. In addition to the many wellness/fitness centers within our community, we now have two great fitness trails, Cady Way Trail and Orlando Urban Trail, in which to walk, jog or bike if outdoor exercise is your preference. Our community is striving to be one of the healthiest in the nation.

While many areas of each issue address mental health, I'm always interested in Tricia's editor's message (page 3) and Ayesha's regular "Live Meaningfully" column (page19). Their articles always make me think and reflect. Of course, our calendar of events (page23) offers a variety of things to refresh and entertain your mind.

In closing, there is always a strong emphasis on financial health for the families in our community. It's been a challenging time for many, but you can count on some great sound advice from our regular business writers, John and David (page 15 and 16). With each month they offer information in hopes of bettering each reader's financial health.

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

Rick

Rick Cable Publisher/Founder



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Accentuate The Positive!

By Tricia Cable

Ah, fall...I can almost feel the cooler temperatures! Of course, that might have something to do with the tropical storm winds thanks to the 2012 hurricane season that is upon us. But, I will take it however I can get it. The feeling of the hot sun on my face, sand in my toes and the scent of Hawaiian Tropic in the air is both close enough that I still have perfect

on those standard principles. Shoot, if I am not at plan, it is frowned upon for me to take time off. The same cannot be said for our under productive members of Congress.

I digress...where was I? Oh yes, fall, back to school, pumpkin pie etc. With the new school year comes new classes, new clothes, new teachers and new responsibilities. My her post each day, her commitment to excellence whether she is assisting her fellow Brookshire Bulldogs out of their cars each morning in car circle or whether she is insuring that even on a stormy day, the treasured American flag never touches the ground, she means business and I respect her work ethic and admire the pride that she takes in a job well done.



recall and distant enough that I can clearly smell pumpkin pie and cinnamon in my very near future.

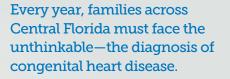
Schools are back in session and the drought that most industries experience during the summer months is over. Corporations are moving forward with their business initiatives, deals are being inked and revenues are increasing. Despite the fact that this is election year, the everyday people in my circle still have jobs to do, quotas to meet and customers to serve. We do not have the luxury of a stalemate, or the "let's wait to see who wins first" mentality before we act on things. We have responsibilities to our employers and our customers to deliver on what was promised or, we don't get paid. Too bad the federal government doesn't operate I find an endless supply of entertainment in the stories that are communicated to the family each evening during dinner.

ten year old was lucky enough to have been selected as a member of her elementary school patrol team. And although she was reasonably excited over the annual backpack and lunch box purchases, the real enthusiasm has come in the form of a neon green patrol badge. She is drunk with power and I find an endless supply of entertainment in the stories that are communicated to the family each evening during dinner. The passion with which she takes My children are growing up and they are growing up fast. Everyday there are reminders of just how little time I have left with them before they venture out on their own into the world. Although I have learner's permits and college visits still in front of me, I am very aware that the next five years, before I send my eldest off to college, will fly by.

So, as this school year begins to signal the onset of yet another autumn and I look forward to our annual Halloween celebration and our trip to my sister's for Thanksgiving, I am feeling very thankful already for my many blessings. Things aren't perfect and I don't expect them to be, but the pro's well out weigh the con's and I am grateful for all that is right with my world at the moment. Accentuate the positive!

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and why we are the leader in children's healthcare at **ArnoldPalmerHospital.com**



David Nykanen, MD Pediatric Cardiologist

meet your neighbor

Meet The Clarks

Cliff Clark grew up a bit south in Miami, Florida. He was educated at Tulane University, Florida State University and University of Florida Medical School before completing his residency in general surgery at Baylor in Dallas and his plastic surgery residency at University of Texas Southwestern. He started his career as a plastic surgeon with Cal Peters right here in Winter Park, Florida.

Cliff opened his private practice, Clifford Clark, MD, PA on Morse Boulevard in Winter Park and in addition practices at the Orlando Aesthetic Institute on Par Street in Orlando. Cliff is also a clinical assistant professor at University of South Florida and a medical doctor volunteer at Shepherd's Hope, a faith-based organization of volunteers that exists to provide access to health care for the uninsured.

Cliff and his wife, Elaine, meet in 1984 at RiverWalk in Jacksonville at an outdoor Halloween party. Elaine, originally from Merritt Island, sought her higher education from Rollins College and the University of Kentucky. She was a clinical dietitian at Baptist Hospital in Jacksonville when the two first met. Elaine is currently the executive director of Support Our Scholars (www.supportourscholars.org), a local nonprofit organization that helps low-income female students through college. "Our number one goal is to raise community awareness of

SOS so that we can continue to help deserving low-income high school students be successful and competitive in college. We would love to expand SOS and its programs outside of Central Florida."

The Clarks have been residents of Winter Park since July of 1994 and currently share their home with their dog, Mojo and their cat, Biscuit. Cliff and Elaine have three children, two boys and a girl. Graham is a 2012 graduate of Southern Methodist Uni-



versity and is pursuing a career in the field of editing in Los Angeles. Courtney is a senior at Auburn University studying accounting while Morgan is a sophomore at Connecticut College. "Winter Park is just the best place in Florida to live and is an outstanding community to raise a family," explains Elaine. Whether surfing on the coast, paddle boarding on Lake Maitland, or cycling on Cady Way Trail, the Clarks are an active family and take full advantage of all that our community has to offer. "We love listening to music at the Plaza Theater, watching movies at the Enzian, shopping on Park Avenue and dining out at some of our favorite local restaurants." The challenge for the Clark family continues to be attempting to coordinate five very different schedules so that they can all be together at the same time, at least once a year. Elaine explains "...so much harder than I could have imagined!"

FOR YOUTH DEVELOPMENT

FOR SOCIAL RESPONSIBILITY

FOR HEALTHY LIVING

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School is back in session. But it is never too late to make sure your child is safe and comfortable in and around the water by reviewing their swimming skills now.

Programs to Help Your Child Succeed:

Group Swim Lessons: ages 3 & up, offered Monday



through Thursday, and Saturday with certified instructors

Private Swim Lessons: can't make our group classes, or need that extra instruction? We offer lessons around your schedule with our certified instructors

Parent/Child Swim Lessons: ages 6 mo. to 3 yrs, sessions offered on Saturdays with our certified instructors guiding you and your child through basic water safety and strokes

> **Pirate Swim Team:** allow your child to make friends, work together on a team, improve self-esteem, get great exercise, and compete against other YMCA's in the area, all while having fun.

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

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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3

As we celebrate the start of

a new school year, the start of

football season and the begin-

ning a great fall, I wanted to

take a moment to update you



ROBERT F. STUART

on some things happening around our city. While pro and college football provide us many op-

portunities to celebrate with family and friends, what better way to support your local community than by attending some high school football games and other sporting events? Both Edgewater and Winter Park High Schools offer family and individual sports passes that allow entry into all home games on their campuses. For more information, visit ehs.ocps. net or wphs.ocps.net.

We are also excited to host, for the first time, a one-of-a-kind sporting exhibition here in the City of Orlando. On Friday and Saturday, September 7 & 8, Lake Eola will host "Soaked," an extreme watersports festival featuring athletes from around the world competing in different types of waterskiing and wakeboarding events in the heart of downtown Orlando. For more information, visit soakedorlando.com.

Golf is another great activity we can all enjoy as the weather cools. Our city's own Dubsdread Golf Course not only offers open play, but also hosts a senior men's game every Tuesday morning as well as a couples' league on Saturday afternoons.

For more information, visit dubsdreadgolf.com.

Our city also boasts many arts and cultural opportunities for the whole family. On Sunday, September 9, the Mennello Museum offers free admission from noon-4:30 p.m. Along with free admission, tours are offered throughout the afternoon, there is a craft station for the kids, and animals from SeaWorld will be joining in the festivities. For more information, visit mennellomuseum.com. Also on September 9, the Orlando Museum of Art will host a workshop entitled, "Smile for the Camera!" The event will allow families to study the photographs on display and then create their own unique collage background for a personal photograph. To find out more information, visit omart.org.

For our nature lovers, head to Leu Gardens on Saturday, September 15 for their annual "Seed Swap." Bring your extra seeds in labeled packs to swap or if you don't have any seeds of your own,



Leu Gardens will provide up to three packs of seeds per family to help you get started with gardening and landscaping. For more information, visit leugardens.org.

There are also many ways to support our troops this month. In Baldwin Park on Saturday, September 8 is the Wounded

Warrior Family Foundation 5K. To sign up for this event or make a donation, visit woundedwarriorfamilyfoundation.com. Also, please join us in the City Hall Rotunda on Friday, September 14 at 10 a.m. for the mayor's annual POW/MIA ceremony. It is a time where we can all remember those soldiers who are missing in action and reflect on our commitment to continue working together to bring them home to their families. Applications are currently being accepted for those groups who want to participate in our city's annual Veterans' Day Parade that takes place at the beginning of November. For more information visit cityoforlando.net. Applications will be accepted through October 5, 2012.

As always, thanks for your support of our great City! I look forward to seeing you around town this fall enjoying one of our great local amenities.

-Robert

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

2012 2012 2012 2012 2012 2012

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Winter Park Mayor's Message



KEN BRADLEY

Mayor Ken Bradley Life 125 Years Ago Compared To Now

As we prepare to celebrate the city's 125th anniversary next month, it is interesting to compare of what life was like in the late 1800's versus what life is like today – 2012! To paint a few brushstrokes on the differences, here are some comparisons:



1	880	land	prices
a	lon	g the	railroc

1932 2012 Groceries Cost Cost One 16 oz can of pork & beans... \$0.04......\$0.99 5 lbs rice.....\$0.12.....\$3.99 10 lbs potatoes\$0.23.....\$7.98 10 lbs of sugar\$0.41.....\$6.19 3 lbs can of Crisco\$0.40.....\$5.99 1 large loaf of bread \$0.05...... \$1.39 1 lb of T-bone steaks...... \$0.19.....\$12.99 1 qt of milk\$1.79

Another story from our past:

In 1918, officials tried to make Winter Park a town without flies. The Board of Trade was authorized by the Town Council to pay 10 cents for each hundred flies taken to Town Hall between 4 p.m. and 4:30 p.m. on Mondays and Fridays of each week; only flies that had been swatted or similarly caught were paid for. In 1920, a gentleman named Corbet Dodd won a pair of shoes contributed by Mayor Schultz (for whom Schultz Avenue was named) because he caught over 2,200 flies! This appears to be the city's attempt to encourage "do-it-yourself" pest control! Please join me on Friday, October 12, 2012 for numerous celebrations of our city's 125th anniversary.



1887 City Commission minutes

2012 City Commission minutes (available on iPa





1887 Town Marshal Alex Earl

2012 Police Chief **Brett Railey**

In 1895, a policeman was hired to patrol groves within our town limits to prevent the theft of fruit. He is paid \$35 a month or \$456 a year. In 2012, police officers are hired to keep our residents and our city safe. Our officers today are paid approximately \$3,250 a month or \$39,000 a year as a starting base pay!

station soar as high as \$300/acre

> And to learn more about our unique history and heritage, please visit:

- cityofwinterpark.org and click on the 125th Anniversary button
- Winter Park Historical Museum, 200 West New England Avenue (attached to the Farmers' Market)
- Delve into the historical archives at the Winter Park Public Library located at 460 E. New **England** Avenue

Sincerely,

Kemeth W, Bradley

Kenneth W. Bradley

Mayor, City of Winter Park

as high as \$1.5

Other interesting comparisons:

2012 land

prices along the railroad

million/acre

station can run

- In 1925, garbage collection was \$2 per month for private homes. Today it is \$17/month for residential.
- In 1916, the lowest business license was \$0.50 and the highest business license was \$125. Today, the lowest is \$10.50 and the highest is \$1.215.
- In 1927, the Florida gas tax was \$0.05, in 2011 it was \$0.19/gallon.



