

The Park Press

FEBRUARY 2013

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New Women's Hospital Begins Construction



Hospital officials and physicians turned pink dirt to officially break ground on the site of the new 12-story women's hospital at Florida Hospital Orlando.

Florida Hospital has a new set of wheels to make health care more accessible to women. The Healthy 100 Women's Mobile Health Coach will bring health services into the community to make preventative screenings more available and convenient for all women.

"We know women are extremely busy and are more likely to put their own health concerns on hold," said Marla Silliman, senior vice president of Florida Hospital. "Part of our commitment with the Healthy 100 Women's Mobile Health Coach is to make health care more accessible for every woman by bringing the coach to women throughout Central Florida to their homes, places of work, worship, etc."

Community leaders and Florida Hospital employees recently got a sneak peek inside



The Healthy 100 Women's Mobile Health Coach will bring health services into the community.

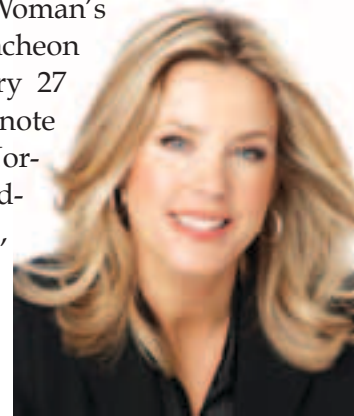
the new mobile coach to get a glimpse of the screenings that will be offered. Screenings will include: mammography, ultrasound, DEXA scan, electrocardiogram (EKG), body mass index (BMI) and skin analysis. The coach will also feature wellness and spa services including various types of massages.

Hospital officials and physicians also broke

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6th Annual Women's Leadership Luncheon To Feature Deborah Norville

The 6th annual Woman's Leadership Luncheon at noon on February 27 will feature keynote speaker Deborah Norville, Emmy Award-winning journalist, author and anchor of the newsmagazine Inside Edition. Throughout her 30-year career, Deborah Norville



Deborah Norville

has traveled the globe to interview world leaders, newsmakers and celebrities. As a former co-anchor of NBC's Today Show and correspondent for the CBS Evening News, 48 Hours and other national news programs, her reports have shed light on many important political and social issues.

As a best-selling author, Norville's latest book, "The Power of Respect: Benefit from the Most Forgotten Element of Success," explores the measurable increases in productivity, creativity and other benefits that result from respectful behavior.

Norville speaks with candor and humor about handling life's curves, juggling career and motherhood and the rough road to achieving dreams.

This event will be held at the Rosen Centre Hotel located at 9840 International Drive. For advance registration and additional information please call 407-429-2111 or visit www.hfuw.org.

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Publisher's Message



RICK CABLE

While I certainly believe in our Constitutional rights, I'm very interested in the opposing opinions and viewpoints as it relates to gun ownership. Most agree that the responsibility of our government is to protect the people, yet any consideration of making changes to our gun laws seems to always bring about loud opposition. I'm intrigued that we have more legal requirements for driving a car compared to what's required to own a gun. Is it because cars did not exist when our Constitution went into effect back in 1789?

Well, automatic weapons didn't exist at that time either, so why is it not okay to look at some level of training and licensing to own these types of guns? Many have stated that any laws established regarding gun control are a step towards taking away their Constitutional right. A few say they use automatic guns to hunt. Yeah, right? And perhaps the most entertaining comment came from a recent discussion when someone told me that they need automatic weapons so they can protect their property from the government. Of course this kicked off not only my common sense, but also my sense of humor, and he got a little frustrated when I said that he'd certainly be outmatched unless he purchases an Apache Helicopter or a F-22 Raptor fighter jet.

Here's to common sense being more common and the continuation of great discussions. 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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You Can't Teach An Old Dog New Tricks!

By Tricia Cable

We are early risers in our house. Not because we spring out of bed each day naturally, singing as my mom used to when I was growing up. Oh no, we have to work on the springing and the singing part. We are in more of the moan and groan category of morning people. Hitting the snooze button at least once and shuffling down the hall to the kitchen to brew the coffee and tea.

Our alarms are set early for various reasons. Whether an early departure out of Orlando International Airport for me, with exotic destinations that include Knoxville, Laredo and West Lafayette; early morning practice; work or school; we wake not always so ready to greet the day with a smile.

It is much easier, however, when the sun is up. When the morning light creeps in through the blinds, you almost naturally wake, in my opinion, feeling more refreshed and ready for whatever your day has in store. The “falling back” always messes with my internal clock. It just doesn’t seem right to rise so much sooner than the sun. But we all do and either with a smile or not, we start our days and in turn fulfill the commitments made and responsibilities accepted.

Lately, I have been questioning everything, much like a two-year-old, “WHY?” And if the responses to my questions, whether to myself

or others, don’t make sense- I challenge them. I have been making changes that are right for me, ones that contribute to my well-being and to the well-being of those in my inner circle. It seems the old saying “with age comes wisdom” just may be right. As I get older, I have started to scale back and live life smaller.

I remember, almost like it was yesterday and not more than 30 years ago, leaving home at 17. At first, struggling to determine who I wanted to be when I grew up. Growing up and realizing who I was. And now, growing older, and accepting who I am at the moment and that I have so much more to learn before I arrive at my final destination of who I am supposed to be. Not sure when that will happen, but I am taking my time getting there and trying to enjoy the ride filled with peaks and valleys along the way.

Who said you can’t teach an old dog new tricks? I wonder if I would have come to the same conclusions at this stage of my life without the internal conflicts and struggles. If my path had been harder or easier, would I have arrived at the same place in time and would my conclusions be the same? I think not. All that I know today I have learned through firsthand real life experiences. As close as I have been to the paths walked by my family and friends and as much as I try to relate, their journeys have been their own and I will not pre-

tend to have learned from their life experiences. I will not judge their decisions and their ways, for I do not know their reasons. And they do not know mine. Let’s keep that in mind before we jump to judgment of a family member or friend. Things may look all sunshine and flow-

Who said you can't teach an old dog new tricks?



Our alarms are set early for various reasons.



ers from the curb, but if there is anything that I have learned lo these many years, it’s that looks can be deceiving and everyone deserves a second chance. ■

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February 2013	April 2013
2 Florida Hospital Lady Track Shack 5k.....Winter Park	18 IOA Corporate5k Orlando
16 House of Hope Run Around the Pines 5k* ..Winter Park <small>Presented by Florida Hospital</small>	27 Run for the Trees 5kWinter Park

March 2013

9 Smile Mile Kids' Run.....Baldwin Park

23 Zimmerman Kiser Sutcliffe Winter Park Road Race 10k and 2 Mile* **DD** Winter Park
Presented by Florida Hospital

25 W.R.A.P. Training (Daytime)Baldwin Park

W.R.A.P. Training (Evening) Orlando

5k & 10k Training..... Orlando

* Track Shack Running Series Event **DD** Distance Dare Event
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A running festival just for kids!


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Blue Jacket Park in Baldwin Park

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\$5 early registration!

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City Commissioner’s Message

Commissioner Robert F. Stuart, City of Orlando District 3



ROBERT F. STUART

February is a great time of year to live in Orlando! As we take time out to celebrate our loved ones this month, we are also reminded of the many reasons we love our Great City. To show your love, check out the “Why I Love Orlando” Facebook page. It now has more than

900 likes, and when it hits 1000 they will do their first initiative, something to do with public art. Check out their page for more information on this fun concept.

Some of the things I love most about Orlando are the area’s unique amenities and events, many of which are the brain children of our talented residents. The annual Orlando Chili Cookoff, organized from the ground up by local company, Events For Change, Inc., will take place this year on February 9 at a new location, Orlando Festival Park, 2911 E Robinson Street. This festival, which brings great chili & good music and donates much of its proceeds to a worthwhile cause, will run from noon- 6 p.m. Visit their website, orlandochilicookoff.com, for more details about this fun, and filling, event!

The Mennello Museum of American Art is excited to host an exhibit organized by the Smithsonian American Art Museum, entitled “African American Art: Harlem Renaissance, Civil Rights Era and Beyond,” which is a collection of pho-

tographs, sculptures, paintings and prints by 43 different artists. The exhibition depicts a time of our history, the Harlem Renaissance through the Civil Rights era, when there was much political and social change. Also at the Mennello this month is the 11th annual Orlando Folk Festival on February 9 and 10. For more information about this fun event that celebrates folk music, art, dance and traditional crafts, visit orlando-folkfestival.wordpress.com.



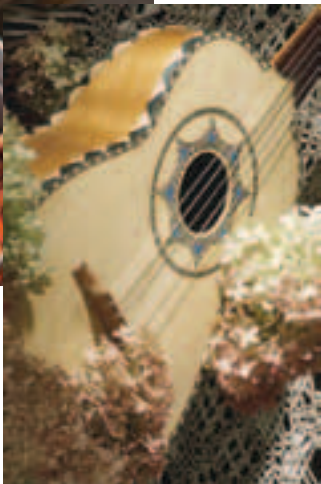
On February 14th, Leu Gardens, leugardens.org, hosts their annual Valentine’s Day Date Night with the movie “The Vow.” Gardens open at 6 p.m. and movie time is 7:30 p.m. The City of Winter Park also hosts an outdoor Valentine’s Day movie in Central Park, with a 7 p.m. showing of “From Here to Eternity.”

On Saturday, February 16, the City will host the 13th annual Orlando Wetlands Festival from 9 a.m. – 3 p.m. at Fort Christmas Historical Park, adjacent to our amazing and useful Orlando Wetlands Park, in Christmas, Florida. The entire day is free, with live entertainment, activities for the kids, tree give-aways and guided birding and native plant ID hikes along with much more. For more information about this fun-filled day as well as this 1650-acre park and wetland treatment system that very successfully and naturally cleans our city’s reclaimed wastewater, visit cityoforlando.net/wetlands.

Please join me on Wednesday, February 27 at 10:30 a.m. to listen to the mayor’s annual State of the City address where we can learn more about his plans and ideas for our city in 2013. The event will be taking place at City Hall in the Council Chambers on the second floor. For more information, please visit www.cityoforlando.net/soc.

Thank you for your continued support and for all you do every day make Orlando the city that I love to call home. I hope to see you around town this month enjoying all that our community has to offer.

-Robert ■



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

Rotary Club of Winter Park
presents

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Winter Park Farmers' Market

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Winter Park Mayor's Message

Mayor Ken Bradley



KEN BRADLEY

“Winter Park Is Our Home”

Last month, I had the honor of presenting the 2013 State of the City Address at the Winter Park Chamber of Commerce’s annual City Commission Luncheon. The theme for my speech was “Winter Park is Our Home.” What does it mean to be the best city? How is the best measured? What does it look like?

A living illustration of the best of Winter Park Recently, I had a living illustration of what makes Winter Park so special. I was driving down Westchester Avenue heading toward my parent’s home. I turned down Buckingham Road—the street on which I grew up. As I rounded the corner, standing smack-dab in the middle of the road was a man, with his back to me. I paused and realized it was Rob, my parent’s neighbor. And at that very moment he taught me what made Winter Park so special—the best place to live, work and play.



Maddie learning to ride

I could tell he was oblivious to a car or a tank or anything behind him. He was watching someone very intently. Half way down the block was a child on a bicycle. His back, directed to me, was standing guard for his young neighbor. He faced toward the young bicyclist—Maddie—learning to ride her bike on Buckingham Road. To her he was a coach, cheerleader and a great neighbor who took a few minutes out of his busy life to

care for someone else in a major moment of her life. Winter Park is great because the people make it great. People, like Rob, who watch out for each other to assure our mutual safety. Neighbors who take a few minutes to help.

In my speech, I also highlighted the seven strategies the City Commission and city staff adopted to accomplish our city’s vision. These strategies are:

- Public health and safety
- Fiscal stewardship
- Infrastructure
- Environment
- Intelligent development
- Quality of life
- Lifelong learning

There are so many living illustrations, the people of Winter Park, who bring our strategies to life. I was thrilled to share the stories of:

- our Employees of the Year: Steve Mathes, Firefighter Bryan Moman and Detective Lisa Suepat
- city residents such as Lawson and Jo-Ann Lamar for committing their lives to public service and safety
- Philanthropists such as Eric and Diane Holm who just celebrated 20 years with “Helpings from the Heart,” central Florida’s largest Thanksgiving Dinner that offers 25,000+ free meals to our community
- members of our faith community Reverend Talia Raymond and Reverend Mitchell Dawkins who represent our history and our freedom to worship
- the contributions of the Edyth Bush Foundation and its stewards such as David Oda-



Mayor Bradley and his Special Guests at the luncheon.

howski and Herb Holm, the foundation’s sole-remaining founding board member

- the story of Vivian Carrington, a 72-year-young city resident who is fulfilling her lifelong goal of achieving a bachelor’s degree at Rollins College, proving it’s never too late to reach your goals, and
- the gentle compassion of Norm Brown, who tends to our Palm and Piney Wood cemeteries and just celebrated his 40th anniversary with the city.

