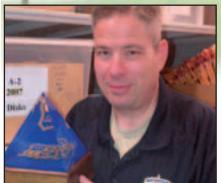
# The Park Press JANUARY 2013 ~ Positive news that matters ~

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



**Bigley Receives National Forensics** Award



A Fresh Look At Your Fiscal **Fitness** 



Pendula Passion

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## Many Central Floridians Qualify For Tax Credit Through Federal Program

With tax season under way, here's some relief for Central Floridians' wallets. Hundreds of thousands of local people will be eligible for refunds of Claim EITC. It up to \$5,700 on their

federal returns through the Earned Income Tax Credit (EITC).

To help residents claim the credit, Heart of Florida United Way is partnering with the IRS Volunteer Income Tax Assistance (VITA) program to provide more than 30 free tax prep-

aration sites from February 1 to April 17.

#### How does it work?

EITC allows those with low to moderate incomes to keep more of their earnings. The credit amount varies by income, among other factors - resulting in a refund when efit." the credit exceeds taxes owed.

In Central Florida, more than \$2.5 billion in refunds has been claimed over the past seven years. But the Internal Revenue Service estimates that one in four qualified people misses out.

"Many Central Floridians don't realize they're eligible," said Mark Batchelor, manager for financial stability initiatives at Heart of Florida United Way (HFUW). "We encourage residents to check into EITC, because free money is on the table - you just need to claim it."

"For those who are struggling to pay for housing, utilities, food and other basic



necessities, an additional \$5,700 is a potentially life-changing sum," added Robert H. Brown, HFUW president and CEO. "And since most EITC dollars are spent on goods and services right here in our community, local merchants and businesses also ben-

#### Who is eligible?

For 2012, credits range from \$475 to \$5,891. Among other qualifying factors, recipients must have received wages at some point during 2012, with both earned income and adjusted gross income less than:

- \$45,060 (\$50,270 married filing jointly) with three or more qualifying children
- \$41,952 (\$47,162 married filing jointly) with two qualifying children
- \$36,920 (\$42,130 married filing jointly) with one qualifying child
- \$13,980 (\$19,190 married filing jointly) with no qualifying children

Continued on page 5

# **Authors Visit Rollins College** For 73rd Winter With The **Writers**

Five writers from around the world will take part in the 2013 "Winter With the Writers, A Festival of the Literary Arts." In keeping with Rollins College's long-standing commitment to bring contemporary literature to the community, the 2013 season will feature a diverse mix of authors, including threetime National Book Award-winner Peter Matthiessen and Azar Nafisi, author of "Reading Lolita in Tehran: A Memoir in Books." For several decades the series has hosted renowned writers who share their work and expertise with students and the community.

Afternoon master classes and evening readings will take place on the Rollins College campus on four consecutive Thursdays, beginning on February 7. The events are free to the public. Parking is available in the SunTrust Plaza Parking Garage at no charge.



Azar Nafisi, Photo by S.J.Staniski

Three-time National Book Award-winner Peter Matthiessen will speak on February 7 at 7:30 p.m. in the Knowles Memorial Chapel (master class at 4 p.m. at 330 Winter Park Plaza). Matthiessen, a renowned novelist, nature writer, and environmental activist, is the author of many widely-acclaimed works Continued on page 9



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FROM THE PUBLISHER The Park Press | JANUARY 2013

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## Publisher's Message



RICK CABLE

#### Who knew Australia would serve as our frontline of defense?

Fortunately, the end of the Mayan calendar on December 21, 2012 did not signify the end of the world; but it did add for some interesting dialog, and thought, in both the media and social realms. Of course, we minimized our children's exposure to the media discussions, however thanks to the "new" world of technology they were provided with just enough information to worry.

Of course, I took a comical and rational stance as this predicted apocalypse would become the year's biggest non-event.

My reasoning that I shared, in trying to put my girls at ease, started with this: the Mayan calendar was made during the 5th century BCE and showed a linear progression of days that started

on August 13, 3114 BCE and ended on December 21, 2012 to span 5,125 solar years. Of course, I stated this knowing that they would give me a look of "What the?" So I followed with up with this.

First, their calendar did not predict the fatal collapse of their own civilization in 1100 CE. If they were good at predicting things they would have certainly included this on it, right? Second, perhaps the guys working on the calendar decided in collective agreement that

they were tired of working on this darn thing and decided to stop and just say it would be the end of the world. It would take several thousand years to prove them wrong, right?

Third, we use the Gregorian calendar which is the most widely accepted and used calendar in the world. This calendar is more accurate and does not look like an Oreo cookie. Fourth, Australia is 15 hours ahead of us, if something goes on it will occur there first

and we'll have a heads up.