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🌉 Maitland Mayor's Message

For quite some years

now, the City of Maitland

has found itself in various

states of transition; chang-

ing, amending and updating

many of its facets that have

Manana Mayor Howard A. Schieferdecker



HOWARD A. SCHIEFERDECKER

made Maitland the quaint hometown community it has always been. More than two thirds of the way through the 2012 calendar year now, it is hard to believe that so many things have been accomplished that were only visions and dreams of the years past.

We saw our time-honored police department enter its new state-of-the-art building on Fennel Street at our west side facility and shortly thereafter a new police administration took the reins to continue and provide our city's trek into the 21st century. Many fine improvements have been realized since then.

Following that, attention was given to the next phase of change – the city's fire department was about to have a new home also. In the old fire station which was built in the early 1970's, if the old building could talk, could tell quite a story from back then as it too was a time of change for the city. Back then, a new fire station, a new police station and a new city hall. Wait... what's old is new again! Now some 35 years later, here we are again. So history does repeat itself – same game, different players and oh how satisfying this is.

So in mid-January of this year, the fire department took its place in the new fire rescue headquarters building putting all divisions of the fire department back together again under one roof. This hadn't been the case since the early nine-

ties when the FD administration, training and life safety services division moved into the old city hall annex building on George Street (it too now gone). So time and progress marched on.

Maitland's Fire Department Moving Forward By Bart Wright, CFPS Asst. Chief/Administration Maitland Fire Department

> Many have wondered and subsequently asked if fire department members were satisfied with the new arrangement having now been relocated to the new building. The answer is a resounding yes! Members are thrilled and that's largely because of the committed effort of all the stakeholders. Many thought it took too long and it did take a long time, but the benefits are now being realized every day.

> As an example, each week since the relocation, the new training and conference room has been used to its full intent. In fact just in one month alone, the department held its quarterly meeting with all staff and officers of the department and held a promotional process for the rank of Lieutenant. Also was the recognition program for new employees, ones recently pro-

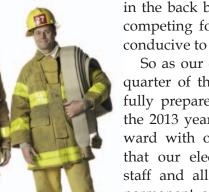
moted and recognitions for special achievements in the fire service field.

At that most recent gathering, City Manager Jim Williams, fire administration officers, department members and their families were just some of those in attendance at the new building. A scant few months ago, officials would have been looking for some other location in the city to do this.

Notable at this ceremony and in attendance was Maitland's first full time fire chief, Ezra Hardy. Chief Hardy mentioned to one fire administration official how nice it was to be there and see all of this come to fruition. Why did Chief Hardy have such an interest? He was talking about this new facility as the future for the city and the department in the mid-1980's right before his own retirement. Maitland has always had its visions and visionaries!

As attendees departed the ceremony, they couldn't help but notice the final part of Maitland's move forward – the new city hall. It too had the same rapt attention to needs present today as well as those likely to be needed in the future. It might look like it's more than a small city like Maitland would need, but when staff and visitors really get a grasp of how user friendly and 'green' (LEED; Leadership in Energy and Environmental Design) compliant it really is, everyone will be more than satisfied.

Gone are the days of meeting in council chambers down front with one or two other meetings



in the back behind curtains, all competing for an environment conducive to their own needs.

So as our city enters the last quarter of the 2012 fiscal year, fully prepared and funded for the 2013 year, we can look forward with optimism knowing that our elected officials, city staff and all of our residents, permanent and business alike, have all played a role in making Maitland what it truly is according to its mantra, "A Community For Life."

The Love Pantry Project Expands Into Maitland

Maitland Men's Club's is putting a Love Pantry into three Maitland area schools: Maitland Middle, Dommerich Elementary and Lake Sybelia Elementary. "We've all heard about it in the mainstream media as if it was occurring in a foreign land, but as unlikely as it sounds many Maitland area school children come to school hungry each day. Hunger impedes learning," said Phillip Bonus, president



an emergency food supply to children and their families distributed through the schools Monday through Friday. Each Love Pantry project school is provided with a lockable cabinet stocked with multiples of 20 food and eight hygiene items identified as commonly in demand. When a student/family is in need, the school's staff can go to the cabinet to provide enough food for one or several family meals,

plus valuable commu-

Stuart, calls this partnership with Maitland Men's Club, "a fine example of how to address the most basic of human needs…hunger, by providing food. No child should go hungry. A child who is hungry can't learn. The Love Pantry is removing hunger as a barrier to learning."

Since its conception in 2011, the Love Pantry has also been supported by First Baptist Church of Orlando, Florida Hospital, Kiwanis Club of Orlando, Magruder Foundation, McCoy Federal Credit Union, Universal Studios, WACX/ Supper Channel 55, the Foundation for Orange County Public Schools Orlando Sentinel Family Fund, and hundreds of individuals.

More volunteers are needed. To volunteer, or find out how a Love Pantry can be installed into your school, go to www.christianservicecenter.org or call 407-425-2523.





of Maitland Men's Club. "The need is there. The solution is there. All that is needed now are people who care and who are willing to act."

The Christian Service Center for Central Florida, founder of the Love Pantry in cooperation with Orange County Public Schools, has addressed childhood hunger with the Love Pantry in-school food pantry project. The Love Pantry provides nity resource information to move the family toward a longer-term solution. Since the Love Pan-

try project began, 62,677 food and 4,755 hygiene items have been distributed to 8,178 household members (66% were

children). The Love Pantry started with 13 schools in the fall of 2011, and with the start of the 2012-2013 school year, there will be 39 Orange County public school locations. Over 878 OCPS ADDitions volunteer hours have been donated by the faithful volunteers delivering the weekly food supplies.

The executive director of the Christian Service Center, Robert



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County Commissioner's Message **OUNTY**

Autumn signals change; a

time for reflection on the cur-

rent year and when plans are made and commence for the

next year. It's also when we

slow down and begin to look

forward to family gatherings

with loved ones and fellow-

ship within our communi-

Commissioner Ted B. Edwards, Orange County, District 5



ties. We stop and remember to be thankful for the family values that are so important to the strong society we've built and live in.

The core of community is centered on a strong sense of kinship, unity and cooperative spirit. Government is obligated to support the platform that our communities set for themselves around the core of family values. Belief in this

obligation is why I brought forward the issue of prohibiting simulated gambling within Orange County.

This November voters in Orange County will have an opportunity to vote on a charter amendment to prohibit

simulated gambling establishments through- Orange County the same as other forms of gamout the county. Although Orange County has

strong ordinances and support within the charter to prohibit traditional forms of gambling to open within our communities, the propagation of web-based technology has created a new crop of shady businesses who have attempted to circumvent government ordinances in order to open "simulated gambling" establishments under the name "internet cafes." They also have been come to be known as "strip mall casinos" or "sweepstakes centers."

Operators offer paid time to play video devices similar to casino-style slot machine computers with the initiative that playing these games is entry into sweepstakes and chances to win cash and prizes. Operators are claiming profits from the sweepstakes are going to help charities similar to veterans groups' bingo, but generally these charities only receive a small

> fraction of the profit, if at all. Because operators who offer simulated gaming have large amounts of cash on site and stay open late, these types of cafés have become targets for crime.

Virtual gambling should be viewed in

bling with regard to the safety and well-being

of those who engage in it and the lawless activity that surrounds it. Based upon our investigation of this matter, this gambling activity tends to victimize and prey upon the lower income individuals in our communities who can least afford losing rent and food money to the lure of sweepstakes, gambling and easy winnings. An outright ban on such establishments is the most efficient effective use of law enforcement resources.

During the last two legislative sessions, the Florida State Legislature has been unsuccessful in passing bills that would either outright prohibit or regulate the operation of these types of businesses. Orange County is pursuing the item on a local level through our charter so that the citizens of Orange County have an opportunity vote on this important issue.

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,

(ed B. Cowards

Commissioner Ted Edwards



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Election 'XX $\odot \mathbf{7}$ 0 \bigcirc

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protection and service

Safety Tips To Keep Our Children Safe

The children have gone back to school and **Bus Riders (school bus or Lynx)**: the summer is ending. The Winter Park Police Department wishes everyone, parents and students, the safest school year possible. Please consider these safety tips for our precious children as they walk to and from school, ride their bicycles, skateboards and scooters and are home alone until a parent/guardian gets home from work.

Walkers:

- Leave home with enough time to safely get to school.
- Utilize the sidewalks provided and do not walk in the street.
- Utilize crosswalks and follow the direction of any crossing guard at intersections.
- NEVER cross the street in the middle of driving lanes; take the extra time to cross at the crosswalk.
- NEVER accept rides from anyone you do not know well and only from people your parent has previously arranged with.
- PAY ATTENTION and do not become distracted with earbuds, headphones, a handheld video game or texting on a cell phone.



- Leave home with enough time to safely get to the bus stop.
- Stand a safe distance away from the street while waiting for the bus, to avoid injury from passing motorists.
- Do not horseplay at the bus stop or throw items at passing traffic either.
- NEVER accept a ride from anyone you do not know well and only from people your parent has previously arranged with.

Bicycle/Scooter/Skateboard Riders:

- Leave home with enough time to safely get to school.
- Utilize your helmet properly. It does no good in your backpack or hanging off your handlebars.
- Ensure your bicycle, scooter or skateboard is in proper working order.
- Secure your bicycle with a lock in the appropriate bicycle racks provided by the school.
- Know your bicycle's make, model and serial number to assist the police in recovering it should it get stolen.
- While riding in the street, ensure that you are as far right as possible and riding with, not against, the flow of traffic.
- Remember to obey all traffic laws. You are just as responsible for traffic laws as a driver in a motor vehicle.

Latch-key Children:

- Promote self-care skills (what to do in an emergency) with children before leaving them alone. Possible subjects to discuss would be what to do and where to go during a fire, what to do if someone comes to the door.
- Discuss the appropriate routine your child should follow when the leave or come home. You may ask your child to call you when they get to school or when they get home from school.
- Discuss the appropriate activities your child should engage in while you are not there to supervise them: for example, completing homework, chores, tending to pets and the acceptable friends to visit.
- Abide by the schedule you set and notify your child should there be any change in your schedule resulting in your getting home later than usual.
- Have an easily accessible list of emergency numbers in case it is needed.
- Express that your child should always tell you or another adult if something happened while you were away that made them feel uncomfortable in any way.

Have a great 2012-2013 school year! Stay safe!

Dragon Boating Program Expands

Orlando's Teen Dragon Boating Program is expanding its reach and teaming up with Parramore Kidz Zone to help build and bond relationships between at-risk teenagers and local police officers.

Orlando's Teen Dragon Boating team, the Dueling Dragons of Orlando, comprised in 2011 of Orlando Police Department SWAT officers and local at-risk youth, was the first and only of its type in the country and in the history of the sport. The team was founded and spearheaded by Andrea Eliscu in April 2011. After paddling and practicing for only four months, the team placed first in the Community

Cup and second place in the open division of the 2011 Walgreens International Dragon Boat Festival at Walt Disney World. That win not only inspired the team to keep going, it also encouraged the program's leaders to expand it to include all of the Orlando Police Department and teens from three schools, plus the Parramore Kidz Zone. The group plans to compete again this October.

"In an effort to touch more young lives and make the team even stronger as we gear up for the 2012 International Dragon Boat Festival, we've recruited teenagers from Parramore Kidz Zone," says

Eliscu. "PKZ has an amazing track record at helping reduce juvenile crime, teen pregnancy and high school drop-out rates by equipping Parramore's children to become healthy and well-educated adults. It's a perfect match for our goals."

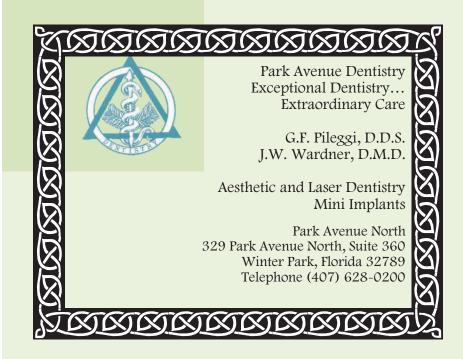
Dragon Boating is the fastest growing water sport in the world. It began in China nearly 2,500 years ago. Today, it is estimated that there are over 50 million people worldwide in over 60 countries who participate.