I was proud to report, the state of the City of Winter Park is excellent. Our city’s finances are strong. Our parks look better than ever. There is a vibrancy and growth on Park Avenue and in our key business districts. We are seeing more development than the past five years. Our attitude is positive! Our expectations for the year 2013 are exciting. But what more can we become? Your job is to make your home, your street and your neighborhood the best. By doing this, we can be the best place to live, work and play in Florida. May God bless you and may God continue to bless our home--the great city of Winter Park.

Sincerely,

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



Maitland Mayor's Message

Mayor Howard A. Schieferdecker



HOWARD A. SCHIEFERDECKER

2012 Year In Review And Goals For 2013

First of all, I would like to wish everyone a happy, healthy, safe and prosperous New Year. It has been a privilege and honor for me to serve as your mayor this past year. Working with our city staff and our volunteer boards has been pleasurable, rewarding and productive. We have accomplished many things this past year and look ahead with great expectations to continue moving our city forward in 2013.

To begin the review of our past year’s accomplishments, I would have to start with the completion of our new City Hall at the NW corner of Independence Lane and Packwood Avenue. This state-of-the-art, “Green”- accredited building is a continuation of our commitment to build first-rate facilities in our city. At the same time, we are continuing our commitment to be good stewards of the environment by constructing Green-accredited buildings.

Other main accomplishments of note for 2012 are as follows:

- Continue to maintain no increase in the property tax millage rate.
- Continue to maintain a balanced budget.
- Continue to move forward with our capital improvement projects.
- Completed the installation of our red light

cameras that has been instrumental in reducing red-light-runner accidents in our city.

- Completion of our “Evergreen Lease” with the Maitland Art and History Association.
- Completed the streamlining of our permitting approval process.
- Completed the updating of our downtown land development code.
- Brought back a K-9 officer to our police force.
- Completed the review of our city charter and will have questions on the March 2013 ballot for our citizens’ review and consideration.

As for the financial state of our city, even though, due to the present economic climate our revenues are down, we are financially sound. This is mainly due to fiscal conservatism by our city council as well as our city staff, working hard to keep our expenses down. However, this will not last unless we take steps to increase our tax base in the next few years, which we are presently in the process of doing.

To increase our tax base we have to encourage quality new and redevelopment throughout our city. Now that the updating of our land development code and the streamlining of our permitting approval process are completed, we are now officially “Open for Business.” This will attract new business and quality development to our city. We have already had substantial interest in new and redevelopment throughout our city, especially in our CRA downtown area.

Our main goals for 2013 are as follows:

- Maintain no increase in our property tax millage rate.
- Maintain a balanced budget.
- Continue to move forward with our capital improvement projects.
- Continue to work to secure new business opportunities and quality new and redevelopment for our city that will increase our tax base and create new jobs both temporary and permanent.
- Renegotiate our solid waste contract with more financially favorable terms for our city and offering more and better services to our citizens.
- Continue to work with our State legislators to retain and hopefully enhance the revenues that we receive from Tallahassee.
- Completion of the update of our city charter
- Construct the new Police Boat House at Fort Maitland Park.

The prospects for 2013 look very encouraging. With the dedication and enthusiasm of our city council, city volunteer boards, and staff, anything is possible for our city. These wonderful people, and our dedicated and enthusiastic citizens, inspire me. They, along with my great love of our city, are the reasons why I love being your mayor. I look forward to our city’s bright future with great anticipation and you should too.

Howard A. Schieferdecker
Howard A. Schieferdecker
Mayor, City of Maitland ■



County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



TED B. EDWARDS

On January 15th, 2013, I was proud to take place in Orange County's celebration of Florida Arbor Day by planting a tree in front of the County Administration Building. Once again Orange County has been recognized nationally for its tree replacement program and management plan earning its 6th consecutive designation of a "Tree City USA Community."

As your commissioner, my goal has been to maintain and protect our quality of life and neighborhoods through the efficient use of government resources. Last year, I led the effort for a new program to protect, preserve and revitalize trees in Orange County.

The Orange County Tree Protection Ordinance, which I sponsored, has been in place since 2001 along with a dedicated funding source for the care and planting of trees. The ordinance requires the replacement of all trees that are at least 8 inches wide within the 200-foot buffer zones around developing property, and at least 24 inches wide inside the property's interior. There is a fine of up to \$500 for anyone who unlawfully cuts trees.

Thanks to the diligent work of the Orange County Agricultural Advisory Board, Orange County staff, and the Orange County Board of Commissioners, I have been able to obtain approval for 2013 to begin with a new initiative using funds collected from tree replacement fines and development mitigation fees to provide Neighborhood Pride Grants in two categories: a Residential Tree Program for use in yards and

neighborhood common areas and a Roadway Median Program to place tree canopies along County right-of-ways and enhance community medians, parks and trails.



In 2013, this new tree initiative along with those already in place- such as the Tree Replacement Trust Fund and the Adopt-A-Tree Program- will allow Orange County residents to continue to have opportunities for preservation, revitalization, and beautification. The Residential and Roadway Median programs will assist in enhancing neighborhoods, right of ways, parks and trails; The Tree Replacement Trust fund will continue to provide specific guidelines for the purpose of planting trees in publicly owned and operated sites or for community

enhancement projects that would be benefit the entire public; and the Adopt-A-Tree Program is an ongoing opportunity for residents to receive two free trees for their private yards.

For additional information on how these programs can benefit your neighborhood and additional dates please contact Orange County Neighborhood Preservation and Revitalization at 407-836-5606 or online at www.ocfl.net/neighborhoods.

The 2013 Adopt-A-Tree events will be held the following dates and locations from 8 a.m. until noon (or when all the trees are gone):

Feb 16 - Barnett Park 4801 W. Colonial Dr., Orlando FL

Apr 13 - South Econ Park 3800 S. Econlockhatchee Trail, Orlando FL

May 18 - Fort Christmas Historical Park 1300 Fort Christmas Rd., Christmas FL

Jul 13 - Bear Creek Park 1600 Bear Crossing Dr., Orlando FL

Oct 26 - South Econ Park 3800 S. Econlockhatchee Trail, Orlando FL

Nov 9 - Fort Christmas Historical Park 1300 Fort Christmas Rd., Christmas FL

Adopt-A-Tree is administered by Orange County/ University of Florida Streetscape Program 407-254-9200.

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

Yours Truly,

Commissioner Ted Edwards ■



protection and service

by The Winter Park Police Department

Missing Something?

Have you checked the Winter Park Police Department website under the Community Services section to see if your lost property has been turned in?

WPPD lists all found items on our website. As items are submitted into evidence for safekeeping, they are described and listed in written format by date recovered (not lost) for your convenience. Property that is listed by a victim as "stolen" are not listed here. This is specifically for lost items or items recovered by law enforcement not attached to a specific crime. No pictures of property are included. This assists us in ensuring the appropriate items are returned to the rightful owner as it compels the owner to provide an unquestionable right to ownership. Items are regularly returned to the rightful owners by following a simple process.

- Start at <http://www.wppd.org/csd/found-property.asp>.
- Peruse the list provided to find your lost item(s).
- If you find an item you think may belong to you and it is not being held for evidentiary purposes, you must make a claim and provide proof of ownership by contacting the Property and Evidence Unit at (407) 599-3322 or email at ebigley@cityofwinterpark.org for an appointment. Property/Evidence is available Monday – Friday, 9:00am until 6:00pm and located at 500 North Virginia Avenue in Winter Park, 32789.

What is considered and accepted as proof of ownership?

- Bill of sale or receipt
- Proof of owner applied number
- Photographic proof of ownership of the specific item (must be the item in question, not similar item)
- Insurance or appraisal document

If your lost item is not on the site, you can contact the Property/Evidence Unit to be placed on the Lost & Found Database should your item later be recovered.

Found property is held for 90 days from date of submission in accordance with Florida law. Items that go unclaimed are destroyed, converted to City property, donated to charity, or advertised by public notice for sale by competitive bidding at www.propertyroom.com. This website is not maintained by the Winter Park Police



Department but by a third party entity used by over 2,700 law enforcement agencies throughout the country for the disposal of found property. Should you find your lost property at propertyroom.com, we would be happy to discuss the procedures in recovering said items.

Propertyroom.com is not just for found property. Many agencies use this site for auctioning any inventory they wish to liquidate.

What should you do if you submitted found property and you would like to claim it after the 90 day requirement?

This can be done as long as it has not already been claimed by the rightful owner. Simply contact or respond to the written notification made by the Property/Evidence Unit within 60 days. All that is required is proof of identity as the submitting party. (Your identification must match the person turning the found property over to law enforcement.)

Tips for securing and recovering your property:

- Secure all valuables. Be cognizant of your items as you go about your day.
- Record all serial numbers for all property of value in case of loss.
- Photograph and record specific descriptions of valuable property in case of loss.

It is much easier to recover lost or stolen items if you are able to provide law enforcement with serial and model numbers and specific descriptions of property. ■



Orange County Mayor's Message

Mayor Teresa Jacobs



TERESA JACOBS

Many people may know my thirst for public service grew out of my involvement with my own neighborhood issues and concerns. For that reason, public engagement and citizen advocacy is an important focus of my administration. As mayor I am ways to make government

In December, my team launched “The Orange County Experience,” a 10-week program designed especially for citizens who are interested in learning more about their government. This free interactive initiative includes staff presentations and tours of Orange County Animal Services, Parks & Recreation, Corrections, Health Services and Family Services. It even includes participation in my 2013 Orange County Economic Summit. The Orange County Experience also offers the opportunity to learn how we prepare for emergencies and disasters through our Office of Emergency Management. Another plus - citizens are able to better understand and navigate county departments and divisions, including the best way to engage with my office.

The inaugural class is currently underway and is made up of 25 excited and engaging citizens from all over Orange County. In fact, the

departments and divisions explored in each session were selected by the participants themselves through an online survey.

The current class will graduate in March and soon after we'll be looking for new participants. The next class will take place in the fall with

demonstrations from county departments and divisions to the convenience of your home computer. I hope you'll join us. For now, be sure to go to www.ocfl.net for more information. While you're visiting our award-winning website, I invite you to connect with me on Facebook by



Members of the first Orange County Experience program

registration scheduled for August – so be on the lookout. Also, the first “On Demand” version of The Orange County Experience is targeted to launch this summer. The On Demand Experience will bring video presentations, tours and

searching [OrangeCountyMayor](#) or on Twitter, [@Mayor_Jacobs](#). You can also subscribe to my newsletter, [Orange County Connect](#).

Mayor Teresa Jacobs
Orange County ■

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Orange County Bar Association Donates \$75,000



Shown with Ms. Hormell are members of the Orange County Bar Association executive council: (front row) Philip K. Calandrino, Esq.; Tara Hormell; Kristyne E. Kennedy, Esq., OCBA president; Paul J. Scheck, Esq., OCBA president-elect; (back row): Eric C. Reed, Esq.; Wiley S. Boston, Esq.; Brant S. Bittner, OCBA executive director; Mary Ann Etzler, Esq. – Photo courtesy of Florian Boehm

The Orange County Bar Association (OCBA) presented a check for \$75,000 to A Place for Children, a free, drop-in day-care center located in the Orange County Courthouse. The donation is part of the OCBA’s ongoing support of the courts and the community. A Place for Children, which opened in 1998, provides a safe, nurturing environment for children ages 1-14 years whose parents have court hear-

ings or other business at the courthouse. Over the years, A Place for Children has faced significant budget cuts, or even closure, but has remained viable in large part because of funding provided by the legal community. In December, the Orange County Bar Association presented the check to Tara Hormell, executive director of the Children’s Home Society of Florida, which operates A Place for Children. ■

Free Income Tax Assistance

Tax-Aide volunteers, trained and certified by the IRS, will provide free income tax assistance at 15 sites throughout the Orange and Seminole County area February 1, through Monday, April 15, 2013. Individuals seeking assistance should bring pertinent tax documents such as a copy of last year’s income tax return; forms showing income earned, pensions and Social Security; 1099 Forms showing interest and dividends; and photo ID of self plus social security cards for all those listed on their return. Electronic filing is available at all sites at no charge.