Some of my reasons made them smile, however I knew they weren't totally at ease since

they did not want to be out of my sight all day, and kept asking if everything was okay in Australia.

Here's to a happy and prosperous new year on the Gregorian calendar to all!

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





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EDITOR'S MESSAGE The Park Press | JANUARY 2013

# Believe!

#### By Tricia Cable

words lately. Drawn to re-runs of the Andy Griffith show and dreaming of much simpler times when young men didn't shoot their way into elementary schools, armed with semiautomatic weapons intent on killing innocent and helpless women and children. Weapons of mass destruction? We have your weapons of mass destruction and we use them on each other every day.

How did we get here? How did we get from "one nation under God" to where we are now? I don't watch the news and I don't read the daily newspaper because the first twenty-five minutes of a thirty minute newscast contain story after story about how we have brought harm upon each other, and the front page of almost every newspaper promotes all of what's wrong instead of that which is right and deserves the limelight.

Blame it on the gun laws, mental health issues or the graphic violence that has become commonplace in movies, on TV and in video

games...I don't know the reason, I too am at a loss. But I know this, something has got to change. We can no longer go on with our normal lives in the wake of the tragedy that took place in small

sand, we are broken, we have issues and we better get on board with facing the facts and do something about it before it is too late.

Interestingly enough, Rick and I started The Park Press to promote the positive news and all things right with the world. In a world where

I have found myself at a bit of a loss for so much of what we read in print and see on TV is less than respectable human behavior, we naively thought that if we focused on the positive, the negative would miraculously evaporate and people would be motivated to do better. When you know better, you do better, right?

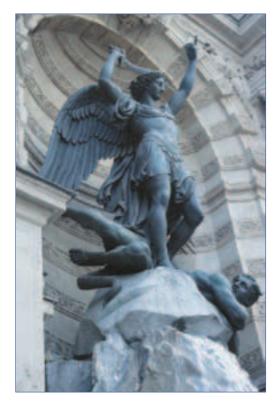
> Were we wrong? Are good deeds not contagious? Is the core of the human spirit not more good than evil? When we know better we do better, but if everything we are surrounded with day in and day out is promotion of the wrong and not the right, and we are all okay with that, then we are doomed.

> Since the tragic Newtown events, I have been wracking my brain trying to figure out how "we the people" can make a difference. At first, it seems too overwhelming to consider. What can one person in a small town in Central Florida do to really make a difference in the big scheme of things? But with little option, I decided if not me, if not now, then who and when?

> > If you too have an opinion and feel a strong need to voice it, then put pen to paper or fingers to keyboard, get on it! You can easily search online at http://www.flsenate.gov/ Senators/Results.cfm to find your

town USA. No more burying our heads in the local and U.S. Senate representatives. Take a position and make a stand!

> I believe in a better America. I believe that good will prevail against evil but it won't happen without the masses stepping up and righting the wrongs, one issue at a time. We can no longer afford to stand by idly and assume



I believe that good will prevail against evil

that our elected officials have our best interests at heart. It is man against the machine and there is no time like the present. So as we head full steam ahead into the new year, make a decision to stand up for those who no longer have the ability to stand up for themselves. Believe that we can make a difference, be the change that you want to see in the world, and believe in a better future for our children and their children...I believe!





Are good deeds

not contagious?

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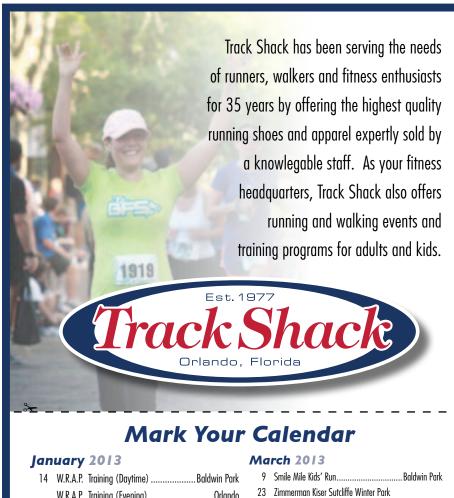


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W.R.A.P. Training (Evening)......Orlando .....Baldwin Park Junior Running Club .. 5k & 10k Training......Orlando 19 Dick Batchelor Run for the Children 5k...... Orlando 22 MarathonFest Winter/Spring Session...... Orlando

#### 

#### February 2013

2 Florida Hospital Lady Track Shack 5k..........Winter Park

16 House of Hope Run Around the Pines 5k\* .. Winter Park

Road Race 10k and 2 Mile\* DD. .Winter Park Raldwin Park 25 W.R.A.P. Training (Daytime) ... W.R.A.P. Training (Evening) ..... . Orlando 5k & 10k Training. ... Orlando

18 IOA Corporate5k .. Orlando 27 Run for the Trees 5k ...... .....Winter Park

> \* Track Shack Running Series Event **DD** Distance Dare Event Training Programs are presented by Track Shack Fitness Club Dates are subject to change.