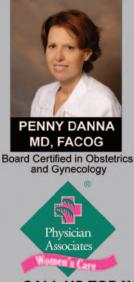
For those interested in participating or learning more about the sport, please call 407-569-8111.

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



editor@theparkpress.com





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Arnold Palmer Hospital Opens Feeding Difficulties Center

Arnold Palmer Hospital for Children is opening Florida's first outpatient intensive feeding center dedicated to treating children with feeding difficulties.

The new Feeding Difficulties Center will be located on the seventh floor of the hospital and will work with families to treat young patients with a variety of feeding difficulties due to:

- Sensory/aversion disorders
- Swallowing disorders
- Oral-motor problems
- Behavior-related food refusal

Children at the Feeding Difficulties Center will be cared for by a multi-disciplinary team of medical professionals, including gastroenterologists, occupational therapists, speech-language pathologists, registered dietitians, clinical social workers, and others. The center will treat children up to age 12. Once referred to the center, patients will be enrolled in a four-week program. Each patient will receive a full day of treatment five days a week. Up to four children can be treated in the center at once.

The Feeding Difficulties Center features four patient observation rooms equipped with video recording/monitoring, a private consultation room, an observation room for parents, and a patient gym designated for sensory integration activities.

"The Feeding Difficulties Center is fulfilling a real need in Central Florida," said Devendra Mehta, M.D., pediatric gastroenterologist at Arnold Palmer Hospital. "We're seeing many children not physically growing because they are unable to eat. This center is the next step in treating these children and helping them thrive."

Dr. Phillips Charities Clothes Homeless School Children



Volunteers pull clothing for students in need at the fulfillment center for distribution.

Dr. Phillips Charities, a Central Florida philanthropic organization, launches the C.O.O.L. F.I.T. program (Clothing Orange & Osceola Learners of Families In Transition). This program provides new back-to-school clothing to approximately 6,500 homeless students from grades 1-12.

Approximately 60,000 items of top-selling Levi's brand clothing – including jeans, khakis, cargo



chairman of the board of Dr. Phillips

Charities

<text>

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shorts, polo tops and graphic tees - have been

purchased by Dr. Phillips and will be distributed to children registered as homeless through the school system.

As school began last month, qualifying students were discreetly identified by their school's Homeless Education Liaisons and given a C.O.O.L. F.I.T. Clothing Voucher to complete. Each liaison then developed a "Master School Voucher" and returned it to Dr. Phillips

for fulfillment. Clothing was then pulled from the Dr. Phillips distribution center, packaged,

and delivered to back the liaisons for distribution to students.

All Orange and Osceola public schools (approximately 270) are participating in this program and

have provided invaluable guidance and assistance in developing this far-reaching initiative.

"This was not a one-size-fits-all endeavor; and the complexity of shopping for 6,500 children was challenging, but the opportunity to fill an unmet need in our community motivated us all to step up to the challenge and make a difference," said Jim Hinson, chairman of the board of Dr. Phillips.

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* First four payments waived on lease or finance contract through U.S. Bank up to a maximum of \$450.00 per month with a total maximum benefit of \$1,800.00. The Volvo Store participation is required; please contact The Volvo Store for further details. Offer ends September 30th, 2012.





www.volvowinterpark.com

THIS SUMMER TAKE A PAYMENT VACATION AT THE VOLVO STORE

Picture Perfect

With soaring temperatures nearing the upper nineties, few Central Floridians dare to spend any considerable time outside. But one group of plein air painters has persevered through the heat to pursue their passion. (En plein air is a French expression which means "in the open air," and is particularly used to describe the act of painting outdoors.) The Florida Painters have been meeting regularly for the past few years on Saturday, and sometimes Sunday mornings to paint the area views of Winter Park, College Park and Maitland. You may have noticed them recently in the parking garage near Panera Bread in Winter Park. "The parking garage was a wonderful place to set up and paint. A few floors up, you have shade and get this wonderful breeze!" says Claudia Thomas, a Florida Painter and awardwinning local artist. Recently, the artists were spotted painting along Lake Ivanhoe in College Park, which provided great views of the lake and downtown Orlando. Central Florida is home to many nationally known plein air artists. So if you're lucky, you may spot a few, and if so, stop by and take a look.



Claudia Thomas Photo by Lynne Polley



Florida Painters Members (L to R): Kim Ashby, Carol Platt and Laura Bird Miller. Photo by Lynne Polley

City's Purchasing Division Receives National Achievement Of Excellence Award

The City of Winter Park's Purchasing Division has been selected by the National Procurement Institute (NPI) to receive the 2012 Achievement of Excellence in Procurement Award, designed to recognize excellence in procurement by organizations that obtain high scores on standardized criteria. Winter Park is one of only 20 government agencies in Florida and one of only 54 cities in the United States to receive this prestigious award.

The Achievement of Excellence in Procurement Award Program is designed to measure innovation, professionalism, e-procurement productivity and leadership attributes in the procurement industry. The award program is sponsored by the NPI, the California Association of Public Procurement Officials, the Florida Association of Public Procurement Officials, the Institute of Supply Management, the National Institute of Governmental Purchasing (NIGP), the National Association of State Procurement Officials, the National Association of Educational Procurement and the Texas Public Purchasing Association.

The mission of Winter Park's Purchasing Division is to procure quality goods and services at the lowest possible cost, consistent with the quality needed to provide the very best service to the public, while assuring fair and equal opportunity to all qualified vendors. The division is responsible for establishing purchasing policies, coordinating purchasing procedures, supporting all city departments, and contracting for the purchase of supplies and services exceeding the threshold for formal solicitation. Purchasing is also responsible for guarding against unethical or discriminatory practices in bidding or procurement activities as well as ensuring fair and open competition for vendors.

The award was received by the city's Purchasing Manager Carrie Woodell at the 2012 NIGP Forum in Seattle, Washington last month.

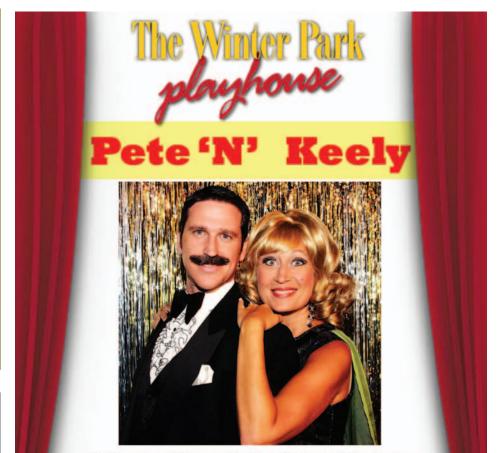
Continued from page 1

President Obama Visits Winter Park

Though the majority of the student body was away for the summer, the president's visit brought to Rollins an ethnically, economically, and politically diverse crowd of 2,400 citizens from across Central Florida. Elbadri, along with other volunteers with the Rollins Democracy Project and Organizing for America, handed out water and led a voter registration drive amongst those waiting in line for admittance to the event.

It's been 63 years since Rollins was visited by a sitting president. In 1949, President Truman came to Rollins at the request of the college's eighth president, Hamilton Holt, and was bestowed with an honorary degree. Before Truman, President Franklin Roosevelt visited and received an honorary degree from Holt in 1936.

Addressing Central Florida voters, who will play a key role in the outcome of the 2012 election, the president shared his vision of how to grow the economy, create middle-class jobs and pay down the debt.





Your Neighborhood Church



Sunday 9:30 am Worship 10:30 am Fellowship 11:00 am Bible Study Nednesday 10:00 am Prayer Meeting 6:30 pm Youth Group

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NEWS 11

Central Florida's First Pediatric Transplant Center Opens

nonprofit that provides access to treatment for children with life-threatening diseases, recently celebrated the grand opening of Central Florida's first and only pediatric bone marrow



Marla Silliman, Florida Hospital, and Margaret Guedes, Kids Beating Cancer

and stem cell transplant facility. The eight-bed unit, named the "Kids Beating Cancer Pediatric Transplant Center," is located at Florida Hospital for Children and offers new possibilities for the treatment of cancer, leukemia, sickle cell anemia and 72 other malignant and non-malignant diseases.

The name designation is in recognition of Kids Beating Cancer's \$1-million pledge in 2011 to subsidize out-of-pocket medical expenses not covered by insurance or Medicaid through its "Fund the Match" program. The pledge ensures children receive life-saving transplantation regardless of insurance coverage or ability to pay. With average pre-transplant costs ranging from \$10,000 to \$45,000 per child, few families have the resources required to even initiate the process. To date, 13 children have been transplanted with funding made available through the Kids Beating Cancer pledge.

One of those children is fifteen-year-old Mikala Barnes who was the 12th child treated through the Kids Beating Cancer's "Fund the Match" program and the first pediatric marrow transplant from an unrelated donor. Mikala's father, Michael Barnes, said he wanted the transplant to happen locally, so they would not have to relocate.

"We could have had the treatment in Gaines-

Kids Beating Cancer, an Orlando-based ville or St. Petersburg, but Kids Beating Cancer allowed us to be able to stay at home," said Barnes. "We wanted Mikala to be comfortable in a familiar environment where she could have visitors. It made the difficult process a whole lot easier."

> By having a transplant facility in Orlando, sick children can remain close to their support network, eliminating additional stress and financial burdens of travel and temporary housing. Formerly, treatment was provided in the adult transplant unit at the hospital. Now, led



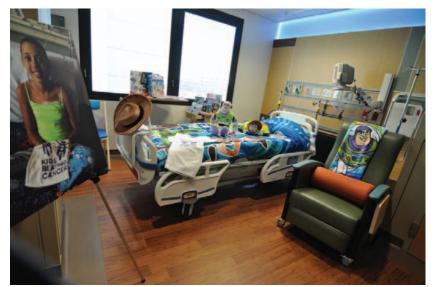
Jasmin Baker, a child who received a bone marrow transplant through Kids Beating Cancer and was cured of sickle cell, attended the grand opening

by medical director Dr. Paul Gordon, children will be able to receive treatment in a facility designed specifically for the comfort and unique needs of children.

The grand opening of the Kids Beating Cancer Pediatric Transplant Center coincides with the 20th anniversary of the nonprofit. Over the past two decades, Kids Beating Cancer has tested 37,000 potential marrow donors, served 5,600 sick children and raised \$9 million for medical expenses not covered by insurance or Medicaid.



Margaret Guedes, Founder and CEO of Kids Beating Cancer officially opened the Kids Beating Cancer Pediatric Transplant Center at Florida Hospital for Children. It is the only pediatric bone marrow transplant (BMT) unit in Central Florida.



The newly opened Kids Beating Cancer Transplant Center at Florida Hospital for Children features eight private patient rooms that can feature a child's favorite theme, courtesy of Kids Beating Cancer.



Mikala Barnes, the 12th child helped through the Kids Beating Cancer \$1-million pledge



The Park Press reaches over 60,000 readers each month. For cost effective advertising opportunities please call 407-644-6760.

September is National Childhood Cancer Month

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Big Frog will be donating a portion of their profits to Base Camp Childen's Cancer Foundation. Help us support local families battling this disease

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Join the flock! Support Pink Out 2012.

Benefiting the Winter Park Memorial Hospital Mammography Scholarship Fund SEPTEMBER – OCTOBER 2012

Support Pink Out 2012, and you'll be helping to support the women of our community in the fight against breast cancer.

This September and October, when you purchase Pink Out apparel, merchandise, food and beverages from participating Park Avenue and Hannibal Square retailers, a portion of each sale will go to the Winter Park Memorial Hospital Mammography Scholarship Fund to benefit the women of our community. Pink Out was created to increase breast health awareness, encourage women to get regular mammograms, and provide financial support to women who can't afford an annual mammogram.

Last year, Pink Out raised enough to provide mammograms to 30 women—one of whom was diagnosed with breast cancer and went on to receive treatment. With your participation in 2012, we can help even more.