Volunteer Tax-Aide Counselors will be at the following sites:

BEARDALL SENIOR CENTER - 800 S. Delaney Ave. Orlando, Tuesday, Wednesday and Thursday, February 5 through April 11. 12:00 – 4:00.

ORANGE COUNTY LIBRARY, HERNDON BR.- 4324 E. Colonial Dr. Orlando, Monday and Wednesday, February 1 through April 15. 10:00 – 2:00.

WINTER PARK LIBRARY – 460 E. New England Ave. Winter Park. Tuesday, Wednesday and Thursday. February 5 through April 11. 11:30 – 3:30.

MARKS STREET SENIOR CENTER – 99 E. Marks St. Orlando. Tuesday and Friday. February 1 through April 12. 12:00 – 4:00.

MAITLAND SENIOR CENTER – 345 S. Maitland Ave. Maitland, Tuesday and Thursday, February 5 through April 11. 12:00 – 4:00.

For additional information and tax-aide sites please visit www.aarp.org/taxaide or call 407-647-5233. ■



New Radio Show Features Star Athletes And Charities

Orlando-based radio network AM 810 CBS Sports Radio recently added a new show to its programming line up called “Star Causes” with host Mary Gardner.

The show features the positive side of a life in the public eye by showcasing sports stars and celebrities and the national or local charities they passionately support. It also features local charities in the Central Florida area or special interest causes.

The casual atmosphere of the one-hour show highlights different charities while interviewing the celebrity in a relaxed environment. They share insights about their lives and how they gained success, what they’re doing now, and about why and how they were compelled to get involved in their



Mary Gardner



Nick Buonicconti discussing the Buonicconti Fund’s efforts to find cure for paralysis.



Mary Gardner interviewing Sherry Wheelock, the CEO of Special Olympics, and star athlete Dallas Gilbert.

particular charity, and how they currently contribute and will encourage others to contribute.

Mary, “The Charisma Coach” and former agent, interacts both in the studio and on location at charity functions in the Central Florida area. Each week one charity or cause is featured with their celebrity spokesperson. According to Mary, “There will be no shortage of celebrities welcoming the opportunity to allow their “cause” to become the star. We also hope that this will help the community come together!”

Star Causes airs every Sunday from 1:00 – 2:00 p.m. ■

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Camp Challenge Receives Universal Orlando Foundation Grant

Easter Seals Camp Challenge is the proud recipient of a \$20,840 grant from the Universal Orlando Foundation. The grant, presented to the non-profit organization on January 16, 2013 will be used to fund services and programs at the camp.

The camp, located in the Sorrento-area of Central Florida on 63 wooded acres, provides safe, fun and fully accessible recreational activities for children and adults with cognitive and physical disabilities in an outdoor environment. Campers remain at the site for six-day stays. The activities available at Camp Challenge include many enriching and fun opportunities such as learning to swim, arts and crafts, participating in drama and music groups, and archery.

"We're thrilled that Easter Seals is on the receiving end of such a generous gift," said Julie Wright, senior vice president of development of Easter Seals Florida.



"Camp Challenge is one of Easter Seals Florida's most requested services because it's both fun for the campers and it grants their wonderful parents and caregivers respite for several days."

Camp Challenge has been in operation for more than half a century. One of the camp's most popular features, the pool, recently underwent extensive renovations. The grant funds will be used to defray the costs of campers, who enjoy camp features such as features a ropes course and a zipline specially designed for those with physical and cognitive challenges. For more information on Camp Challenge, please visit www.fl.easterseals.com.

Continued from page 1

New Women's Hospital Begins Construction



Community leaders and Florida Hospital employees got a sneak peek inside the new mobile coach.

ground on the site of the new women's hospital at Florida Hospital Orlando that will provide comprehensive services for women of all generations. The dedication of the site signals the beginning of construction on the new 12-story patient tower.

"The new women's hospital will be the gateway for women of all generations to access world class healthcare for both health and healing," said David Banks, administrator of Florida Hospital Orlando. "Florida Hospital has been serving the women of Central Florida for over 100 years. We currently offer the highest level of care available for women and we want to continue to expand those services and offer comprehensive care in one place."

The 12-story, 400,000-square-foot hospital will lead the way in a new era of women's health and offer comprehensive services including obstetrics, maternal fetal medicine (high risk obstetrics), gynecologic oncology, minimally invasive women's surgery, neonatal intensive care, digital mammography, women's cardiovascular, wellness and education, a lactation center and the High Risk Breast Center. The hospital is expected to open in 2015 and will contain more than 300 patient beds.

To schedule the Healthy 100 Women's Mobile Health Coach, call 407-303-4HER (4437) or visit www.Healthy100Women.org for more information.

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Head Above Water: Easter Seals Florida Gives Drowning Survivor A Second Chance

For most of us, the New Year signifies a fresh start and a chance to live out (usually) unattainable resolutions. But for Elizabeth Restrepo, every new year means so much more. August 22, 1992 was a day that changed her life forever. It was the day before Hurricane Andrew stormed through Florida when she, just two years old, plummeted into her family's swimming pool. She immediately slipped into a coma. Doctors said she wouldn't live through the night.

"I remember not even caring if my house came down during that storm," said Laura Restrepo, Elizabeth's mother. Elizabeth was transported to three different hospitals and, after a week, her parents were told she would never regain full brain capacity. Laura set out to do everything she could to change that prognosis. That's when she found Easter Seals Florida (ESF).

ESF is a non-profit organization that provides services to children, adults and veterans with disabilities and special needs, along with their caregivers. The organization offers a specialized Early Intervention program to help its clients overcome developmental obstacles that can occur in a child's life. Along with extensive therapy sessions, Elizabeth took part in the Early Intervention program and made a miraculous turn for the better.

"I visited two other centers, and they seemed so cold and institutional. But when

I visited Easter Seals, I knew in my gut that this was the place I wanted my daughter to be. Toys were scattered everywhere, kids were laughing, therapists—the best I've ever seen—were wearing bright colors, and it was just a happy environment. The care that they had for the children at the center was so deep.

I knew I didn't have one single thing to worry about when I dropped Elizabeth off for the day and left."

Elizabeth attended the ESF facility five days a week for speech, occupational, and physical therapies. While at Easter Seals, Elizabeth learned to walk on her own, talk, swallow soft foods, hold things, move her hands, and improve coordination. Almost 20 years later, Elizabeth has come a long way. She lives in Maitland with her family, but commutes to the Easter Seals Day Break Center in Winter Park, where she now works to assist other clients—she sees this as an opportunity to give back to the organization that gave so much to her.

In addition to its Early Intervention program, ESF also provides adult day health care programs, vocational training and recreational services. Nationally, Easter Seals is the largest non-profit provider for services for individuals with autism, cognitive and physical disabilities, and other special needs. ■

For more information please visit www.fl.easterseals.com



Elizabeth Restrepo, former ESF client and current ESF employee.

New CEO Takes Helm Of Cornerstone Hospice

Freshly-minted president and CEO of Cornerstone Hospice, Charles "Chuck" Lee, started his tenure at the helm of the seven-county nonprofit last month with a "Meet 'n Greet" of staff, news media, community and friends at

Orange and Osceola counties," added Ann Harr, RN and patient care supervisor for Orange and Osceola counties.

During his Orange-Osceola staff "Meet 'n Greet" visit, CEO Chuck Lee assured everyone that they'll have the physician support, tools and resources required for continued growth in the Orange-Osceola region. "I am committed for us to have all resources in place to allow us to expand as opportunities arise. I see our census has been growing here and you have my support and encouragement so we can manage issues that accompany growth and professional patient care. Patients and family care always comes first," said the new CEO, who made a reference to Cornerstone Hospice's strong balance sheet, reminding

staff that the nonprofit carries no corporate debt, allowing the organization to be responsive quickly to growth needs as they arise.

Since 1984, Cornerstone Hospice and Palliative Care, a nonprofit community-based healthcare organization, has provided care and services to Central Florida residents and to American veterans and families experiencing life-limiting illnesses. For more information please call 407-206-2273, or visit www.cornerstonehospice.org. ■



(L to R): Ann Harr RN and patient care supervisor; Cindi Harris-Panning RN and executive director for the Orange-Osceola region; CEO Chuck Lee; Mary Manrique RN, vice president, former interim CEO and current chief operating officer and Tracey Meyers RN and admissions manager.

the organization's Orange and Osceola counties' operational center on S. Orange Avenue in Orlando.

"It is worthy to note that out of our 8,000-plus square mile Central Florida service geography, out of multiple operational centers from Lake and Sumter counties on the north to Highlands and Hardee counties on our south, our new CEO marks the taking of the helm of Cornerstone Hospice 24 hours into his job right here at Orlando!" remarked Cindi Harris-Panning, RN and executive director for the nonprofit's Orange/Osceola region. "Yes, staff throughout Orange and Osceola counties are ecstatic that CEO Chuck Lee started his tenure right here at the Orlando office, listening to our staff and sharing his vision for the growth of Cornerstone Hospice here in Or-

First-Time Homebuyers Hardest Hit By Shrinking Inventory

While most Greater Orlando homebuyers are taking advantage of improving conditions in the existing home market, first-time buyers are finding it more difficult to purchase the home of their dreams due to a shrinking inventory of lower-priced homes.

"While this still is a very good time for first-time buyers, the problem right now is the availability of homes in in lower price ranges which tend to be the ones commonly sought by first-time buyers," said Scott Hillman, president of Fannie Hillman + Associates, one of the area's top residential real estate brokerages.

"There is a growing shortage of existing homes priced under \$200,000 in Orange and Seminole counties and those priced under \$300,000 are also getting harder to find as well," said Hillman, noting Orange and Seminole counties had only a 1.94-month inventory of homes as of January 4 which is well below the 4-6-month supply that typically defines a market balanced between buyers and sellers.

According to Hillman, the inventory of homes priced under \$200,000 has dropped more than 42.8 percent over the past year, while the inventory of homes priced between \$200,000 and \$300,000 has dropped by 19.8 percent in the past 12 months.

"One of the problems for a limited inventory in those price ranges is the increased number of investors in the market who are purchasing homes with cash which makes them more competitive than the typical first-time buyer," Hillman explained.

Another factor contributing to the area's shrinking inventory of more affordably priced homes is underwater owners who currently owe more on their mortgage than their homes are worth which limits an owner's ability to sell, thus keeping more inventory off the market.

Add to that the fact that there have been fewer new homes built in the past five years and first-time buyers have a limited inventory from which to choose.

However, first-time buyers do have a number of things going for them, including interest rates for mortgages that are still at some of the lowest levels in history.

"I don't think we're going to see a drop in the demand from first-time buyers, I just think it's going to take a little longer for them to find their first dream home," Hillman said. "The key is being prepared to act fast. First-time buyers will find they are in a much more competitive position in a supply constrained market by working with an experienced and knowledgeable real estate agent, and getting pre-approved for a loan, not just pre-qualified. This speeds up the offer process and shows sellers that yours is a viable offer." ■



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New Traditions Finances New Bargain Box For Junior League



(L to R): Allison Hudson, immediate past president; JLGO; Rich O'Brien, executive vice president, New Traditions National Bank; and Andrea Balanzategui, president, JLGO.

Often working behind the scenes as one of the driving charitable forces in Central Florida, the Junior League of Greater Orlando (JLGO) is about to expand its capacity to give back. In December, the JLGO and New Traditions National Bank closed on a financing agreement to purchase a new building near downtown Orlando to house the charitable organization's Bargain Box Thrift Store and the JLGO's headquarters.

The Bargain Box, currently located in Winter Park, provides a full-time resource to the Greater Orlando community to obtain low-cost clothing and household goods. As part of a JLGO membership, all women donate a certain amount of gently-used clothing and merchandise to The Bargain Box each year. The items provide clothing and merchandise to low-income individuals and families throughout Central Florida.

"The Junior League of Greater Orlando has been a part of the Orlando community for 65 years, growing and changing with the times to help those who need us. The purchase of a building for our thrift store, The Bargain Box, and League headquarters is the next step in our evolution," said Andrea Balanzategui, president, JLGO. "New Traditions has been by our side through the financing process and provided not only industry expertise, but the friendly atmosphere and personal attention you expect from a neighborhood

bank. By helping us expand our store and streamline our operations with this new space, NTNBNB is helping us to do even more to improve childhood health and end childhood hunger and poverty. We have a shared commitment to our community and look forward to working together as we embark on another 65 years of service."