Please lend your support. Shop at or dine with our participating Pink Out retailers, and help us make a difference in more women's lives.

For a list of participating retailers and to see their merchandise, visit PinkOutWinterPark.com

Everyone's Flocking to Pink Out

Winter Park has gone to the birds—flamingos to be exact. Show your support for breast cancer prevention, diagnosis and treatment by purchasing a pink flamingo. For just \$10, you'll get one for your yard, and another to place among the growing flocks around Winter Park. Proceeds from Pink Out products benefit the Winter Park Memorial Hospital Mammography Scholarship Fund. Available at:

- The Doggie Door and Unleashed, Lilly Pulitzer, Miller's Hardware, Tuni and the Partridge Shop off Park Avenue
- Winter Park Memorial Hospital Outpatient and Women's Center
- Florida Radiology Imaging (FRi) Oviedo
- Crosby and Winter Park YMCA

Special Events

Pink Out at the Farmer's Market

Saturday, September 15 and 22, 2012 Winter Park Farmer's Market Free "Pink Out" Grocery Totes

Stop by the Pink Out Winter Park booth to schedule your priority yearly mammogram, receive the latest information on breast health and purchase your Pink Out flamingo!

Do I really need an annual mammogram?

Tuesday, October 24 | 12:00 pm | Oviedo YMCA Wednesday, October 25 | 6:00 pm | Winter Park Community Center

The best way to fight breast cancer is to detect the disease in its earliest stages. Is a mammogram enough? Join our medical expert as she explains different breast imaging tests — from mammograms, ultrasounds and breast MRIs — as well as the benefits of clinical breast exams.

RSVP by calling (407) 303-1700.

Have you had your annual mammogram?

Next-day Appointments and Online Scheduling

A yearly mammogram is the single-most effective method for detecting breast cancer early, when it is most treatable and beatable. When it comes to choosing who will perform your annual mammogram, look no further than Winter Park Memorial Hospital Outpatient and Women's Center and Florida Radiology Imaging (FRi) Oviedo.

You'll find the latest, most accurate imaging equipment available: digital mammography. Exceptional clarity lessens the need for return testing, and a new compression-paddle design flexes with your breast to increase comfort.

From prevention and screening to diagnosis and treatment, Winter Park Memorial Hospital offers the most comprehensive and compassionate breast care available.

Call (407) 646-7798 or visit www.WinterParkHospital.com to schedule your annual mammogram today.









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Benefiting the Winter Park Memorial Hospital Mammography Scholarship Fund.

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WPMH-12-8992

10th Annual Caribbean Health Summit

The Center for Multicultural Wellness and Prevention Inc. (CMWP) in collaboration with Florida Hospital, Caribbean American Chamber of Commerce of Florida, Greater Haitian Chamber of Commerce of Orlando and the Orange County Health Department have teamed up to host the 10th Annual Caribbean Health Summit held on September 8, 2012 at the Central Florida Fairgrounds, located on 4603 West Colonial Drive, Orlando, Florida. The event will start at 8:00 a.m. and ends at 2:00 p.m.

The Health Summit will provide participants from the Central Florida and Caribbean communities of all ages access to free health screenings, information, and educational seminars related to health maintenance with an emphasis on enhancing the health, wellness and quality of life for each individual. This year's event, with the theme "A Healthy Community Begins With You," will feature a new format of presenting relevant and updated information to both the public and the medical practitioners alike. These topics will be presented in the form of a symposium that will be held on Friday, September 7 from 9:00 a.m. to 4:00 p.m. The symposium will address topics such as HIV, hypertension, stroke, mental health and childhood obesity.

The theme of the event was selected to help people recognize that healthy individuals will bring about healthy and productive communities. Dr. Marie Francois, executive director of CMWP, said "The undertaking of an event of this magnitude and importance requires a lot of coordination of resources, but without the help and support of the community partners and sponsors, we would not be able to reach as many people." Dr. Francois went on to say "We will continue to work with our community partners and sponsors to ensure that people recognize the value of making healthy choices and to be proactive in getting screened early."

The Annual Caribbean Health Summit has had a significant impact on Central Florida's communities over the past nine years. The events have been able to provide free screenings to thousands of people for hypertension, diabetes, cholesterol, HIV, lung function, prostate, breast and cervical cancer. Through these screenings many abnormal results have been detected and many lives have been saved in the process. Individuals with abnormal results will have a chance to talk to medical personnel to get first-hand information and will also be referred to the appropriate medical provider.

The Center for Multicultural Wellness and Prevention is a 501 (c) 3 notfor-profit organization with the mission to enhance the health, wellness and quality of life for diverse and ethnic populations in Central Florida. CMWP has a history of providing health education and outreach to Central Florida's minority population. CMWP is an established non-clinical, health education and outreach agency in Orlando, Florida. The organization has partnered with community and social agencies to effectively address the health education and disparity needs of Central Florida's minority communities. For more information about the Center for Multicultural Wellness and Prevention Inc., please call (407)648-9440 or visit the website at www.cmwp.org

Edyth Bush Charitable Foundation Makes \$310K Grant To Orlando Repertory Theatre

The Edyth Bush Charitable Foundation recently presented a check for \$310,000 to Orlando Repertory Theatre. \$250,000 of the grant money serves as a dollar-for-dollar match for an Orange County Arts and Cultural Affairs Cultural Facilities award, which will help fund the renovation of the Edyth Bush Lobby at The REP. The remainder will underwrite the theatre's 10th birthday season.

Work on the lobby begins immediately, with the "Tile Breaking Ceremony" held

immediately following the final performance of The REP's Summer Stock Production, State Fair. Commissioner Ted Edwards of Orange County, along with representatives from the Foundation, The REP staff, The REP board of directors, and United Arts of Central Florida donned hard hats and used hammers to break the first floor tile. A significant portion of the renovation will replace the lobby flooring, first laid in the '70s, now cracking beyond repair. The new lobby space will be more accessible to patrons with disabilities, and the lobby restrooms will be relocated and designed with families of small children in mind. The work is set for completion in November.

"As stewards of the mission imparted upon us by our founder, Mrs. Edyth Bush, our affiliation with Orlando Repertory Theatre is natural," said David Odahowski, president of the Foundation. "Mrs. Bush's deep affection for the theatre is a significant part of her legacy."

"The REP and its programs truly enrich the lives of Central Floridians. We're proud to be associated with the organization," continued Odahowski. Gene Columbus, executive director of The REP, said, "The improvements being made to the Edyth Bush Theatre will allow us to more



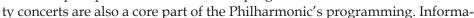
effectively serve the community. In our 10th Birthday Season, we will celebrate our history and look forward with excitement to devel-

oping more initiatives that promote the arts."

The Edyth Bush Charitable Foundation was created in 1973. Since then, it has been enriched by the Richard J. Conlee Fund and the H. Clifford Lee Fund. To date, the foundation has issued 3,144 grants to 787 organizations, primarily in Central Florida, totaling \$100 million. Though it does not actively solicit outside donations, the foundation will work with philanthropists to achieve their charitable goals. Board members are Gerald F. Hilbrich, chairman; Herbert W. Holm, vice chairman; David A. Odahowski, president; Matthew W. Certo; Elizabeth Dvorak; Deborah C. German, M.D.; Harvey Massey and Richard J. Walsh.

Orlando Philharmonic Welcomes New Board Members

Over the past few months, the Orlando Philharmonic Orchestra has welcomed seven new community board members and five new musician board members. Now celebrating its 20th Anniversary Season, the Orlando Philharmonic is Central Florida's resident professional orchestra, appearing in over 125 performances each year. The orchestra offers a variety of programs, from classical and pops concerts to chamber music, staged musicals and opera productions. Education programs and communi-





tion and concert schedule available at www.OrlandoPhil.org or 407-770-0071.

The following community leaders have joined the Orlando Philharmonic's board of directors: Joseph Bert, chairman and CEO, Certified Financial Group, Inc.; Linda W. Chapin, former Orange County mayor, Chapin Communications, Inc.; Michael Colglazier, vice president of Disney's Animal Kingdom, Walt Disney World; Dr. Antonia Novello, executive director of public health policy, Florida Hospital; Celeste M. Santangelo, vice president and financial advisor, Merrill Lynch; Frank Santos, chief financial officer, Rosen Hotels & Resorts, Inc.; and Salli Setta, executive vice president of marketing, Red Lobster, Darden Restaurants.

As always, 25 percent of board positions are held by Orlando Philharmonic musicians. The following musicians have recently joined the board as musician board members: Nikolay Blagov, principal clarinet; Lyman Brodie, principal trumpet; Mauricio Céspedes Rivero, principal viola; Maureen May, cello; and Jamie Strefeler, principal oboe.

The orchestra's executive committee includes President Candice Crawford, C.J. Crawford, LLC; the vice president & president-elect, Michael Elsberry, Partner, Lowndes Drosdick Doster Kantor & Reed, P.A.; the treasurer, Christopher J. Ranck, community volunteer; member at large, John Casebier, Winter Park area president, BankFIRST; and a musician board member, to be determined later this month.

All funds raised go directly to classroom needs sponsored by the Audubon Dad's Committee

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Grand Cypress Golf club is a course like no other in Orlando and offers 45 holes of Jack Nicklaus Signature golf. Don't miss an opportunity to play this exceptional course and support Audubon Park Elementary School.

\$600 per foursome • \$150 per individual includes golf • prizes Ale House Happy Hour with appetizers (SR 535) Registration: 12 pm Shotgun Start: 1 pm

Attire: collared shirts & soft spikes Registration Deadline: August 31

AWARDS Longest Drive • Closest to the Pin

fiscal fitness by John Gill

A couple of months ago

I penned a column on chil-

ceived feedback from several

people but the most interest-

ing comments came from a former teacher. Her name

is Mary and she called to re-

dren's allowances.

Teach The Children Well

I re-



John Gili

flect on the life lessons she learned which have allowed her to retire in decent financial shape.

Mary lamented the loss of delayed gratification in our society. We talked about the blurring of the lines between needs and wants and the constant saturation marketing which promotes items and lifestyles that are either unnecessary or unattainable for most people. Parents today, even compared to parents just ten years ago grapple with the instantaneousness of life, meaning that everything is available online as soon as it happens or is available. Children see the lifestyles, the phones, the latest gadgets and want it. Now! It seems as though some basic financial education and training may help turn the tide and neutralize some of these issues.

A family focus on financial learning and liter-

acy is needed and at the most basic level. The emphasis should be on needs versus wants, delayed gratification, general

savings and philanthropy. The challenge is that family life is so harried these days; few parents have time for even basic financial instruction.

Three in ten parents never talk to their children about money or have had just one big talk with their children on the subject, according to a U.S. telephone survey conducted for the American Institute of Public Accountants (AICPA) by Harris Interactive. On average, children are 10 years old when their mother or father has their first conversation with them about money. Just 13% of parents surveyed talk daily with their children about financial matters.

"Based on our findings, parents seem more concerned about the politeness of their children than their financial fitness," Ernie Almonte, CPA, vice chair of the AICPA's National CPA Financial Literacy Commission, said in a statement. "Dollars and cents should get the same attention as 'please' and 'thank you' at home. Financial education builds critical skills that help put life goals within reach and strengthen the



economy. Parents must make financial lessons a priority in both conversation and action as early as possible."

The National Financial Literacy Commission offers the following tips for parents in financially educating their children: Start early: As soon as children are able to express a want, discuss basics like delayed gratification that are the foundation for budgeting and saving for a goal. Require children to save some of their birthday cash and money earned in after-school jobs. Give them small jobs to earn an allowance to pay for toys, gadgets or other wants. Make saving fun by giving them a grocery list, and have them clip coupons and comparison shop by reviewing store fliers. Split the savings with them to reward their effort. Speak in their terms: a child might not care about money for college and may be more interested in money to buy a toy or spend with their friends. Create teachable moments around things your children care about.

Incorporating some of these suggestions into a child's daily life will put them on and keep them on the road to fiscal fitness.