By financing the thrift's main building, New Traditions is responsible for helping to expand the services and volunteerism of the JLGO to the less fortunate. The proceeds of the thrift sales fund the numerous volunteer programs and community service projects of the JLGO, most notably their newest community project, HIP (Healthy, Informed, Playful) Kids, aimed at reducing childhood hunger by providing food and increasing health awareness to poor and low-income children and their families.

"It is an honor to do business with an organization such as Junior League of Greater Orlando, which has been instrumental in giving back to the community through improving childhood health, hunger and poverty in Greater Orlando through their efforts over the past 65 years," said David Dotherow, president and CEO of New Traditions National Bank.

The new Bargain Box is slated to open in summer 2013. ■

Junior Achievement In Need Of Classroom Volunteers

Junior Achievement (JA) of Central Florida is seeking business and community members to serve as classroom volunteers for students in middle and high schools. JA mentors educate students about financial literacy, work readiness, entrepreneurship and the importance of the free enterprise system. Volunteer opportunities are available at three levels and require approximately one-hour-per-week for five to seven sessions, depending on the program.

Training is held monthly at 2121 Camden Road in Orlando.

For more information please call 407-898-2121 ext. 30, or visit www.jacentralfl.org. ■



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fiscal fitness

by John Gill



JOHN GILL

The Case For Life Insurance

For those of you who have read this column for any length of time, you know that one of my recurring discussions is life insurance. This is one of those columns. I bring this up periodically because it is one of the cornerstones of fiscal fitness. It's also really important. People will often say in jest, "Well, I won't be around anyway." Not humorous!

From my perspective it is a key component to savvy financial and personal planning, and an indication that you care enough about your family and loved ones to maintain their standard of living if death comes unexpectedly. Philosophically I think that is an interesting comment because death is rarely expected. We all have some time in our minds of when death is likely to occur, but at the end of the day, no one knows. As for all contingencies in life, we must plan, and life insurance is one of the most cost-effective contingency planning tools available.

The best rationale for life insurance is the peace of mind knowing that the family will be able to function financially. Life insurance helps to remove one potential burden and insure that

It is one of the cornerstones of fiscal fitness.



plans laid out for the family are able to be executed.

One common objection is the assumed complexity of purchasing life insurance. The different types of insurance available make the purchase seem complex. There is term life, whole life, universal life, variable universal life and the list goes on. Term life insurance is the best policy for most because it provides protection without the investment component provided by the other policy types.

Finding a reputable agent is another point of resistance. To find an agent, seek recommendations from trusted friends or relatives. I can provide several recommendations and will be happy to do so. Services like Select Quote or IntelliQuote provide quotes from several, financially strong companies with options that fit any situation. Talk with the insurance agent who provides your auto or homeowners insurance. There are many reputable contacts that can give direction to make life insurance a reality in your life.

Determining the proper amount of life insurance to purchase is another perceived roadblock. An agent from a reputable company with any tenure will take good care of you because so much of their business is built on referrals. The amount of insurance purchased should equate

with the amount of money necessary to maintain the family's standard of living. A loose equation for life insurance should look something like this; the amount of short-term obligations/debt (car loans, credit cards, etc.), plus long-term obligations like your mortgage, college expenses, etc., plus the income to be replaced for a certain period of time, minus savings, investments, and other liquid assets. Below is a simple example.

Car Loans	\$10,000
Credit Card Debt	\$10,000
College Expenses	\$30,000
Mortgage Balance	\$250,000
Income Replacement (5 years)	\$300,000
(Five years child goes to college and surviving spouse returns to work)	
Less Saving and Investments	\$100,000
Total Estimated Life Insurance Need	\$500,000

Nobody likes talking about life insurance, but it is a major component of sound financial planning. Life insurance will protect the remaining family members when one of life's guaranteed events, the other being taxes, occurs unexpectedly.

How to Buy Life Insurance Resources on the Web

<http://www.smartmoney.com/plan/insurance/how-to-buy-a-life-insurance-policy-1304837548050/>

<http://money.cnn.com/magazines/money/money101/lesson20/> ■

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



DAVID CIAMBELLA

Is Your Successor An Experienced Driver?

Would you ever put your child in the driver's seat of a car and send him/her off without any practical experience?

Would you ever buy an automobile without taking it for a test drive? Naturally these are rhetorical questions. But I cannot begin to tell you how many business owners I have encountered during my career who have done the equivalent when it comes to planning for the succession of their business.

Often times business owners reluctantly engage in the planning process at the urging of a trusted advisor or as a result of a triggering event such as the loss of a close friend or family member. Motivating business owners to address their own mortality is not an easy task. In fact, many would rather have a root canal in lieu of addressing their estate and business succession plan. Frequently, business owners assume that a certain individual can lead the business in the event of a catastrophe leading

to the execution of legal documents to facilitate the business owner's intent. In some instances, particularly when family members are actively involved, little regard is given to assessing the capabilities of the identified successor and developing a plan to ensure the successor is adequately prepared to lead the business in the future. As you can imagine, a majority of the time there is not a happy ending to this situation. In my personal experiences, I can count on one hand the number of individuals who were thrust into the leadership chair as a result of a premature death and successfully preserved the business. No doubt there were likely some expensive lessons learned along the way. However, their courage and resilience prevailed.

Instead of just hoping your successor can effectively lead your business after your retirement or death, give him or her a test drive. Give your successor the opportunity to lead and make tough decisions before you exit the business to determine if he or she can actu-

ally do it. This also allows you the opportunity to see your successor in action which can lead to additional coaching and training opportunities helping to hone their business and leadership skills. In addition, develop an alternate plan in the event your chosen successor does not work out as you initially intended.

Properly preparing your successor is imperative if your goal is to

perpetuate your business through the next generation. In next month's issue, the utilization of a 360 Review to help identify leadership gaps and coaching opportunities for prospective successors will be addressed. Wouldn't it be better to determine in advance if your successor was truly capable of running your business? Your legacy is at stake here and your family and extended family (managers and employees) are counting on you. Don't let them down! ■

Give your successor the opportunity to lead



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Amy Smith Photography

Business In The Parks

Trust Across America has selected Consensus Communication's **Roy Reid**, APR, CPRC as one of 2013's Top 100 Thought Leaders in Trustworthy Business Behavior. Roy joins a stellar list of business thought leaders from around the globe including such luminaries as Richard Branson, CEO of Virgin; Tony Hsieh, CEO of Zappos; best-selling author of the groundbreaking "In Search of Excellence" Tom Peters; "Speed of Trust" author Steven M.R. Covey; Starbucks CEO Howard Schultz; columnist and author Thomas Friedman; and Patrick Lencioni, consultant and best-selling author.



ROY REID

Fifth Third Bank recently announced that **Barb Scherer**, the former president of Engauge Marketing's Florida office, joined as the regional marketing director for the Florida Region. In her new role, Scherer serves on the bank's regional executive leadership team and oversees marketing initiatives throughout the bank's three affiliates in the state – Central and North Florida, Tampa Bay and South Florida. She brings extensive experience in advertising, marketing, public relations and consulting, having worked in the New York City, Tampa Bay and Orlando markets. A native of New York City, Scherer was raised in Naples, Fla. and is a graduate of Naples High School and Florida Southern College.



BARB SCHERER

The Winter Park Health Foundation (WPHF) Board of Trustees has added three members and elected new officers for 2013. New trustees include **Harold Barley**, executive director of MetroPlan Orlando; **Dr. William Marvin Hardy, IV**, medical director and pediatri-

cian at Grace Medical Home; and **J. Kurt Wood**, director of client service at DePrince, Race & Zollo, Inc. Officers for 2013 include **George Herbst**, chairman; **Jean D. Leuner**, Ph.D., dean of the UCF College of Nursing, secretary; **Marisa Carnevale-Henderson**, senior vice president for Bank of America, treasurer and **Patricia A. Maddox**, president. In addition, **David Stanley**, principal of the Winter Park Ninth Grade Center, will serve as vice chair-children & youth; **Dr. Joseph Portoghesi**, as vice chair-community health; and **Gerald Sutton**, CPA, as vice chair-older adults.



HAROLD BARLEY



MARVIN HARDY



J. KURT WOOD

Sigma Alpha Lambda is proud to announce that **Rebekah Erwin** of Winter Park has recently become a member their National Leadership and Honors Organization at Clemson University. Sigma Alpha Lambda is dedicated to promoting and rewarding academic achievement and providing members with opportunities for community service, personal development, and lifelong professional fulfillment.

Congratulations to **Dee Morgan**, **Jennifer King**, **Pamela Ryan**, **Kelly Price**, **Jenni Sloan** and **Audra Wilks** on winning the **2012 Five Star Professional Award!** The winners were nominated by clients, peers and industry experts. They were chosen for their exceptional communication skills, integrity and customer service. These six experts are in the top 2% of real estate professionals in the Central Florida area. Kelly Price & Company is a full service boutique real estate firm located in Winter Park, Florida and specializes in residential real



DEE MORGAN



JENNIFER KING



PAMELA RYAN



KELLY PRICE



JENNI SLOAN



AUDRA WILKS

estate, commercial sales and leasing, property management, short sales and bank-owned properties.

M/I Homes has acquired a 10-acre site overlooking Bear Lake on Bear Lake Road off Maitland Blvd. in Maitland for development of a luxury residential community. **David Byrnes**, president of M/I Homes in Florida, said the Enclave at Bear Lake will include 35 luxury homes that range in size from 1,800 square feet of living space to 3,400 square feet. Byrnes said single-family homes at The Enclave at Bear Lake will be priced from \$225,990. Site development will start in March, Byrnes said, and M/I Homes will start construction of model homes in October at the Enclave at Bear Lake.

Maria E. Rodriguez, M.D. is the newest addition to the **Grace Medical Home** staff. Born in Cuba, she moved to the United States in 1997, and comes to Grace with 24 years of clinical experience.



DR. RODRIGUEZ

Most recently, she was a family medicine physician at Lawndale Christian Health Center in Chicago. "I feel very honored and blessed to be a part of Grace— a ministry reflecting the love of Christ through

health care for the underserved," Rodriguez said. Having another full-time primary care physician allows Grace to expand capacity and serve more patients in need.

One of Winter Park's longest running residential real estate firms recently celebrated a milestone as last month marked the 32nd anniversary of **Fannie Hillman + Associates**. Founded in 1981 by Fannie Hillman, the independent Winter Park firm is a leader in the sale of luxury lake-front residences in the Winter Park-Maitland-Orlando market, and has posted existing home sales of nearly \$3.8 billion since its formation.

The law firm of **ShuffieldLowman** recently named longtime Orlando attorney **Alexander "Alex" S. Douglas, II** as a partner with the firm. Formerly with the law firm of Pohl & Short, Douglas recently joined the ShuffieldLowman litigation department, providing wide-reaching knowledge in all areas of litigation with extensive experience in the areas of trust and probate litigation. Practicing law for 23 years, Douglas is a Martindale-Hubbell AV rated attorney providing senior litigation experience in a wide variety of areas, including business, probate and trust, fiduciary and contested guardianship cases. Douglas earned his Juris Doctor degree, with honors, from Florida State University College of Law.



ALEX DOUGLAS

Royal Oak Homes, a third generation family home builder whose track record includes more than 14,000 new homes in Central Florida over the past 30 years, has named **Kirk Wallace** construction manager. Matt Orosz, co-president at Royal Oak Homes, said Wallace has more than 30 years of experience as a homebuilder. ■



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in the garden

by Stephen and Kristin Pategas



STEPHEN & KRISTIN PATEGAS

Bamboo - The Beauty Or The Beast?

It spreads uncontrollably. It swallows the garden, the house and your life. Fact or fiction? Shockingly it is inevitable – if you select the wrong bamboo. As new bamboo shoots emerge from the ground many feet away from the mother plant you will never want for a task. On the bright side, the waist line will shrink from the regular bending required to cut off these interlopers. After a few years, next door neighbors will gossip about you and then move away in the middle of the night.

Classified in the family of grasses, bamboos seduce with their willowy trunks (culms, or

humans and animals, including pandas, who eat the leaves. The wide diversity of the more than one thousand different species of bamboo means that those in the genus Sasa hug the ground as a groundcover while those in other genera soar to heights of 50 feet or more. The culms vary in width from less than a pencil to a hefty twelve-inches. They all need full to part sun and prefer well-drained soils with good moisture.

However when it come to spreading, bamboos have a split personality. Plant the beast-like running type of bamboo without a substantial concrete wall (set above the soil line and about three-feet below) to contain it and you may discover you want to place your house on the market. While running bamboos may travel under driveways and around swimming pools, the “behaved” bamboos slowly increase the width of the clump. Once the clump has reached the desired width it’s easy to cut off new soft shoots at the edge of the clump. As the shoots elongate and age, they harden. The clumping types are from the genus Bambusa and a few others. The different species offer a wide range in size, habit, culm diameters and colors and cold hardiness. With such a great diversity it’s critical to select the proper bamboo.



Golden Goddess bamboo provides privacy in our garden.



Giant timber bamboo culms reach a five-inch diameter.

canes, in bamboo-speak) and their strength is legendary. In Southeast Asia bamboo construction scaffolding rises multiple stories. It’s the silica in the culms that provides the strength and also dulls cutting tools. Products made from bamboo include paper, containers, household and agricultural implements, chopsticks and flooring. The shoots are a vitamin-rich food for

Our design palette of bamboos includes these clumping cold hardy types:
Bambusa multiplex - Hedge bamboo (25-30’ ht., 1.5” dia. culm)
Bambusa multiplex ‘Alphonse Karr’ - Alphonse Karr bamboo (25-30’ ht., 1.5” dia. culm)
Bambusa multiplex ‘Fernleaf’ - Fernleaf bamboo (10-12’ ht., .5” dia. culm, can shear into hedge)



Bamboo scaffolding cloaks a Hong Kong high rise.

Bambusa multiplex ‘Golden Goddess’ - Golden Goddess bamboo (10-12’ ht., .5” dia. culm)
Bambusa oldhamii - Giant timber bamboo (55’ ht., 5” dia. culm)
Bambusa textilis var. gracilis - Slender Weaver’s bamboo (25-30’ ht., 1-1.5” dia. culm)
Bambusa textilis ‘Mutabilis’ - Emerald bamboo (25-30’ ht., 2-3” dia. culm)
Oatea acuminata aztecorum - Mexican weeping bamboo (15-20’ ht., 1.2” dia. culm)
Select a clumping bamboo with the proper characteristics in the genus Bambusa and you will be one with your garden and your neighbors. ■

Hortus Oasis (FL26000315) in Winter Park is a boutique garden design company specializing in residential, commercial and specialty gardens. Stephen is a registered landscape architect and Kristin is a certified landscape designer. Contact them at 407.622.4886/ garden@hortusoasis.com

All photography by Stephen G. Pategas/Hortus Oasis

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Seeking the “perfect place” for their mother, Marjorie’s daughters looked at a number of communities – but they knew right away that The Mayflower was the right fit. “I feel safe and comfortable here,” says Marjorie. “It’s truly a maintenance-free lifestyle with lots to do. And my girls no longer have to worry about me.”

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pop culture detours by George McGowan

The Best Love Stories Ever Read/Seen/Heard (Or Not – You Decide!)

To honor the month of love, I took some time to see what others think might be the best love stories of all time. Of course, being a pop culture aficionado, I was led to the love stories presented in song, word or image over the years. Here, then, are some “lovely” lists for you to consider, dismiss and/or revise.

Last year in February, the online site Nerve listed the top 50 love songs of all time. This was, indeed, a daunting task. In my review of the list, there were a few surprises of songs that don’t appear to be love songs (especially from their titles), but the compilers of the list certainly did a great job on the top five: #5 – “Time After Time” – Cyndi Lauper; #4 – “The First Time Ever I Saw Your Face” – Roberta Flack; #3 – “Let’s Stay Together” – Al Green; #2 – “Something” – the Beatles; and #1 – “God Only Knows” – the Beach Boys. I can’t really quarrel with any of these titles, although it is surprising not to see Frank Sinatra, Elvis Presley, Barbra Streisand or someone else typically associated with making the ladies (or men) swoon with love and longing. Of these five songs, three “live” on my iPod (care to guess which?) and I have listened to them frequently over the years. But the question of naming my favorite love song is too much to ask. There are just too many to list! This would be a task for the ages and would need my full attention. Maybe a task for when I am retired!

Another online site, Your Tango.com (tagline: Your Best Love Life), lists the 10 Greatest Love Stories of all Time, with their top five as: #5 – “A Midsummer Night’s Dream” – William

Shakespeare; #4 – “Casablanca” – Murray Burnett; #3 – “Romeo and Juliet” – William Shakespeare; #2 – “Anna Karenina” – Leo Tolstoy; and #1 – “Wuthering Heights” – Emily Bronte. Now, here is a list that is drastically different from any list of love stories that I could compile from the books I have read. I cannot assert that these books (or plays) have any deep meaning for me. I tried once to read “Anna Karenina” and never completed it, I have seen the movie “Casablanca” several times and I have seen movie adaptations of the others listed perhaps once or twice. If I had to name a couple of novels that I have read that above all else were wonderful love stories, and which I could honestly say I would read again or recommend to a friend, I would list “Corelli’s Mandolin” by Louis de Bernieres, “Love in the Time of Cholera” by Gabriel Garcia Marquez and “The God of Small Things” by Arundhati Roy. There are several more that come to mind, as love permeates most good literature. You certainly have three or four of your own and perhaps February is the month to re-read them!

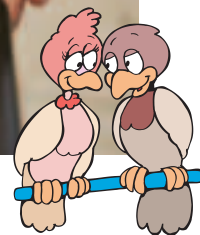
In 2002, the American Film Institute (AFI) revealed the 100 Greatest Love Stories of All Time as: #5 – “An Affair to Remember” (1957); #4 – “Roman Holiday” (1953); #3 – “West Side Story” (1961); #2 – “Gone with the Wind” (1939); and #1

– “Casablanca” (1942). As you can see, this list is heavily weighted towards the early days of film. But what about the last twenty years? Can you think of any recent movies that could be considered among these classics? How about from among those films nominated for Best Picture? In the last ten years, I can only see three movies with love stories that even come close to those depicted in the AFI Top Five. They are: “Lost in Translation” (2003); “Brokeback Mountain” (2005) and “Up” (2009). Not exactly classic movie romances, huh?

One about a May-December romance, one about a romance between gay men, and one about the love between an old man and the memory of his wife.

Good movies all, but it can be easily argued that they cannot even crack the Top Twenty (Thirty? Forty?) of the AFI list of 100 Greatest Love Stories of All Time. Now, ladies, calm down, I have not seen “The Notebook” so I can’t comment on whether it should be mentioned in the same breath as “Casablanca” and the others. But, it seems a bit sad that there has been no singular movie love story from the last twenty years or so that we could easily say can be considered a truly great love story.

Listen, read or see something that re-kindles your love of music, books or film this month! And maybe you will also re-kindle another kind of love! ■



Orlando Philharmonic Features Michael Andrew In Concert



On February 9, the Orlando Philharmonic will feature vocalist Michael Andrew and his band, Swingerhead, in a concert of romantic swing hits. Guest conducted by Albert-George Schram, the concert features songs like “Night and Day,” “My Funny Valentine,” “L-O-V-E,” and “Almost Like Being in Love,” as well as selections from the Broadway-bound musical, “The Nutty Professor,” directed by Jerry Lewis with a score by Marvin Hamlisch and Rupert Holmes. Andrew recently played the title role in the world premiere, and in TIME Magazine, Jerry Lewis called him Broadway’s next star.

For two years, Michael An-

drew was the headline singer and bandleader at the Rainbow Room atop Rockefeller Center in New York City where he entertained audiences nightly and hosted a live radio broadcast, “Live From The Rainbow Room.” His self-written musicals, “Mickey Swingerhead & The Earthgirls,” “The Johnny Mercer Radio Hour,” and “Mickey Swingerhead” led to the formation of his band, Swingerhead, which has toured extensively throughout the country performing concerts and events including the 2005 Inaugural Ball. He has performed with orchestras in Akron, Albuquerque, Houston, Long Beach, Missoula, Orlando, Providence, San Antonio, Sarasota, Palm Beach, and other cities across America.

On February 9, the Orlando Philharmonic’s young patrons group, Overture, will host a Valentine-themed martini social at 6:30 p.m., prior to the 8 p.m. performance. Passes are \$10 in advance and \$15 at the door.

The concerts will take place at 2 p.m. and 8 p.m. at Bob Carr Performing Arts Centre, 401 W Livingston Street in Downtown Orlando. For concert tickets and additional information please visit www.OrlandoPhil.org. ■

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Play It Again, Theatre Downtown


by Barbara Solomon

PLAY IT AGAIN, SAM

WRITTEN BY WOODY ALLEN

DIRECTED BY FRANK HILGENBERG

STARRING DAVID STRAUSS AND PAMELA STONE



This is the very funny story of a sad sack whose wife left him and he's in a funk. Doesn't sound funny, does it? But it is because of Woody Allen's characters and his take on the whole situation. Allen, played by David Strauss, is living his life through the movies; he keeps getting advice from an imaginary Humphrey Bogart. Allen is comforted by his best friend, Dick (Tim Bass), and his wife, Linda (Pam Stone). As Dick is constantly busy with work, Allen and Linda are thrown together in all kinds of situations. Allen's self image is in the gutter and Linda tries to pull him out. Eventually they get it on, which freaks Allen out because Dick is his best friend. Although he is pretty much in love with Linda, he sends her back to Dick. Bogey leaves him with the lines, "There's more to life than dames. You did a right thing for a pal."

As always at Theatre Downtown, the play is exceptionally well acted and superbly directed by Frank Hilgenberg. David has captured the goofy character perfectly, down to the New York accent, which is not a stretch, since he's originally a New York boychik. He has a nice delivery along with good comedic timing. But the best comedic timing has to go to Tim Bass, whose gestures and nuances are always a sight to behold and a reason to laugh. His demean-

or and expressions are just fabulous. My favorite scene was with David and Tim in the Italian movie scene — it is hysterically funny. Pam starts out angry, I'm not sure why, but improves as the play progresses. I never get the feeling, however, that she really has fallen for Allen. The two actresses in minor roles, Niki Lopez and Jackie Prutsman, are both great; they vary their multiple roles to fit the character of the moment. And I just loved Rosanna Hurt as the fed-up wife—her screaming diatribes along with her great New York accent were a hoot. My favorite line in the play is when Allen says she is "a product of the City College cafeteria."

Yes, there is a moral to this story, actually several. The schlubby guy can turn it around and become, well, not quite a stud, but less of a schlub. Friendship is one of the most important things to hang on to, even if it costs us something else we value. And last, but not least, we all have the strength to succeed on our own. So if you want a really fun evening, even if you are on your own, head on down to Theatre Downtown for this great Woody Allen comedy.

Playing through February 9 at Theatre Downtown, corner of Orange and Princeton Avenues. For more information call 407-841-0083 or visit theatredowntown.net. ■

Barb's Best Bets for February:


"My Way, A Tribute to Frank Sinatra" at The Winter Park Playhouse, "Othello" at Orlando Shakes, and "Biloxi Blues" at The Garden Theatre.

OCPS Students' Votes Count At Student Food Show

Orange County Public Schools (OCPS) hosted their sixth annual Student Food Show with OCPS high school, middle school, and elementary school students putting their taste buds to work sampling and voting for potential new menu items for the 2013-2014 school year.

Featured at the food show was the district's new fresh fruit and vegetable booth. The fresh fruits and vegetables selection at the show went through the same process of testing as other menu items. This allows the district to make sure the selected produce is what students want to eat. In addition, OCPS also makes a concerted effort to have gluten-free and vegetarian food items represented at the show.

More than 30 vendors served more than 100 food items. All the food items featured at the show followed the new national nutrition standards that were implemented last year. The standards will be put in place over the next three years to



(L to R) **OCPS School Board Member District 6 Nancy Robinson; Lora Gilbert, senior director OCPS Food & Nutrition Services; Elizabeth Vance; Morgan Pollock; Lisa Portelli, program director Winter Park Health Foundation; Eriana Taylor, and Emerald Paul.**

reflect current dietary science and to combat the epidemic of childhood obesity which is as pressing a problem nationally as childhood hunger.

OCPS Food and Nutrition Services serves more than 27 million meals and snacks each year. That equals approximately 157,000 breakfast and lunch meals daily. The department brings in more than \$62 million in federal money to the school district and provides award-winning programs. ■



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14 Things To Make Your Body ROCK In 2013

By Alicia Streger, RKC, CSCS

Did you end up 2012 where you wanted to? If not, you probably have some changes you have to make.