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

Turtle On The Fence Post



One of our clients recently made this statement: "When you

DAVID CIAMBELLA

see a turtle on a fence post, there is one thing you

know for sure, someone else put him there."

Our client was describing his 37 year old son, who has been enabled as a manager beyond his capability. This statement was a clear acknowledgement by the father of the enablement and subsequent dependency that he has fostered in his son. The father's actions were due to his efforts to care for his son, during a time in his son's adult life, when he seemingly couldn't care for himself.

The obvious question when you see a turtle on a fencepost is, "Who put him up there?" Or perhaps more importantly, "Why did they put him there?" Then, because we are human, we get sucked into asking other more judgmental questions and comments devoid of any understanding of the context such as: "Wasn't that a cruel thing to do? Did they think about how this was going to affect their turtle (child)? Did they think about how this was going to affect other capable managers? Was the future of their turtle (child) considered?" As the old proverb says, "The road to hell is paved with good intentions." Don't be fooled into thinking this was an unwise or uncaring parent who enabled his son taking may be creating an envi-

beyond his capacity. Rather, this father was doing what most fathers would do- "Whatever it takes to help my kid get better." From the parents' perspective, their son may be on a fence post, but at least he's off the ground, stable and for the time being, doing well.

Unfortunately, our client is now left in wonderment about how to get his son off the fence post and fully functioning as an independent adult. Here's the advice we gave to our client and suggest you take note of, as well, if you have a turtle on a fence post in your family business.

1. Take Inventory of Yourself and Your Motives:

Do you wrestle with significant fear of what will happen to your turtle if you don't keep him/her on the fence post? Are you afraid to let him/her fail? Is the turtle so volatile that you prefer to avoid any conflict, so you refuse to hold him/ her accountable to the same reasonable expectations to which you hold everyone else? In other words, is your care-taking healthy or has it become an unhealthy, fostering environment of dependence, or perhaps even worse, entitlement?

ronment of dependence, the critical question is are you willing to change the way you are treating your turtle? Your turtle can't become independent until you stop allowing and supporting their dependence on you. If you are not willing to change how you treat your child, then prepare for succession challenges, as that sense of dependency will not easily translate to success in the next generation. Brothers, sisters, and in-laws are not likely to view your turtle through the same lens of compassion and mercy as you.

3. Expect Emotions and Approach Them Head On

When you are ready to assume the responsibility of fostering independence, ready yourself for resistance and a laborious and emotionally challenging process. Once you embrace this process as the only way to truly help your child, you are on the road to repositioning the turtle off the fence post.

4. Set Realistic Expectations and Create a Development Program

After confirming with your turtle their need for achieving independence and what their strengths and talents are, discuss a development plan that includes expectations regarding awkward subjects such as learning the basics, earning respect and dealing with accountability. Conduct regular performance reviews and be honest with what you are observing, both the positive and the negative.

Continued on page 16

These are difficult questions because the powerful emotions that support entitlement may also cloud self assessment. You may need to consult with a colleague or advisor to get an objective answer.

2. Identify Your Willingness to Change Behaviors

If you conclude that your care-

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Business In The Parks

Nancy S. Freeman, a shareholder with Winter Park's Winderweedle, Haines, Ward and Woodman, re-



cently obtained her LL.M. in Taxation from University of Alabama, summa cum laude, as valedictorian. She practices in the firm's

NANCY FREEMAN

Winter Park office in the estates and trusts area. Freeman is a highly experienced attorney, having earned her Juris Doctor degree, with high honors, in 1992 from University of Florida College of Law. From 1992-1993, Freeman was a law clerk for the Honorable Peter T. Fay, United States Court of Appeals, Eleventh Circuit. In 1993, she joined Winderweedle, Haines, Ward and Woodman and later became an assistant professor oflLaw at Barry University School of Law (1997-1999). In 1999, Freeman rejoined the firm.

Tom Hope recently joined Rollins College as associate vice president



of marketing and communications. Hope brings nearly two decades of experience in marketing and advertising to

the position. Prior to joining Rollins, he served as creative director at the University of Central Florida (UCF), where he successfully implemented an aggressive media campaign to reposition the UCF brand and increase its visibility in higher education marketing.

HUE Restaurant is excited to introduce a new art installation by award-winning contemporary artists Donna Dowless and Monte Olinger. Donna says "HUE has always been a place where friends and associates come together and connect in a creative artistic urban environment". When approached by Craig Ustler and his team to create a fresh and unique art collection for HUE, the process began. Inspired by love of community and Orlando's spirit, "Connected - The Art of HUE" became a reality. Donna, Monte and Craig are all longreceived a BS in finance from Florida State University. Additionally, he completed the Graduate School of Banking of the South at Louisiana State University and obtained his Series 6 license from the National Association Of Securities. A life-long resident of Central Florida, he has been an active leader in the community. He served as president of the Rotary Club of Longwood, a teacher for Junior Achievement in Central Florida, and member of the Florida Bar Grievance Committee. He also is a past board member of Associated Builders and Contractors, and currently on the board of Construction Financial Management Association, a member of the Longwood Rotary and a board member of Crosby YMCA, and is a graduate of Leadership Orlando.

Turner Construc-MARK BATIA

tion is proud to announce that Mark Batia was promoted to the position of manager for business development for Central and North Florida , and T.J. Sellers was promoted to business development engineer.

Attorney Drew Sorrell, partner with Lowndes, Drosdick, Doster, Kantor & Reed, P.A. has been appointed as chair of the 284-member



TJ SELLERS

Orange County Bar Association (OCBA) Business Law Committee. Mr. Sorrell will serve for a oneyear term starting in September. The

OCBA has 24 committees designed to provide attorneys with current and timely information in various legal specialty areas. The objective of the Business Law Committee is to enhance the professional development of lawyers who practice business law in Orange County.

The **RLF**-designed **MD** Anderson Cancer Center Orlando is ranked #13 on Soliant Health Care's annual list of top 20 Most Beautiful Hospitals in the United States. According to Soliant leaders, participants cast nearly 170,000 votes this year. MD Anderson Cancer Center Orlando is one of three facilities in Florida to make the 2012 list. "Our staff, patients and their families and friends continually comment on what an extraordinarily beautiful and functional facility it is," said Dr. Clarence Brown, MD, president and CEO, MD Anderson Cancer Center Orlando. After 20 years at the helm, Dr. Brown will retire from this role at the end of 2012 but will continue as president emeritus of MDA and vice president of development for the Orlando Health Foundation. After receiving more than 300 nominations, Soliant assembled a panel

of experts that reviewed each hospital and picked the top 51 entries, based on measures such as architectural style, photogenic properties, landscaping and distinctiveness.

Lowndes, Drosdick, Doster, Kantor & Reed, P.A. is pleased to announce that attorney Richard S. Dellinger has been certified as a federal court mediator with the Middle



District of Florida. Mr. Dellinger is also certified as a circuit court mediator by the Florida Supreme Court. In this role, Mr. Dellinger will be

providing Alternative Dispute Resolution (ADR) services relating to a broad range of civil disputes including intellectual property; commercial matters; contracts; and business disputes.

Cuhaci & Peterson Architects, Engineers, Planners has named Maria Tonkova senior project coordinator and Karen Block and Nicole Burns architectural gradu-

ates. Lonnie Peter-

son, chairman at

Cuhaci & Peterson,

said Tonkova earned

a bachelor's degree

from the Univer-



sity of Architecture and Civil Engineering in Bulgaria as well as a master's degree in architecture from the University of Florida and has more than 20 years of experience in the industry. Block

Continued from page 1



KAREN BLOCK



received a Bachelor of Architecture degree from the Illinois Institute of Technology and Master of Science in Land Development from Texas A&M University and has more than eight years of experience in the industry. Burns is working toward a Bachelor of Fine Arts in Architec-

ture from the Savannah College of Arts and Design.

The Winter Park Chamber of **Commerce** is pleased to announce



the promotion of Megan Lanier to program manager. Ms. Lanier has served as program coordinator for the organization since July 2011, focus-

ing on adult and youth leadership development through Leadership Winter Park, as well as the popular Winter Park Executive Women program. "Megan's insight, enthusiasm and organizational skills have significantly elevated our programs and enhanced the Chamber experience for our members," said Patrick Chapin, president/CEO for the Winter Park Chamber of Commerce. Ms. Lanier is a graduate of the Rollins College Crummer Graduate School of Business. She also earned her undergraduate degree from Rollins College.

5. Identify a Trusted Mentor in Your Organization - Acknowledging that it is difficult at best for a parent to mentor his/her own child, recruit the help of trusted key managers to make sure accountability is applied and try not to be part of the direct, daily accountability process. The best way to do this is by placing them in a direct reporting relationship to a wise and mature non-family manager.

6. Make Sure the Pay Plan Reflects Your Turtle's Role in the Orga**nization** - Adjust your turtle's pay plan according to the position they are in, so they get paid on the same basis as anyone else in the organization. While helping your turtle off the fencepost, don't overlook the importance of reviewing your estate and succession plan. Make sure you have adequately addressed what would need to be done if something were to happen to you prior to your turtle achieving their independence. The potential need for transferring any remaining sense of dependence your turtle may have to your other children or in-laws is best addressed while you are still around. Any assumption that the turtle's brother or sister will continue to care for them the way you have is void of reality. This is important both from a family harmony perspective as well as a continuation of business success perspective. Be prepared for a difficult but very rewarding journey and best of luck to you with your turtle!

standing and active members of the Downtown Arts District, a nonprofit organization dedicated to advancing arts and economic development in the City of Orlando.

The Crosby YMCA and Wellness Center is pleased to announce David Dotherow is their new board chairman. With over 27 years in the

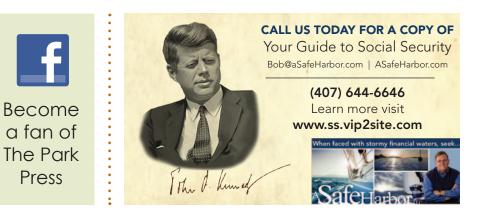


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banking business, David is a founding member of New Traditions National Bank and has continued to serve as president and CEO

DAVID DOTHEROV

since the inception of this organization, which has grown to more than \$450 million in assets since it was established in August 2008. David David Ciambella, CFP is a partner of The Rawls Group Jeff Faulkner, MS, LPC is a partner with The Rawls Group



GARDEN 17

garden by Stephen and Kristin Pategas

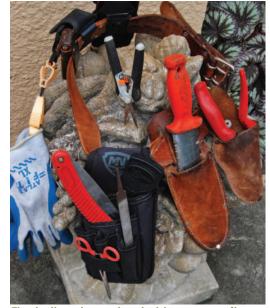
The Gardening Super Hero

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STEPHEN & KRISTIN PATEGAS

tool or gizmo to accomplish the task at hand. Increased ease and efficiency make a project go faster with less physical effort. So we cobbled together a leather belt outfitted with pouches and critical gardening tools and aids that need to be close at hand.

- The wide leather belt (hardware or home improvement stores) adjusts to any waist size and we attach a range of pouches and devices including a cell phone holder. Some are locked in place with zip ties so they don't slide around and interfere as we move about. If the belt is too long then just trim it shorter.
- The most used tool at Hortus Oasis is the Felco 7 pruning shear with the rotating handle



The belt and pouches hold numerous items.

that eases strain on the wrist, or for smaller hands, the Felco 2 (937.773.2694 or www. gardenersedge.com). They are incredibly durable and left- handed versions are also available. We have a well-functioning Felco pruner that is over 30 years old!

- tling evil-doers but when The Soil Knife and Sheath (4750 and 4750S) is an absolute must for digging, weeding, cutting, prying, and survival in the garden. The orange handle is easy to spot if it's left behind (800.543.8955/ www.amleo. com).
 - A Fiskars Softouch Micro-Tip Pruning Snip is perfect for getting into tight places and making delicate cuts (866.348.5661 or www.fiskars.com).Tuck this into a pouch.
 - Gloves for Florida gardening need to be lightweight, breathable with waterproof palms, and machine washable. Look for the Atlas Fit 300 Glove (800-724-2596 or www.coopersafety.com) in a range of sizes with an elastic cuff



Find gardening tools at your fingertips!