Change is a good thing and will happen no matter what- but PROGRESS is better.

Progress = Growth. Without growth, we die both physically AND emotionally. You've always been told to work smarter, not harder... and that applies to fitness as much as every other area of your life. So these changes don't have to be hard, they just have to be smart and worth your time!

Here are 14 Great Tricks & Tips to Make your Body ROCK in 2013:

1. "If you keep good food in the fridge, you will eat good food." ~ Errick McAdams Enough said. It's simple and easy to follow and is the main premise behind pretty much every program and challenge. It doesn't have to be time-consuming, but it does have to be a priority. Your body will thank you for it.

2. De-Frizz your life. Yep- cut out all the noise and fluff that's in your life. My rule of thumb: If it's NOT helping me to grow, contribute, or fulfill my personal goals or mission in a positive way, then it's probably wasting my time. All of that "extra stuff" = stress. Stress increases cortisol in your body and that equals more body fat. Therefore, that extra stress in your life can = more fat. Plus, it takes away the most valuable resource which we have, our time.

3. "You gotta get up to get down." At work? Get up from your chair at least every 20 minutes. Have a quick stretch and maybe do a little Gangnam-style for a minute before you sit back down. You'll be amazed at how much better you feel. You'll get your blood circulating again, you'll probably notice you can focus a little better, and you'll be a hit in the office with your snazzy dance moves.

4. Catch those Zzzz's. Did you know that over 40% of us suffer from chronic lack of sleep? Lack of sleep is associated with impaired memory, slowed speech, lack of ambition, and will lead to imbalanced hormones in your body causing weight gain and chronic fatigue. Shoot for 6-8 hours of uninterrupted sleep.

Trainer Tip: Try to turn off all electronics- TV, cellphone, and computer at least 45-60 minutes before you go to bed. This will help to calm your mind allow you to have a more restful sleep.

5. Get your protein every time. Having protein at every meal will help you to not only maintain your muscle mass and increase your resting metabolism (helping you to burn more body fat at rest), but it will keep you fuller much longer and help you from eating junk. I personally try to keep my protein intake around 65-.75g/lb of body weight. Aim for 15-30% of your diet to come from protein.

6. Wake up with water. Start your day off with a big glass of water to cleanse and help detox the system from your night of built up toxins. Also, shoot for drinking 1/2 your body weight in ounces every day.

7. Get yourself some fish oil. Want to strengthen your immune system, reduce your inflammation, protect against cancer, and speed up your FAT metabolism? Do yourself a favor and get some good quality fish oil. I personally get mine from StrongerFasterHealthier.com, but you can find some good ones at Whole Foods or Bob's Nutrition Store also!

8. Think before you ACT. Remember, BEFORE you put any junk into your mouth- ask yourself "Is this worth it?" It is worth how you'll feel afterwards, and is this helping you to move closer to or farther away from your goals? Mindless eating in front of the computer or TV has contributed to significant weight gain in many people. Be conscious of your actions, and you may just find that your scale starts to drop pretty quickly.

9. Be an Inspiration. Do you have friends or family in your life who need to make a lifestyle change to get themselves healthy? Set an example and be a role model. Invite them to workout with you or share cool recipes that you find. Leading by example is one of the most POWERFUL ways to influence those closest to you (and others). Here's your opportunity to not only make a huge difference in your own life, but in those who you care about most.

10. Skin brushing? This one is a relatively new one for me, but I've been doing it for a couple of months now and really like it. It's known

to stimulate blood flow, increase lymph drainage, exfoliate your skin, and stimulate new cell growth. And ladies- it's also said to help firm the skin and remove cellulite.

11. Don't cheat yourself. This one goes without saying. Don't skip your workouts when you are tired. Don't cheat on your reps or on your form when you're training. The only one you are cheating is yourself. Commit to 2013 as your year to STEP UP and make a change. Having support and accountability built into your workout program is critical for success. Try joining a local boot camp or group fitness class. Just make sure that whoever you choose has a proven track record for success and are currently certified.

12. Spice it UP! Add spicy seasonings to your meal (like red pepper flakes, black pepper, & ginger). It will help rev up your metabolism. (But watch the salt.) Studies have proven that eating spicy foods can increase your metabolism up to 8% over a normal rate AND has the potential to make you feel fuller, longer. Double Bonus!

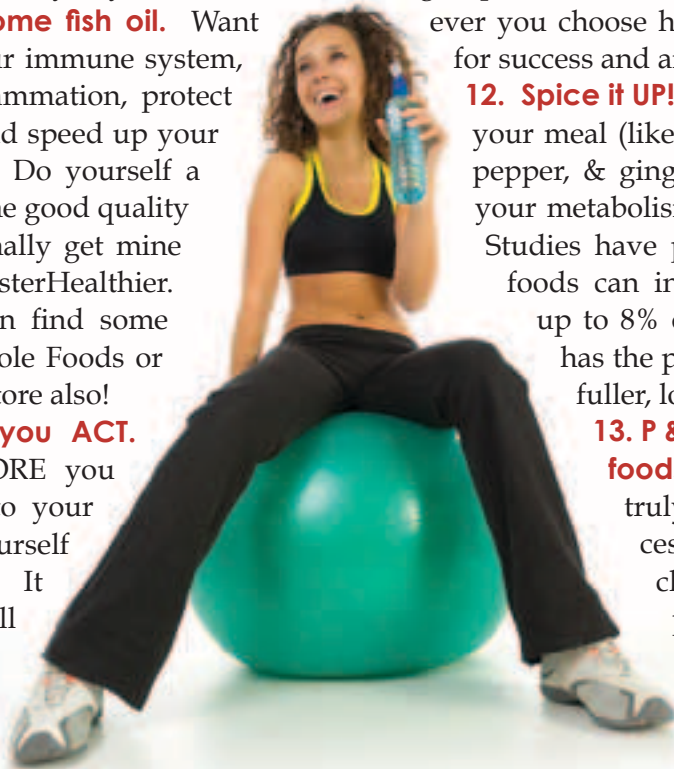
13. P & P: plan and prep your foods in advance. This is truly the KEY to being successful in losing weight or cleaning up your diet (and pretty much everything else in life.) You have to set yourself up for success if you want to see change. Remember-

if it is truly IMPORTANT to you, you will find a way to make it happen. Helpful tip: Block out time in your schedule to get your food shopping and meal prep done.

14. Beat your cravings. Everyone gets them- it's all about re-directing your focus. Try brushing your teeth. Especially at night, when I'm craving something sweet, I will always brush my teeth. Once my teeth are clean, I rarely want to eat anything afterwards. ***Trainer Tip: Try a teaspoon of coconut oil 1-3 times a day. This works AMAZINGLY well and is one of my best tips for controlling sugar cravings.

This is a brand new year and you have a blank canvas ahead of you. Here's your chance to step up and create the life you truly want for yourself. ■

Alicia Streger, RKC, CSCS is a fat loss & conditioning specialist and the owner of Forte Fitness



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live meaningfully

by Ayesha G. Fuhr, M.A.



AYESHA G. FUHR

Goals And “Meaning-Centered” Questions

Ahhhh – We’ve made it through the over-indulgence of Thanksgiving, the finality of the Mayan Calendar, the excess of Christmas and the exuberance of the New Year. We’ve even made it through one whole month of 2013. So now, with a deep and restorative sigh, I’d ask... How’s it going?

There’s the inevitable flurry of activity throughout year-end and then the ensuing ‘catch up’ following it. February seems to be the first month we have a moment to stop and look around and really assess what’s left and what goals on which we can actually focus and towards which we can intentionally drive. (I don’t love the notion of ‘resolutions’ as I can’t help but feel as though we should be a constant work in progress and resolving to improve oneself is not an activity for which January has the exclusive.) However, I do absolutely appreciate a good set of goals.

What are your goals for 2013? What’s going to be truly different for you this year? In what ways can you change from the inside out in this next eleven months? I don’t mean the contrived ‘lose the holiday weight’ nonsense... I mean, what makes your life truly meaningful.

I spent this holiday season trying to remain mindful of inherent value versus apparent value. I would consistently remind myself to breathe and refocus. I am as guilty as the next

person of getting sucked into the frenetic pace and unnecessary stress of the holidays. However, with each spike in my anxiety, I would ask myself one relevant question... is this truly meaningful in the big picture?

** Is there any possibility at all that I’m going to reflect on my life at the end of my days and wistfully regret not having coordinated the wrapping paper for all the presents this Christmas?*

** Am I ever going to wish that I had spent one less day with family so I could get home and do one more day of chores?*

** Will I bemoan the extra calories ingested during this great meal with friends as ‘not worth’ the memories made and the connections shared?*

** Is there any chance at all that I’ll mourn the day ‘lost’ playing with my nephews instead of catching up on work?*

The answer on all counts is, of course, a resounding **No**.

Now, I recognize that those may sound like tongue-in-cheek questions, but if you drive right down to the meaning of each interaction and each choice, they’re actually the sorts of things about which we’re angsty.

My goals this year are:

- 1) Simplify.
- 2) Love More.

By asking myself these “meaning-centered”

questions, I believe I’m actually able to stay focused on both of those goals. Simplifying is about getting to the essential elements of what’s important and truly meaningful to me. And ‘Loving More’ (albeit a bit of a misnomer) is not about literally loving more (as I’m really quite full of love) as much as it is about loving more openly, honestly, generously, vulnerably effusively, etc...

I share these goals with you (and encourage you to make your own) because I believe such elemental focus and intention can, quite simply, change your life.

(*Now – my Tupperware closet could use a good clean out as well... but we’ll throw that into the ‘Simplify’ column.)

Nonetheless, I wish you a Thoughtful, Meaningful, Intentionally Joyful, Peaceful, Simple and Loving February. And I encourage you to get on those goals now before another month slips by!

Happy Valentine’s Day to all of you and to all of those you love.

Be Well; Live Meaningfully.

‘Til the next time,

– Ayesha ■

Ayesha G. Fuhr, M.A. practices at 2150 Park Avenue North, Winter Park, FL 32789 as a Registered Mental Health Counselor Intern and can be reached at ayesha@livemeaningfully.net or 407.796.2959.

Is this truly meaningful in the big picture?



What are your goals for 2013?

park press pets

by Sherri Cappabianca

Acupressure For Your Pet

Like acupuncture, acupressure is part of the practice of traditional Chinese medicine (TCM), a complete system of healing that dates back more than 3000 years. A more holistic approach, TCM recognizes patterns and imbalances that



Western medicine does not. TCM considers “the whole,” where everything is interconnected and interdependent. Health is viewed as the balance of the body’s physical and emotional condition, in harmony with the environment. Disease occurs when the balance and harmony are upset.

Acupressure is the practice of applying pressure to specific places on the body to release energy considered “blocked” or “congested.” It relieves muscle

tension, promotes circulation, and enhances the immune system and healing.

Without knowing anything about acupressure, you can help your pet reap some of its benefits by doing the following massage strokes. First,

if your pet will allow it, massage all four paws. An animal’s paws have an abundance of acupressure points, plus, the massage feels good! If your pet doesn’t like his paws touched, begin slowly by simply holding each paw, one at a time. Then, work up to massaging the paws.

Next, with your hand in a flat position, and with light to moderate pressure, begin at your pet’s head and slowly slide your hand along either side of the spine, ending at the tip of the tail. Repeat this stroke for a total of three times on each side of the spine (six strokes total).

Give it a try; your furry friend will love it! ■

Sherri Cappabianca is the author of two books on canine massage and health, and is the co-owner of Rocky’s Retreat Canine Health & Fitness Center, located just west of College Park in Orlando.



Open House Sunday, February 10th
Join Us Between 2:00 pm and 4:00 pm



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Few decisions have the lasting impact on your child as that of your school choice. During these formative years life-long friendships are made, spiritual formation takes place and values are instilled. At The First Academy, we partner with you in making these days the very best that they can be.



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schools



Aloma Elementary

Principal Dr. Drew A. Hawkins

We need your help on increasing student attendance. For the 2011-2012 school year, from the months of September through December, we had an average of 310 absences per month. For this school year from September through December, we had an average of 367 absences per month. In order for your children to be successful in school, they need to be in school. You can help us with this goal by having your child on time every day, and not signing your child out early. Remember that absenteeism and tardiness disrupts a student's education. One absence or tardy is enough to miss the introduction of a key skill that is the foundation for the next stage of learning. Thank you for your help with this.