Now we can't blame our memories (800-871-8158 or www.leevalley.com).

- The Felco 600 folding saw with a six-inch long blade has a tapered blade thickness to prevent binding and folds to a seven-inch length (www.felcostore.com). Folded it fits nicely in a pouch.
- Surgeons need hemostats to stop blood flow. We use them to clamp onto the tiniest of weeds and get their roots out of crevices as well as from amongst spiny plants. In that case they prevent the flow of blood! (web or locally at Skycraft 407-628-5634). Clip them onto a pouch or cell phone holder.
- A small bastard file keeps blades sharp and can store in the belt pouch. A few strokes at the correct angle and blades cut with less effort (locally at hardware stores).

You can be a super hero in the garden and save numerous steps since the most important tools are right on your hip. All you need is the Gardening Super Hero Tool Belt.

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





to keep out debris. The thinner the glove, the less effort it takes.

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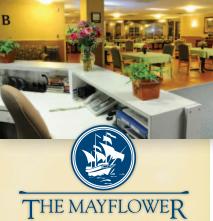
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pop culture detours by George McGowa

New Old Music Discoveries

During the dog days of August, the chief piece of culture consumed in our household was the Olympics. What an amazing display of athleticism, pride, and camaraderie was witnessed worldwide. In addition to the sport-

ing events, we also got to see both the opening and closing ceremonies celebrate the impact of British music on the world. And what a huge impact it has had. Certainly the impact of the Beatles, Rolling Stones, the Who, and the Kinks is felt through the rock and roll world to this day. In fact, my son and I were amazed at the sight of one young Japanese boy, representing his country in the Little League World Series, who listed the Beatles as his favorite music. But I was surprised at some of the oth-

er lesser known (at least in my impression) British music that was used to present British culture to the world. "Starman" by David Bowie was heard during the opening ceremony, not one of his better known hits. "A Message to You Rudy" by the Specials (one of my faves) was featured and reminded me of the impact I felt in the 1980s when Britain exported more "worldly" songs such as those from ska and reggae bands. When I recall those bands, I realize that Britain was embracing its multi-cultural citizenry long before the

rest of the western world. The opening ceremony was a great reminder of the great influence Britain has had on the world and I, for one, certainly appreciate the wonderful music its citizens have produced over the years. P.S. I miss Freddy Mercury. How awesome it would have been to have seen and heard him sing just one song again. My mind boggles at the possible selections.

In other music "news", because of the convenience now provided by music services like Spotify, which allows you to select music from thousands of bands to listen to online, I have taken to perusing various Internet "Best Of" lists to find music I missed when I was younger and more unsophisticated in my tastes. I have "discovered" some great music that I never knew was so darn good! In fact, I have become quite obsessed with several albums and seem to return to listen to them when I am tired of whatever is playing on the radio. The first was listed as one of the top ten greatest albums of the 1980s by Rolling Stone magazine and I have to admit, while I would consider myself an authority on the music of the 1980s, and even worked in a record store in college, I had not heard of this album. It is "Shoot Out the Lights" by Richard and Linda Thompson. When I first listened to it, I was mesmerized. The songs were full of deep and furious lyrics, wonderful two-part harmonies, and some of the best guitar playing you will ever hear on a record. It is hard to pick a standout song as all of them are wonderful. So I won't, and recommend that you listen to the entire album in one sitting. It is outstanding.

Another album which I had seen listed as influential in several different lists is "Dusty in Memphis" by Dusty Springfield from 1969. Most folks remember Dusty Springfield's song "Son of a Preacher Man" which was the top hit from this album, and received a renaissance when it was featured in the Quentin Tarantino film "Pulp Fiction," but on a long car ride from Live Oak to Melbourne Beach, I listened to this album at least four times in a row and loved every song on it the more and more I listened to them. Dusty selected some great songwriters for the songs on the album, including the famous duos of Barry Mann and Cynthia Weil and Gerry Goffin and Carole King. It also has two wonderful songs by one of my favorite songwriters, Randy Newman. Not a bad set of talent to choose from and Dusty also sings the heck out of the material.

The final revelation from this effort to find some new music from some old sources is the album "Marquee Moon" from the band Television. Television was one of many bands that became popular in the late 1970s in New York

music to the world. Television recalls both Talking Heads and Blondie, with fantastic dueling guitars and intelligent if mumbled lyrics. I absolutely love the title song, from its cryptic opening lyrics ("I remember how the darkness doubled, I recall lightning struck

City clubs CBGB and Max's Kansas City that introduced punk and new wave

itself, I was listening to the rain, I was hearing something else") to its protagonist's wonderful encounter with a track-side philosopher ("I spoke to a man down at the tracks, I asked him how he don't go mad, he said 'Look here junior, don't you be so happy. And for Heaven's sake, don't you be so sad."") and its wonderful guitar

riff which has been obviously ripped off by many musicians since, including one of my favorite bands, Interpol. The song is 10 minutes and 45 seconds of rock and roll bliss. I am not afraid to admit that listening to it induced in me so much wonder, I am angry at everyone everywhere who knew of the song and never told me to listen to it.

In addition to these "oldies" I have to also recommend the music of a new discovery, Dirty Projectors. This band, which I was surprised to learn has been making music for several years, recently

became my latest obsession. Specifically their last two albums "Swing Low Magellan" and "Bitte Orca" have enraptured me. Both of them recall late 1980s new wave music, mostly Talking Heads in sound and B-52s in vocal arrangements. I am so disappointed I discovered them after they had come through town on their latest tour, I am certain they are wonderful live.

Happy listening!

Enjoy A Classic At Theatre Downtown by Barbara Solomon

Of Mice And Men

WRITTEN BY GEORGE AXELROD **DIRECTED BY FRANK HILGENBERG STARRING ADAM CORNETT AND JACKIE PRUTSMAN**

"No man is an island." That is the theme running through this classic work currently playing at Theatre Downtown. Many of

us read the book in high school and if not totally, will somehow remember parts of this wonderful play. It takes place during the depression, 1932, on a farm in California. The play follows the story of two best friends, iterant farm workers, one of whom is very mentally challenged and watched over by his companion.

Lennie (Tim Bass), a giant of a man, doesn't know his own strength, and often gets in trouble because of that. George (Jeff Hole) is always figuring out ways to escape the trouble, and feels he will never be at peace as long as he commits to doing that. But know why. Maybe everybody in trouble follows them to the new farm in the person of Curley's wife (Pamela Stone), a lonely woman who constantly flirts with the ranch hands. When George gets friendly with Candy (John Kelly) he sees some hope for the future, since Candy offers George his life savings to help buy a farm he was wishing for. As usual, Lennie makes a mess of things, and George has to find a resolution to the problem. I won't ruin the show for you by writing about the ending, so you'll just have to come and see it for yourself. I promise you won't be

sorry, as this is an excellent play and very well performed to boot.

Tim Bass is fabulous in the role of Lennie. He has captured the essence of a slow person's demeanor

and speech, and if I did not know him personally, I would assume that he is indeed mentally challenged. Jeff plays his part as if he were born to

be George, underscoring every nuance of feeling for himself and his friend. All the supporting actors do an admirable job. I have to single out Robert Wright as Crooks, who really understands his role and does it so naturally as to be totally believable. Also outstanding is Pamela Stone, showing just the right balance of flirtation and vulnerability.

What "Mice and Men" is really about is relationships-that of friends, husbands and wives, fathers and sons. Slim says, "Ain't many guys travel around together. I don't the whole damn world is scared of each other." Seems to me as though what was true 80 years ago in 1932 is still true today. Crooks sums up the theme when he says, "A guy needs somebody...to be near him...I tell you a guy gets too lonely." So don't you be lonely, and come join the audience to see a great performance of "Mice and Men." Playing through September 22 at Theatre Downtown, corner of Orange Avenue and Princeton. For more information call 407-941-0083 or visit theatredowntown.net.



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I've

meaningful live by Ayesha G. Fuhr, M.A



extol the virtues but which we, at times, neglect ourselves. Often focusing on others' needs feels as though it creates an inherent polarity between caring for those to whom we feel responsible and caring for ourselves. It seems to be an either/or conundrum. But what if, by definition, it had to be a both/and phenomenon to be truly successful?

This tension between the "role" and the "soul" is felt not only by the therapist, obviously. The strain is felt by the husband who works long hours to provide for his family, by the mom who stretches to be supermom/ superwife/superprofessional, by the business owner who's constantly striving to be everything to her clients or the teacher who taxes himself while attending to his students. In short, this 'sacrificing in the name of others' seems to be true for all of us in all of our roles.

Now, don't get me wrong - the ability to choose to sacrifice for anoth-

Who Cares? been recharge or energize that self... And thinking at that moment – there is no choice quite a lot about selfbeing made any longer. When we continue to abstain from nourishing care of late. As therapists, this is ourselves, no matter how well we one of those oft "feed" others – we are left with very little from which to draw. The well repeated terms does dry up eventually and "Selfabout which we

less" turns into "Less Self." There is a finite amount of time (albeit perhaps different for everyone) for which we can sustain ourselves by focusing solely on others. At times, we choose to because it's easier than taking a keen eye to the mirror (and it makes us feel better about how "unselfish" we are.) But in the end, how could we possible • serve, feed, support or love another when we haven't even stopped long enough to do the same for ourselves?

I write this article not in the pursuit of churning out a slew of narcissists, but rather in the hope that I may begin to elucidate the difference between being able to love and give from a whole heart, versus give and give in order to be loved and feel more whole.

Maintaining proper self-care has been said to increase happiness, health, a sense of wellbeing and peace, it allows us to be better at our



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er human being or to put the needs of another in a place of paramount importance is extremely important. It's a virtue without which we'd be entirely lost and severely lacking in love. However, the key word in that sentence was "choose." That's to say - some of us have found ourselves in a sort of habituated (and chronic) set of behaviors within which we are continuously denying our own needs for those of another. Getting stuck in this sort of martyrdom is something akin to co-dependency. (A relevant theme of co-dependency is the tendency to place a lower priority on one's own needs while preoccupying oneself with the needs of another person or relationship.) Nevertheless, we laude the ability to be 'selfless', to take care of others, to be everything to everyone and we raise up these heroes and heroines as modern day marvels. We continue to reach and strive and stretch ourselves with greater expectations of self and fewer available moments to

jobs, relationships and family caretaking and it recharges our ability to operate our lives at a more consistently optimal level. So a challenge: this month, do not eschew those: responsibilities to which you are committed, but rather, carve out just a bit of time for yourself each and • every DAY. That's right (gasp) - a few minutes every day for a whole month to begin to emancipate yourself from the rigidity of obligation. Whether it's five minutes or an hour - sit outside, enjoy the solitude, journal, exercise, eat something healthy, listen to your favorite song, take a bath, go to bed earlier, try a voga class, meditate, garden, • read, learn something new, take a walk at lunch, plan a night out, schedule that game of golf, splurge on a massage or yes - even work towards making an appointment with a therapist. The point is: Be well – Live Meaningfully. Avesha

You can be confident that our caring staff will

Avesha G. Fuhr. M.A. practices at 2150 Park Avenue North as a Registered Mental Health Counselor Intern and can be reached at ayesha@livemeaningfully.net or 407-796-2959.

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park press pets

Are You Loving Your Dog To Death?

Did you know that it's now estimated that 54% of all dogs are either overweight or obese? In our opinion, that's shocking! And because only 34% of Americans are overweight, that means that 20% of people who are not overweight have fat dogs!

What happens when your dog is overweight? First of all, life expectancy is reduced by an average of two years. Some other health risks include diabetes; damage to joints, bones and ligaments; heart disease, difficulty breathing, digestive disorders, liver problems, increased risk of cancer, and most important, a decreased quality of life. The health risks to overweight dogs are serious. Is this what you want for your beloved four-legged family member?