Our next SAC Meeting will be on Tuesday, February 5 at 8:00 a.m. in the principal's conference room. The PTA is sponsoring their School Dance on Thursday, February 7, from 6:00 – 8:00 p.m. in our cafeteria. We hope many of you can make it. We will be hosting an FCAT information night on Tuesday, February 19, from 6:30 – 7:30 p.m. for the parents of our 3rd, 4th, and 5th grade students. Please come out and learn about testing on your child's grade level, as well as strategies to help prepare them for the upcoming tests. Remember that there is no school for students on Monday, February 18.

As always, we appreciate your help and your support! We are "Team Eagle: Every Student! Every Day!"



Audubon Park Elementary

Principal Trevor Honohan

Please scan the QR code for a complete school news update:





Brookshire Elementary

Principal Dr. Marc Rummler

The excitement is growing each month as our new school building gets closer to being our new home. Windows are in and inside rooms are taking shape. Thanks to the hard working Skanska & OCPS teams, we are still on schedule to move in this summer.

While the excitement of our new school is prevalent this time of year, sometimes the excitement of school itself can wane. The stretch between winter break and spring break often has students losing a little focus. Our teachers work hard to keep kids motivated, especially when it comes to reading, and we ask parents to do the same. Parents may hear pleas from their children to skip their daily reading. Research shows that this would not be a wise decision. The student who reads for 20 minutes per night, which equals 3,600 minutes per school year, which is about 1,800,000 words, will typically score in the 90th percentile. The student who often skips reading and averages only five minutes per night of reading, 900 minutes per school year,

282,000 words, will score in the 50th percentile. The statistics are even more alarming for the students who choose not to read at all.

Parents not only need to ensure their children are reading nightly, but need to model reading as well. Turn off just one 30-minute TV show per night. Read for twenty minutes together, and then discuss what was read for 10 minutes. If you do this, your child won't even ask you, "Can I skip my reading tonight?"



Fern Creek Elementary

Principal Dr. Patrick Galatowitsch

Our students are back from a wonderful Winter Break! This holiday season we partnered with Lake Highland Prep and Macy's to provide gifts for every one of our 365 students. With over 20% of our pupils considered homeless, needless to say, it was a festive day full of big smiles, tears and mountains of ill-fated wrapping paper.

For those of you with a New Year's resolution to become more involved in the community, Fern Creek is still seeking socks, underwear and food donations. With summer around the corner, shoes of all sizes for our big and little ones would be much appreciated.

If you have more time on your hands and are interested in making a new friend through our mentorship program, please contact Community and Mentor Assistant Anna Dempsey at anna.dempsey@ocps.net and she will point you in the right direction. We currently have 55 students on our waiting list to receive mentors. With your assistance we can help make a brighter tomorrow for a few more of our kids. Also, if you are a business owner who would like to find out how you can partner with Fern Creek, we would love to speak with you as well!

Family Math Night will be held on Tuesday February 5 at 5:30 p.m. and our monthly School Family Assembly is Friday February 22 at 2:00 p.m. Please wish our fourth-grade students well as they complete the FCAT Writing test in late February.

Thank you so much for supporting Fern Creek, we are grateful for all you do for our staff and students.



Glenridge Middle School

Principal Heather Hilton

Thanks for a great start to the second semester of school! We sure are proud of our boys and girls volleyball teams for their outstanding performance this season. We hope our basketball teams will continue the trend. Home games will be held in the gym February 6 and 13, at 4:30p.m. Come out to support the Lions!

Our annual Food for Thought event will be Friday, April 12, 2013 at Leu Gardens. The proceeds from this event are exceedingly important to our IB MYP Program. Our IB program does not receive funds from the district, so the fundraising efforts of our IB Foundation are the only dollars that support the program implementation. Your support and attendance allows our teachers to continue training for IB, pays the annual fees, and provides unique opportunities and experiences to our students. The continued success of the Glenridge IB program benefits our entire student body and school community! If you are interested in attending, please stop by our front office for an order form.

I am proud to announce that our school was selected by OCPS to participate in a technology pilot. In March approximately 250 sixth graders will receive a tablet to use in their school studies. Teachers will receive training on how to use the tablet and its resources to specialize instruction for students in their classrooms. Students will be able to complete assignments electronically! This pilot will last through the end of the school year and the results will be used to help further the development of tablet technology in the education setting. This is a very exciting project for our school and we look forward to the learning curve!

Finally, we will be holding Green Up/Clean Up opportunity Saturday, March 9at GMS. This project is open to all GMS students and families. We hope you will join us as we spruce up the interior and exterior school grounds. More information will be forthcoming.



Jewish Academy of Orlando

Head of School, Lynne Shefsky

Jewish Academy of Orlando wishes everyone a very happy and healthy new year and is already off

and running with many activities and events. The second graders participated in a fun run to support Habitat for Humanity and then had a site visit field trip to "inspect" a home under construction. The kindergartners take their nutrition and money units to the next level by running their own "Healthy Snacks store" in the lunchroom for a day. Another upcoming event in February is a local author coming to conduct writing workshops with the elementary grades. The school will also have a "Read Aloud" night in March. The basketball teams are in the midst of the season, and those participating in the big school play in May are hard at work!

JAO is very proud to be the recipient of the distinguished "Apple Distinguished School" award for 2012-13, and is one of only 87 schools nationally which received this distinction. This is a result of the top-notch Apple-based technology used in practically every aspect of the school.




Lake Sybelia Elementary

Principal Dr. Julie Paradise


Our first semester has come to a close, our report cards for the second nine weeks have gone home, and we are off and running with our second semester. Our fourth-grade students will be taking the Florida Writes test on Tuesday, February 26. Our teachers and students have been prepar-

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Beth Littleford
Comedic Actor
"Dog With A Blog" on the Disney Channel
Park Maitland,
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ing for this opportunity to show off their writing skills. We know each student will do his/her best to meet the challenges of this test and the rest of us are all wishing them well.

We are all working to get fit. Many of our students participated in the Fast Start Track Meet at Showalter Field. The students had a great time with all of the events. This was a great way to get ready for our Boost-erthon which will kick off on February 22. The students will be getting pledges for the laps they will run on March 8 at our Fun Run. Some of our students are starting their day the healthy way every Wednesday morning as they join our Walking School Bus and walk with their friends to school. We are so thankful for our parents who walk with these students and help them develop healthy life habits.

February is Black History Month and we have many planned activities for the students and the staff. Our Black History Committee makes this an educational experience for all of us. It is always an event to remember.

We celebrated our Support Person of the Year, Alissa Miller, on January 23 and we are looking forward to celebrating our Teacher of the Year, Katy Conner, this month. It is an honor and a privilege to be working with these dedicated professionals.



Lakemont Elementary

Principal Dr. Brenda Cunningham

Happy February! As we move forward into the last half of our school year, we are focusing more than ever on helping all of our students acquire the necessary grade-level skills. Teachers continue to participate in professional staff development to acquire new skills and strengthen their pedagogy. Recent professional development activities included how to help our students with the new writing requirements coming with this year's FCAT Writes, and more in-depth sessions on the new Common Core Standards. Teachers also meet regularly for targeted, collegial dialogue and planning sessions to focus on areas of student need, ways to maximize resources and ways to ensure a relevant, rigorous curriculum. Our teachers are moving forward with teaching students the strategies and skills of successful students through the Destination College program. Once a month we have college spirit day in which we invite students to wear a shirt from a college to encourage an "I'm attending college" culture.

We also try to emphasize the importance of wellness, good nutrition and physical fitness. Through the Winter Park Health Foundation, our students have access to a mental health counselor (CHILL) and school nurse to address mental and physical needs. During regular physical education classes, our students have had several days of yoga instruction, as well as members of our school staff. Our Healthy School Team meets monthly and has recently generated some exciting ideas that will be finessed and presented to our school community soon. We will be premiering a monthly student award which encourages healthy living, complete with new characters on our morning news show: Pumpkin Spice

Girl and King Veggie!

We recognize that your child is the single most precious investment you have as a parent. It is our mission and focus as educators to keep your child safe, secure, and focus our attentions on the whole child. It is a joy and a privilege to be educators and we thank you for partnering with our school and supporting our students!



Maitland Middle School

Principal Ronald Maxwell

Hello to our Golden Hawks Family. The first semester ended on Thursday, January 17, 2013. Report cards for the first semester were sent home on Friday, January 25. We will begin FCAT testing beginning in February with FCAT writes on February 26. FCAT reading, math and science will begin on April 15.

Our boys and girls volleyball teams represented Maitland Middle School proudly in the playoffs and the girls' team lost in the semi-finals in a tough contest against Lake Nona. The basketball season started in January.

The PTA will meet on February 4, March 5, April 2 and May 7 at 7:00 p.m. at the school. School tours began in January for those who may be interested in attending Maitland Middle School. Please call the school pick a date to tour the school. Additionally, the second semester is a busy one with academics, testing, sports, performing arts concerts, field trips, awards ceremonies and the eighth grade end-of-the-year party. More details will follow as we get closer to each event or activity.

If you have questions about your student's progress feel free to contact our grade level guidance counselors anytime. Remember, at Maitland Middle School we are building a bridge to the future.



Park Maitland School

Head of School Cindy Moon

Celebrating 45 Years at Park Maitland!

The curtain opened and standing behind it were over 50 Park Maitland alumni with their children (current Park Maitland students) proudly waiting to share their fondest elementary school memory.



Their heartfelt words brought tears to the eyes of surprised school owners Mary Margaret Bowen, Carolyn Fritch, and Liz Kleppin, daughters of founder Nell Cohen. They have succeeded in carrying out the vision

of their mother who opened her one-room schoolhouse with 32 students, 45 years ago.

This Founder's Day celebration involved students, teachers, and alumni who gathered to celebrate Park Maitland School and recognize the impact that it has had on thousands of Central Florida children and the promise that it continues to hold for future generations.



One Park Maitland alumna who found it especially hard to leave is Park Maitland employee, Davina Spillmann. "I have such warm, wonderful memories of the school; I just had to come back and be a professional part of it myself. When I thought about what I wanted for my own boys, I knew it had to be Park Maitland for them as well!" As an-

other Park Maitland graduate, Jill Theisen, put it, "It was wonderful to see all of the alumni and their children and to hear all of the heartfelt memories. It was a true testament to the positive influence that Park Maitland School has on their students. Park Maitland not only educated us academically, but also helped us become successful in life."

As the curtain closed, the alumni, now prominent doctors, lawyers, entrepreneurs, and even current Park Maitland teachers and administrators, joined the student body to sing the Park Maitland Alma Mater...

"You give us roots...you give us wings...we thank you for so many things..."



St. James Cathedral School

Principal Mrs. Gerri Gendall

The theme of Catholic Schools Week, "Catholic Schools Raise the Standards," was evident at St. James Cathedral School. The students, faculty, parents, parishioners, and the community united together to celebrate the high quality Catholic education provided by our school. The week began on Sunday, January 27 with Mass where our students served as lectors, ushers and altar servers, followed by Open House at the school for both existing and prospective families.

At the beginning of the week, students memorized daily Bible scripture verses, created prayer cards to share with each other, and completed a prayer chain which was linked through out the campus. It was won-





Prospective K4 and Kindergarten Parent Information Day

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derful to observe the students rejoice with each other as they celebrated their faith!



Students used iPads to capture the week's activities and created a school-wide photo project titled "Faith Alive in Our School Through the Lens of a Child." The older students teamed up with younger ones and used pictures, music and technology as way to share what their Catholic faith means to them. Our parents also shared how they use their God-given talents in their daily lives and Bishop Moore Catholic High School students attended the All School Retreat. Catholic Schools Week culminated with everyone together to view the photo project and celebrate the many ways St. James Cathedral School "Raises the Standards."



The Christ School

Head of School Jason Powell, Ed.D.

Recently, The Christ School welcomed Crista Everett, visiting second grade teacher from Qatar Academy in Qatar. The visit was the result of a friendship between two second grade teachers that has blossomed into a pen pal exchange at TCS that offers students in two countries the opportunity to reach across geographical, cultural and religious boundaries to broaden students' global perspective.



The pen pal exchange began when Nan Carrick, TCS second grade teacher, said goodbye to fellow teacher and friend Crista Everett. Ms. Everett decided to leave her teaching position in Orlando to accept an opportunity to teach at Qatar Academy.

The two friends decided to utilize available knowledge and technology to introduce their respective second grade students to one another. For the past three years, every two months, the students in Mrs. Carrick's second grade class at TCS exchange letters with Ms. Everett's second grade class in Qatar. Students in both countries ask questions of one another about life and culture, they email photos, and at the end of each school year, accommodations are made for the seven hour time difference and Skype provides a vehicle for the two classes to meet in real time. We were happy to welcome Ms. Everett recently. She arranged a time to hand-deliver pen pal letters and discuss life and culture in Qatar. This letter exchange is another example of how TCS teaches to the whole child by providing learning experiences beyond the textbook to empower each child's learning potential.



Trinity Lutheran School

Principal Melissa Bergholt

The students and the families of TLS have many events to look forward to in February. We begin with our yearly celebration of National Lutheran School Week! The students have a packed week of dress up days, Penny Wars, and themed activities. Bring your family and join us at Chick Fil A on East Colonial from 5-8 p.m. on February 7 and Chick Fil A will donate 10 % of their profits to our school (don't forget to mention you are with TLS)!

On Saturday, February 16, beginning at 11a.m., Trinity will be hosting the Downtown BBQ Cook-Off! There will be food, drink, live music and a kid's zone. Bring your family and friends and join in the fun! At the end of the month, we will host our annual Read-In event, geared towards three-year-olds through third grade. Children and parents can come and be engaged in an interactive evening with one of our talented VPK teachers and the book of "The True Story of the Three Little Pigs." There will be dinner and activities that revolve around the story and the book will be brought to life by Ms. Stacey and her team!



Trinity Preparatory School

Headmaster Craig Maughan

In February, winter sports wrap up with varsity soccer and basketball post-season contests as spring sports are getting underway. Track and field, softball, tennis, baseball, and lacrosse start competing this month. Congratulations to Trinity Prep's Middle School Girls Soccer team for winning the League Championship, finishing their season with a perfect 13-0 record! Our chess team also earned national recognition in December for placing second in the tenth grade division of the National K-12 Chess Championship. In music, five of our students were accepted to the All-State Orchestra, and

three students were accepted into the All-State Band. Students in grades 8, 9, and 12 recently spent a week working with FCD Educational Services, a non-profit substance abuse prevention organization that visits campus every year. Two more Trinity Prep seniors have made commitments to continue their athletic careers in college. Daniel Salas of Winter Park signed with Dartmouth College to run cross country and track, and Jack O'Connor of Winter Park signed with Swarthmore College for swimming. Senior Angela Hosbein of Winter Park has been selected as a candidate for a special National Merit Scholarship funded by the Siemens Foundation. Trinity Prep also nominated high-achieving seniors Christine Monir of Maitland and Steven Schelling of Winter Park for prestigious merit scholarships at Stetson and Notre Dame, respectively. As we celebrate Trinity Prep's history and vision in our 45th year, join us for a play, concert, or athletic event. Check www.trinityprep.org for upcoming events, or follow us on Facebook and Twitter.



Winter Park High School

Principal Tim Smith

Submitted by Maureen Scanlan, Assistant Principal We have successfully helped over 60 WPHS students and their families. Each student received clothing, school supplies, food and pretty much everything on their wish

lists for this past holiday season. That even covered some chocolate chips and Fruity Pebbles. I cannot tell you the number of people who came from all over and donated to this cause. We received a tremendous donation from Publix, Baldwin Park, 24 pairs of brand new shoes from a wholesaler in New York (I still don't know what part of the sky those angels came from), and people who don't even have students here at Winter Park. Each day we found boxes, bags, gift cards, school supplies, food and money on my desk, many with no note of who sent them. Parents flooded the phones and email with offers to help. It was pandemonium, and so exciting all at the same time. Thank you does not express the gratitude we feel. It cannot possibly do justice for all the gifts that were lovingly chosen specifically for each student, and donated from the heart. We cannot begin to thank everyone individually, there are so many and many for whom we don't even have the names. Please know you have touched the hearts of many, and given hope for better times to come. The smiles and the tears of joy were the best gift of all. We now ask that we don't forget our students during the rest of the year. We wish to continue to meet the needs of these young people, and your continued support would be greatly appreciated. Donations to the food bank and homeless fund can make a difference in the life of these students, and the future of our families in need. ■



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COMMUNITY CALENDAR

Audubon Park Garden District Events

Ongoing Events

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

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

March 16 – 17 Annual Plant Sale – 9:00 a.m. to 5:00 p.m. at Leu Gardens located at 1920 N. Forest Avenue. Admission is free. For more information please call 407-246-2620.



Baldwin Park Events

March 9 Smile Mile – 8:00 a.m. at Blue Jacket Park located at 2501 General Rees Ave. This event offers races for different age groups and proceeds benefit the Track Shack Foundation, a local, 501c(3) organization that promotes health and fitness with an emphasis on youth programs. Registration is required with entry fees at \$5 thru March 2, \$7 thru March 3 to 8 and \$10 the day of the race. For more information please call 407-896-1160 or visit www.trackshack.com.



College Park and Orlando Area Events

Ongoing Events

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

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

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

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

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



February 5 National Pancake Day at IHOP – Guests from around the country can enjoy a free short stack of buttermilk pancakes, and in return are asked to leave a donation for Children's Miracle Network Hospitals. For more information please visit www.ihoppancakeday.com.

February 7 The Orange County Retired Educators Association Meeting – 10:00 a.m. at College Park United Methodist Church located at 644 W. Princeton Street. Anyone who has worked in education is invited to join. For more information please visit www.crea-fl.org, or call 407-677-0446.

February 17 6th Annual High Tea & Hats – 2:00 p.m. at The Peabody Orlando – Proceeds benefit Seniors First. For more information please call 407-292-0177 or visit www.seniorsfirstinc.org.



February 19 Session – “Your Habits and Your Money” – 10:00 a.m. – noon at the UF IFAS Orange County Extension Education Center located at 6021 S. Conway Road, Orlando. The cost for this session is \$10 per person. For more information please call 407-254-9200.

February 23 Electronic Recycling Event – 9:00 a.m. to 1:00 p.m. in Orlando Festival Park located at 2911 E. Robinson Street (corner of Robinson and Primrose). For more information on this free drive-up event

hosted by the City of Orlando's Green Works Orlando Initiative please call 407-246-2752.

February 27 6th Annual Woman's Leadership Luncheon – 11:30 a.m. at the Rosen Centre Hotel. Proceeds benefit Heart of Florida United Way and the event features keynote speaker Deborah Norville. For ticket information please call 407-429-2111 or visit www.hfuw.org.

March 1 Session – “Three Keys to Financial Success” – 10:45 a.m. to noon at the UF IFAS Orange County Extension Education Center. Please register for this free event at <http://amersaves2013.eventbrite.com>.

March 7 The Orange County Retired Educators Association Meeting – 10:00 a.m. at College Park United Methodist Church located at 644 W. Princeton Street. Anyone who has worked in education is invited to join. For more information please visit www.crea-fl.org, or call 407-677-0446.

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily

February 7 9th Annual Bruce Gould Poker Invitational – 7:00 p.m. at the Home Builders Association located at 544 Mayo Avenue. Proceeds benefit the JCC's Marvin Friedman Children's Scholarship Fund. For more information please call 407-645-5933 ext. 259 or visit www.orlandojcc.org.

Winter Park Events

Ongoing Events

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



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

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

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

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

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

February 4 Pedaling For Parkinson's – An eight-week indoor cycling program for people with Parkinson's Disease and their caregivers. Sessions are held Mon/ Wed/Fri from 2:00 to 3:00 p.m. at the Crosby YMCA Wellness Center located at 2005 Mizell Ave. For more information or registration please call 407-644-3606.

February 7 Winter With the Writers features National Book Award-winner Peter Matthiessen – 7:30 p.m. at Knowles Memorial Chapel at Rollins College. This event is free and open to the public. Guests are encouraged to arrive early, as seating is limited. For more information, visit the Winter With the Writers website at www.rollins.edu/winterwiththewriters.

February 7 Garden Talks with Stephen and Kristin Pategas of Hortus Oasis – noon to 1:00 hosted by the Winter Park Public Library and this session will be held at Hortus Oasis (bring lunch!) This month's topic is Getting Organized. Cost is \$5 per person and to register please call 407-623-3279 or visit www.wppl.org.



February 8 Brown Bag Matinee – “The World's Greatest Fair: Saint Louis 1904,” first hour (57 minutes). This free event starts at noon at the Hugh F. and Jeanette G. McKean Pavilion located at 161 West Canton Avenue (just behind the Museum). For more information call 407-645-5311 or visit www.morsemuseum.org.

February 10 Valentine Concert featuring Michael Andrew and Swingerhead – 4:00 p.m. in Central Park hosted by the Winter Park Chamber of Commerce and Park Avenue Merchants Association. For more information on this free concert please call 407-644-8281.

February 12 Exhibit Opening: “Lifelines—Forms and Themes of Art Nouveau.” An exhibition of nearly 100 objects from the Morse collection exploring nature, sensuality, and metamorphosis with the lively line and organic form of the international art phenomena of 1900. This free event starts at 9:30 a.m. For more information please call 407-645-5311 or visit www.morsemuseum.org.

February 13 Going Native (but not all the way) – 10:00 a.m. at the Winter Park Garden Club located at 1300 S. Denning Drive. For more information regarding this free event please call 407-644-5770.

February 14 Popcorn Flicks – 7:00 p.m. featuring the showing of “From Here to Eternity” in Central Park.

February 14 Winter With the Writers features Pulitzer Prize-nominee Karen Russell – 7:30 p.m. at Knowles Memorial Chapel at Rollins College. This event is free and open to the public. Guests are encouraged to arrive early, as seating is limited. For more information, visit the Winter With the Writers website at www.rollins.edu/winterwiththewriters.

February 16 House of Hope Run Around the Pines 5K presented by Florida Hospital – The 5K begins at 7:30 p.m. with the Healthy 100 Kids' Run starting at 8:45 a.m. at Showalter Field located at 2525 Cady Way. For more information please visit www.trackshack.com.

February 20 Chili for Charity hosted by the Rotary Club of Winter Park - Cost is \$25 in advance and \$30 at the door, and proceeds benefit over 30 local charities. For more information please visit www.chiliforcharity.org.

February 21 Winter With the Writers features African-Puerto Rican author Mayra Santos-Febres and Cuban-American poet Ricardo Pau-Llosa – 7:30 p.m. at the Annie Russell Theatre at Rollins College. This event is free and open to the public. Guests are encouraged to arrive early, as seating is limited. For more information, visit the Winter With the Writers website at www.rollins.edu/winterwiththewriters.

February 23 The Great Duck Derby – 10:00 a.m. to 2:00 p.m. at Mead Gardens.



February 27 Games Day – Fundraiser for WPCG Scholarship at UCF – 10:00 a.m. at the Winter Park Garden Club located at 1300 S. Denning Drive. Cost is \$20, and for more information please call 407-644-5770.

February 28 Winter With the Writers features Azar Nafisi – 7:30 p.m. at the Tiedtke Concert Hall at Rollins College. This event is free and open to the public. Guests are encouraged to arrive early, as seating is limited. For more information, visit the Winter With the Writers website at www.rollins.edu/winterwiththewriters.

March 3 34th annual St. Patrick's Day Parade – 2:00 p.m. along Park Avenue.

March 5 Ballroom Dancing (Beginners) – This eight-week class is held every Tuesday at 7:00 p.m. at the Winter Park Farmers' Market.



March 5 Ballroom Dancing (Intermediate) – This eight-week course is held every Tuesday at 8:45 p.m. at the Central Park main stage.

March 7 Garden Talks with Stephen and Kristin Pategas of Hortus Oasis – Noon to 1:00 at the Winter Park Library (bring lunch!) This month's topic is Fragrant Plants. Cost is \$5 per person and to register please call 407-623-3279 or visit www.wppl.org.

March 23 Zimmerman Kiser Sutcliffe Winter Park Road Race 10K & 2 Mile presented by Florida Hospital – This is the grand finale of the Track Shack Running Series. The 2 mile run starts at 7:00 a.m. and the 10K begins at 7:30 .m. at 251 Park Avenue South. For more information please visit www.trackshack.com.

April 20 – 27 Fifth annual Winter Park Paint Out – This week-long event features well-known local artists, with daily demonstrations and activities at the Albin Polasek Museum & Sculpture Garden. For a complete schedule or advance tickets to the Garden Party at 6:00 p.m. on April 27, please call 407-647-6294 or visit www.winterparkpaintout.org.

For More Great Events, News and Information Visit TheParkPress.com!

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