Another disturbing fact is that fat has become the new normal for dogs. People no longer see their dogs as fat. We've heard all sorts of excuses for why a dog is overweight and why weight can't be reduced. Sometimes there is a le-

gitimate reason, such as a thyroid abnormality, but most of the time, dogs are simply being fed too much and not exercised enough.

How can you tell if your dog is overweight? The easiest way is by feeling along their ribs. If you can't easily feel the ribs, your pup needs to lose weight. Now that you've determined your dog could shed

a few pounds, what can you do? First, look seriously at what and how much you are feeding. Read the label on the bag of kibble. Look



at the calorie content of the treats you give. Count how many treats a day you give your dog. Substitute vegetables or fruit instead of treats. Add finely chopped vegetables to their food and reduce the amount of kibble being fed.

Make exercise a priority. We all lead very busy lives these days and many times, for whatever

reason, our dog's exercise regimen falls on the back burner. Even if exercise is a priority, it's often difficult to give dogs as much as they truly need, especially if the dog is older or arthritic. In these cases, swimming is ideal because it's non-weight bearing and is a full body workout.

> Help your beloved pet have the kind of life he or

she deserves. In return, you will never receive more love and devotion from any living being than you will from your dog.

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.

technology_{by Trevor Honohan}

Engage Me!

As students return to school the overriding theme in classrooms will be "Please engage me!" Students have spent the summer likely powered up by all of the technological devices that surround them 24 hours a day. These are the tools of their time, the devices they prefer to use to gather information, send information, communicate, play and explore. To ask them to drop these devices at the door and power down to enter a

Trevor Honohan

classroom just doesn't make sense. All too often students report that they have to switch gears and take a step back when they enter the classroom. Many report that their real learning takes place before and after school, when they can tie into the things they find meaningful. Let's be reminded that our jobs as parents and educators is to understand what's important to our kids and allow them to have a hand in the decision making. Success and engagement will be realized if we partner with them and facilitate the learning experience. Giving students a voice, treating them with respect and allowing them

to guide their own learning will produce positive results. Let's be creative and allow today's digital native to learn the way they want to learn, to explore in a constantly changing world and embrace the technology they crave before and after school!

schools

19th Annual Edgewater High School BBQ

The Rotary Club of College Park is delighted to continue its annual BBQ tradition to kick off the start of the Edgewater High School's football season. Join us on Friday, September 14 from 5:30 p.m. to 7:30 p.m. to indulge in Blackwater Bar-B-Q before the Edgewater High School Eagles take on the Madison County Cowboys. Tickets are \$8 per person in advance, \$9 at the door. Tickets are available at the Edgewater High School main office, through College Park Rotary members, at the door, or online at www.CollegeParkRotary.org/BBQ. The barbeque will be held in Edgewater High School's cafeteria located in College Park on Edgewater Drive. Proceeds from this event benefit various schools and local charities.

For more information visit www.CollegeParkRotary.org

This annual event is brought to you by the Rotary Club of College Park. Rotary is a volunteer organization of 1.2 million business and professional leaders uniting to provide humanitarian service and goodwill through community service projects. To learn more about what your College Park Rotarians are doing for your community, join them for a meeting. Meetings are every Thursday morning from 7:30- 8:30a.m. at Dubsdread Country Club, 549 Par St., Orlando (breakfast included).



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Calling Youth Singers To Perform In Talent Show

Showcase your talent at the Seminole Towne Center on Saturday, October 13 at 1:00 p.m.

The talent show is hosted by The Maile Image, Modeling and Acting School and is open to singers between the ages of 6 to 17 years. Each contestant will have 90 seconds to perform a song, and one winner will be selected from the 6-to-11 and the 12-to-17 year old age groups.

Both winners will receive a \$50 gift certificate to the Seminole Towne Center, a full tuition acting scholarship to The Maile Acting School (up to a \$610 value), a future live show performance and appearance in a real commercial produced by WKMG Local 6!

Entry for contestants is free by calling 407-628-5989. Space is limited and the deadline to register is October 6 or as space still allows.

schools



Welcome back to the 2012 school year. We are very excited to have everyone back. We are expecting terrific things! To stay in constant contact, please visit the link below for daily news and updates. Most notable and current is information on the Audubon Park Elementary School car loop traffic pattern and the upcoming September 17th Golf Tournament. And as always, feel free to contact me anytime @ trevor.honohan@ocps. ; month of school, I'd like to thank our ; our website and in the front office of ; tion reviews these scores over the

https://teacher.ocps.net/users/23948/



Brookshire Elementary Principal Dr. Marc Rummler

We have adjusted well to our new location at the former Audubon Park Elementary campus. The students are learning the routines and site plan very quickly. We appreciate the school board investing quite a bit to make this campus clean and safe for our staff and students. There is nothing we can do about the limited parking, so we encourage car pooling whenever possible. We will have two separate Open House nights this month to help with the parking issue.

The start of the school year, regardless of the location, can be difficult for students and parents. Communication seems to alleviate the majority of the anxiety. When parents and teachers effectively communicate expectations, the year progresses much better for everyone. Assumptions of • expectations often lead to ineffective expenditure of time and effort. So open up the lines of communication to ensure a team-oriented successful year.

Construction is in full force at 400 Greene Drive, the site upon proudly for over 50 years. A new school.

is ramping up for our first big events there cheering our Lions to victory! of the year. With Meet the Teacher and the first day behind us, we are busy one for all Glenridge Lions as next planning for our first SAC meeting (August 28 at 7p.m.) and Open House (September 20 from 6:30-8:00 p.m.). Our PTA committees are hard at work as well, planning for our Boosterthon fundraiser (October) and Harvest Hoedown (November). They have set wonderful goals for fundraising, with a playground sunshade as one of the big focuses.

Dommerich teachers, staff, and par- the school. This list includes club/ summer to prepare enrichment acents who worked so hard to give us : team sponsors, where they meet, and : tivities and support services to meet this great start. Because of our dyna- : how to join if you are interested. We : the individualized needs of each stumite custodial team, our campus was : encourage all Lions to get involved : dent. On the technology front, JAO clean, safe and ready for teachers both in and out of the classroom! and students. We didn't miss a beat during preplanning thanks to the Council (SAC) and PTSA need your : iPads and Macs found in every grade countless hours put in by teachers help! SAC's primary focus is on and classroom. The teachers and and parents. They decorated, lesson increasing student achievement, students are already building amazplanned, collaborated on data analysis, stuffed student folders, sorted and delivered supply packs, and hosted a fabulous Meet the Teacher event. In short, we came out of the starting blocks in full Chief fashion - ready to work and learn together! I look forward to working with this talented and dedicated team and community in our 2012-2013 school year. Welcome back!

Glenridge Middle School Principal Heather Hilton

Greetings from Glenridge Middle : School! We are excited that the 2012-13 school year is underway and off to a great start!

GMS is proud to announce that it has earned an "A" grade for the eleventh consecutive year in a row! The hard work and dedication of all students, parents, faculty and staff made this great achievement possible, and we at Glenridge would like to thank and congratulate all involved. As we begin this school year, our sights • are set high as we continue lead our • students to success with the support . and involvement of families and the community.

For the 2012-13 school year, Glenwhich Brookshire Elementary stood ridge is continuing to grow and strengthen our IB program, includfacility was needed and once again ; ing all students at every grade level. a big thank you to the tax payers for : The IB philosophy provides a strong making this project become a reality. : educational framework that is benefi-Skanska is on schedule to complete : cial to all students regardless of their : the full renovation by next summer. : academic level. Within the program, We should have aerial photos soon of : students engage in critical thinking, the project and will post those on our : problem solving and investigations web site. We will be excited all year : of real-world issues all related to the watching the creation of our new state curriculum at each grade level. Many of our teachers have attended IB professional development opportunities over the summer and are looking forward to employing new techniques and strategies learned! We are excited about our IB program and all that it has to offer our students this year.

This school year promises to be a our school calendar is quickly filling up with various activities, concerts, sporting events, and important informational meetings. Students and parents can stay up-to-date on all upcoming events by checking out the school calendar located on the main page of the GMS website at www. glenridge.ocps.net. Also, an up-

monitoring and updating our School ing presentations with these great Improvement Plan and working to tools. The family atmosphere at JAO ensure GMS provides a safe and is once again permeating the scene, healthy learning environment. If you are interested in joining SAC, please contact Principal Heather Hilton at • heather.hilton@ocps.net. Glenridge is also very fortunate to have a caring and dedicated group of parents involved in our PTSA. If you are interested in participating, please visit the PTSA portion of the GMS website or stop by their monthly meetings. PTSA meets each first Tuesday of teachers have been working in their the month in our Media Center from : classrooms, attending meetings, and 8-9a.m..

👷 Jewish Academy of Orlando

Head of School, Lynne Shefsky

Welcome to all the new and returning families and students at the Jewish Academy of Orlando (JAO)! We have an exciting school year ahead, and we are pleased to welcome Dr. Ella Levy, the new Jewish studies/ Hebrew director, who brings with her years of experience in schools both in Canada and the U.S. JAO once dated list of all student-based clubs, : again scored in the top tier of schools As we build steam in this first full ; sports and activities is available on ; on the SAT, and JAO's administrahas also implemented Apple TV in Parents: our School Advisory : the classrooms, to go along with the as book clubs and parents' nights out are getting scheduled. JAO wishes all area students the very best in this new school year.

Lake Sybelia Elementary K Principal Dr. Julie Paradise

As summer ended, there was a busy hum at Lake Sybelia. Our *Continued on page 22*

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September is a very special time • in school. We have welcomed back teachers, students and families. We are well on our way with learning already in full gear. September is a time when classes are building community, completing beginning of the year assessments and setting goals for each child's learning. The middle of the first nine weeks will come quickly and families should see Mid Quin reports on academic progress on September 21.

Our soccer team has been working hard since the first week of school and the season kicks off September 5 with an away game at Lee Middle School at 5p.m.. The following four Wednesdays, the Lions take on their opponents at home with all games starting at 5p.m. at the Glen-

This is also a time when our school : ridge field. We hope to see you out :

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learning about new assessments and initiatives as outlined by the county. Our students and parents filled the school on Friday, August 17, to meet their teachers for the 2012-2013 school year.

Monday, August 20, was the first day of school for our students. Everyone was excited and a little anxious as they returned to school and reported to their new classrooms. Our kindergarten parents were greeted with hugs and hankies to help them with their transition to Lake Sybelia.

Our PTA Open House is scheduled for Thursday, September 20, at 6:30 p.m. We are looking forward to having the parents come and visit • the classrooms. Our teachers will be discussing the curriculum and the expectations for the students and the parents.

Our students are working hard and learning new concepts and skills every day. Our teachers are focused on student learning and meeting the needs of each child in their classrooms. We are off to a super start this year and we are looking forward to living our theme "Together We Plant the Seeds of Success."



Lakemont Elementary Principal Dr. Brenda Cunningham

The Lakemont Leopards have had a great start to another year! Both teachers and students are hard at work, beginning to work toward our mentum.

I would like to introduce our new staffing specialist, Mrs. Jan Walls. Mrs. Walls came to our school the beginning of last school year and helped our teachers increase their focus on our math instruction. She is moving into the staffing specialist position due to a retirement and she

will be responsible for scheduling/ : book "Spark of the Divine" wrote : ented, committed and professional maintaining all of our Exceptional : "A door is truly an amazing thing, faculty and staff. and ESOL student meetings, paper- Closed it is an agent of separation...

Continued from page 21 in need. She is passionate about ed- as we welcome new students, new ucation and children and we are so families, new teachers and a new glad to have her move into this important role!

> This summer we were able to : add interactive white boards to the : downstairs second grade classrooms, thanks to our PTO! We now have this know for the greatly anticipated first new technology in 2nd – 5th grade classrooms and the teachers have : been trained and are excited to learn ways to incorporate this technology throughout the school day. We are committed to move forward with the use of technology throughout our school and hope to have the necessary funds to complete this project this year.

> Volunteers in our classrooms, media center and cafeteria are always needed. If you are interested : Vilaire Philius, parochial vicar at St. in signing up as a volunteer, please : James Catholic Cathedral. He was contact our ADDitions coordinator, born in Haiti and ordained in 2009. Mrs. Cindy Clark. You can reach her Father Vilaire will be sharing his at 407-623-1453 x2224 or via e-mail at : faith as well as his wonderful sense cynthia.clark@ocps.net. We appre-: of humor and love of education with ciate your continued support of our : SJCS. students and our school.

Principal Mrs. Gerri Gendall

"Door Of Faith"

St. James Cathedral School began the new school year with the theme "Door of Faith." In preparation for another spectacular year, the faculty and staff participated in a school retreat led by Father Ben Berinti, from San Pedro's pastoral staff. Father Ben shared numerous ways in which goal of academic excellence for all : a door and a threshold guide us in : students and accelerating our mo- : our faith. Author Drew Leder, in his :



St. James Cathedral School 2012-2013 Faculty & Staff

priest to SJCS.

Over fifty new families joined us for a New Parent Coffee. It was an opportunity to meet new friends and learn everything they needed to day of school. The sights and sounds of students meeting their new teachers filled the hallways at the back to school Open House. We look forward to getting to know our new students and welcome back our returning students. SJCS is a joyful school where service, respect, hospitality and hope are gifts that guide us.

Our blessings for the new school year include welcoming Father

St. James Cathedral School

As Head of School, the question I am often asked at the start of the school year is, "What do you do all: summer?" As TCS welcomes another year, I want to offer a glimpse of what summer at school is like at TCS as planning and preparations become progress and a foundation for academic excellence.

Supporting faculty and staff as they prepare for the new school year requires thoughtful planning and

> strategic plan- : found disabilities. ning and profes- : and such a godly, tal-

Students returned to TCS classwork, etc. Additionally, she will be : But swing it open and it becomes an : rooms this year greeted by desks our school liaison for assisting with ; invitation, uniting what before was ; and chairs thanks to the generosour homeless students and students : separate." Our doors are wide open : ity and service of TCS families and friends. Over the summer, a volunteer army of TCS dads, granddads, great-granddads and middle school by God's grace to love and value othstudent volunteers converged to as- ers as Christ does. semble our new furniture. Additional furniture will arrive during the : ly since 1989 and watched as he and school year. academic leadership team carefully ; outside "the socially arbitrary range planned faculty professional growth ; of normal" (page 150). We are fortuactivities. Then, seven days before : nate at The Geneva School to have a students returned, teachers arrived : person with his wisdom, knowledge, thoughtfully focused on growing and compassion to lead and teach professionally and creating welcom- our students, and we celebrate him ing learning environments in their ; as Geneva's first published author.

classrooms. A few TCS faculty preplanning highlights included:

A welcome back breakfast meeting to reorient faculty and staff to The Christ School mission and to provide vision casting for the year

A thorough review of school policies and procedures that are crucial ingredients to deliver our school mission with excellence (student programs, academics, business operations, marketing and development)

Reviewing last year's SAT results to identify patterns and trends to guide reflection and planning for 2012-2013 instruction

Collaborating to define and refine the Essential Knowledge (Essential Knowledge identifies what skills are introduced, mastered and reinforced in each grade level)

Learning new classroom technology applications including SMART Boards, iPads, Laptops and Ren-Web

Carefully reviewing each student's individual record to help develop personalized Student Learning Plans for the new school year

Preplanning ended as faculty and staff came together for a worship service. Finally, TCS school doors opened for the 17th year to welcome students and families back to school.



Congratulations to Dr. Michael S. Beates, Geneva's dean of students, work, and for whose first book was published this me, this sum- summer. "Disability and the Gosmer has flown pel: How God Uses Our Brokenness by with days oc- to Display His Grace" was born out cupied by per- of Dr. Beates' thirty years of having sonnel selection, and loving a child with multiple pro-

In his book, Dr. Beates surveys sional develop- Bible passages on brokenness and ment. Preparing disability and answers hard quesplanning : tions about the meaning of suffering. has been an en- The message of the Bible is that God joyable process. has created everyone in His image, I am blessed and i and therefore all human beings have proud to lead inherent dignity and worth. God cherishes the weak and broken, and so should we, because those who are visibly disabled remind us that, in fact, we are all weak and broken before a holy and compassionate God. The good news of salvation by faith in Christ is that we are saved without regard for our capacity to perform. We are therefore called and enabled

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I have known Dr. Beates personalhis wife Mary have cared for their Over the summer months, our daughter and many others who fall



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CALENDAR 23



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.

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

September 15 Annual "Seed Swap" – 9:00 a.m. to noon at Leu Gardens. Bring your extra seeds in labeled packs to swap or if you don't have any seeds of your own, Leu Gardens will provide up to three packs of seeds per family to help you get started with gardening and landscaping. For more information, visit www.leugardens.org.

Baldwin Park Events

September 8 Wounded Warrior Family Foundation 5K – This event will be held in Baldwin Park. To sign up, or make a donation, please visit www.woundedwarriorfamilyfoundation.com.

September 29 Domestic Abuse Door Hanging Event - 9:00 a.m. to noon at Orlando Fashion Square between Planet Fitness and Panera. This event is sponsored by the City of Orlando, Orlando Police Department and Harbor House as part of "It Takes Courage" in an effort to deliver 15,000 door hangers throughout the city. For more information please call 407-896-1132.

October 25 The Harvest Hustle 5K Race & Halloween Party -

6:30 p.m. in Baldwin Park. This event includes live entertainment, food, drinks, trick-or-treating, face painting and more. Proceeds benefit the Junior League of Greater Orlando's core cause of fighting childhood hunger and poverty.

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

one who has worked in education is invited to join. For more information please call 407-677-0446.

September 9 Free Admission to the Mennello Museum – noon to 4:30 p.m. and will include a craft station from SeaWorld. For more information please visit www. mennellowmuseum.com.

September 14 Mayor Dyer's annual POW/MIA Ceremony – 10:00 a.m. at the City Hall Rotunda- This event is to remember those soldiers who are missing in action and reflect on our commitment to bringing them home to their families.

September 15 Autumn Rock 'n' Run 5k presented by Florida Hospital - The Autumn Rock n' Run 5k features the high energy, live music that runners and walkers love. For more information and to register please call 407-896-1160 or visit www.trackshack.com.

September 30 3rd Annual Walk-N-Roll-a-Thon – 8:15 a.m. at Cranes Roost Park in Altamonte Springs and hosted by Project Walk Orlando. Proceeds will help raise money for spinal cord injury recovery. For more information please visit www.projectwalkorlando.org.

October 4 The Orange County Retired Educators Association Meeting - 10:00 a.m. at College Park United Methodist Church located at 644 W. Princeton Street. This meeting will feature some of the candidates for the upcoming Orange County elections. Anyone who has worked in education is invited to join. For more information please call 407-677-0446.

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily

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

October 6 Grand Opening of the Central Florida Sports Complex – 9:00 a.m. at 133 Atlantic Drive. The complex will serve as the home of the Winter Park Volleyball Club. For more information please visit www.WPVC.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 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 September 7 Photo History Documentary of Winter Park - 11:30

a.m. in conjunction of celebrating the city's 125th anniversary at the University Club of Winter Park.



September 9 "Pink Out" Kickoff – 5:00 p.m. to 6:30 p.m. at the Central Park West Meadow. Join Winter Park Memorial Hospital, a Florida Hospital, for the kick-off to "Pink Out Winter Park 2012" by setting a Guinness World Record for the most number of people standing on one leg in one place for two minutes. Pink Out Winter Park is an initiative to raise awareness and funds for breast cancer prevention by selling pink flamingos.

September 11 Fallen Heroes Memorial Dedication Ceremony – 2:00 p.m. at the Public Safety Facility.

September 11 – October 16 Memory/Brain Class – 4:00 to 5:30 p.m. at the Winter Park Presbyterian Church located at 400 S. Lakemont Avenue. To register for this free six week class please call 407-647-1467 ext. 101.

September 12 "Work Well" Winter Park Health Education Series - 11:45 a.m. Lunch and learn featuring health and wellness tips at the Winter Park Welcome Center. The event is free to participating companies and \$5 for non-participants. For more information please call 407-644-8281.

September 13 Enzian's Popcorn Flicks – 8:00 to 10:00 p.m. featuring the showing of "Viva Las Vegas" in Central Park.

September 14 "Good Morning Winter Park" – 7:45 a.m. at the Winter Park Welcome Center. For more information please on this free event please call 407-644-8281.

September 15 Inventory Sale – Noon to 7:00 p.m. at Winter Park Tech located at 901 Webster Avenue. All retail proceeds benefit Dress For Success of Greater Orlando. For more information please call 407-628-0506.

September 15 6th Annual "True Love Ball" – 6:30 to 11:30 p.m. at the Rachel D. Murrah Civic Center located at 1050 West Morse Boulevard. Proceeds benefit the Alzheimer's & Dementia Resource Center (ADRC). For more information and tickets please call 407-843-1910 ext. 301.

September 19 Art in Chambers Reception -5:30 to 7:00 p.m. featuring the works of Rose Thome Casterline in the City Hall Commission Chambers.



September 19 "Plants for Every Pot" – 10:00 a.m. at the Winter Park Garden Club. For more information on this free event please call 407-644-5770.

September 20 "Business After Hours" - 5:30 - 7:30 p.m. at Edwards Financial Services located at 5494 Lake Howell Road. Cost for chamber members is \$5 and \$15 for non-members. For more information please call 407-644-8281.

September 26 "Fun with Flowers" – 10:00 a.m. at the Winter Park Garden Club. For more information on this free event please call 407-644-5770.

September 26 Fairbanks Avenue Informational Meeting – 6:00 to 8:00 p.m. at the Winter Park Community Center.

September 27 "Winter Park Sip & Stroll" – 5:00 to 8:30 p.m. at participating merchants and restaurants along Park Avenue. Cost is \$25 and for advance tickets





- 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.

September 29 – 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.



September 6 The Orange County Retired Educators Association

Meeting - 10:00 a.m. at College Park United Methodist Church located at 644 W. Princeton Street. Anywww.casafeliz.us.

Now - September 23 "Parisian Affair: The Art of Andre Re-

noux" – This exhibit is at the Albin Polasek Museum & Sculpture Gardens located at 633 Osceola Avenue. For more information, call 407-647-6294 or visit the website at www.polasek.org.

Now – October 16 Ballroom Dance Lessons – Beginner – 7:00 p.m. to 8:30 p.m. at the Winter Park Famers' Market.

Now – October 16 Ballroom Dance Lessons – Intermediate – 8:45 to 9:45 p.m. at the Winter Park Farmers' Market.

September 6 Winter Park Welcome Center 5th Anniversary

Celebration – 5:30 to 7:30 p.m. at the Winter Park Welcome Center located at 151 West Lyman Ave. The event is free to attend. Please RSVP by calling 407-644-8281.

September 6 Winter Park Institute to Host Nicholas Kristof -

7:30 to 9:00 p.m. at the Alfond Sports Center at Rollins College. Nicolas Kristof is a New York Times Pulitzer Prize-winning columnist. This event is free and open to the public. For more information please call 407-691-1995. please call 407-644-8281.

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

September 29 Museum Day at the Albin Polasek Museum – Free admission from 10:00 a.m. to 4:00 p.m. This event includes hands-on art activities and sculpture-related demonstrations. The museum is located at 633 Osceola Avenue. For more information please visit www.polasek.org.

October 6 Festival of Singers Concert – 7:30 p.m. at the Winter Park Presbyterian Church located at 400 South Lakemont. The group is made up of approximately 55 teachers, 30 of which are from Central Florida. For more information and tickets please call 850-591-7734 or visit www.fsof.org.

October 6 CPR/AED Certification Class – 8:45 a.m. to noon at the Winter Park Presbyterian Church located at 400 S. Lakemont Avenue. Cost is \$17.50 per person and the registration deadline is October 1st. To register please call 407-647-1467 ext.101.

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