1104 N. Mills Ave. | Orlando, FL 32803 | 407.898.1313



## City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



ROBERT F. STUART

As we begin a great new year in the City Beautiful, it provides us all with an opportunity to build on the successes from 2012. If your resolution is to find ways to get involved with your community, please read on for some opportunities we have through City Hall.

As we think of community involvement, we can all celebrate an influential leader, Reverend Martin Luther King, Jr. by participating or attending this year's Downtown Orlando Martin Luther King, Jr. parade sponsored by the Southwest Orlando Jaycees (swojaycees.org). This year's parade takes place on Saturday, January 19 at 10 a.m. We can all take to heart this year's theme, "Remember, Celebrate, Act."

There are many ways to "Act" here in Orlando where we have seen first-hand how a single individual can make a difference. If you are interested in a long-term commitment, we have many citizen boards, appointed by the mayor, that advise our city in different capacities. For more information, to view current vacancies or to fill out an application, visit the city clerk's webpage, cityoforlando.net/cityclerk.

For those with a green thumb or who just like working outdoors, our Keep Orlando Beautiful and Green-Up Divisions have projects throughout the year where volunteers are needed. From

beautifying a park, to cleaning up a lake, citizens assist our staff around the city. For more information, visit cityoforlando.net/kob or cityoforlando.net/greenup.

We are also excited that for the second year in a row, Orlando has been awarded the Cities of Service Leadership Grant by the Rockefeller Foundation and Bloomberg Philanthropies to continue the work of the Orlando Cares project. This effort engages volunteers in programs that help our city's youth. Visit orlandocares. net and see the many unique ways that we are engaging our students to improve literacy and achieve academic success.

Our Orlando Police Department also utilizes volunteers throughout their division. From working at a special event or in the mounted patrol stables to performing clerical work or mentoring area students, there are numerous ways that citizens assist our

uniformed officers. For more information on how to get involved, visit cityoforlando.net/police.

Our police department also runs the city's crossing guard program. These positions are integral to the pedestrian safety of our students. If you or someone you know may be interested in a crossing guard position,

One way we can all get involved in our community is through crime prevention in our neighborhoods. Please call the police (non-emergency

please visit OPD's webpage.

number is 321-235-5300) when anything seems out of place in your area. If you haven't joined a Neighborhood Watch group, please consider getting involved in 2013. Call 407-246-2369 for more information.

Speaking of crime, Chief Rooney presented OPD's year in review in December. I had the privilege of hearing the presentation first-hand and some of the key themes from my point of view included that overall crime in our city went down 4.5% from last year. The only category that went up was motor vehicle thefts, so please continue to be vigilant in crime prevention. As our economy recovers, one line of work that does not pay in our city is robbing banks.

OPD has cleared 100% of bank robbery cases in 2012. We are also excited to welcome 65 new recruits to OPD. As we move forward into 2013, Chief Rooney identified many areas of focus including initiatives to curtail domestic violence, crimes against the elderly, violent and property crimes among others. To view the full presentation visit OPD's webpage.

As we begin 2013, I look forward to joining all of you in making a few new resolutions and keeping some old ones, including my commitment to the citizens of District 3. As you have probably heard me say, this is Your City, so thanks for giving of your time, energy and talents to make it a wonderful place to live, work, play and raise a family.

-Robert

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



Is your New Year's Resolution to lose weight? Have you struggled in the past to keep it off? Try no more; the Crosby YMCA has the program for you.

The new and improved YMCA Weight Loss Program has been redesigned and the cost has been decrease to fit your needs and life. It is now partnered with a YMCA Membership to increase your savings by over \$1000.



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## Winter Park Mayor's Message

Mayor Ken Bradley



From keeping our neighborhoods and buildings safe, to making sure we have clean water to drink and use, to fixing our roads, to potentially saving our life, the 500+ hearts and hands of the staff of our city, are directly responsible for the high quality of life

you and I experience living in and visiting the beloved City of Winter Park.

Each year, the City of Winter Park selects three of these humble public servants who have gone above and beyond the call of duty to be recognized as the city's "Employee of the Year," "Firefighter of the Year" and "Officer of the Year." It is my pleasure to introduce each of them to you.

#### **Employee of the Year - Steve Mathes**



Steve Mathes, the city's facility manager, provided excellent service to the city during the past year in several high profile projects, specifically the renovation of City Hall. What started out as an air-conditioning

and lighting retrofit job blossomed into a complete reorganization, reorientation and rehab of an antiquated facility using a constrained funding source. Steve's leadership was instrumental in establishing effective alternate locations for city hall workers during the renovation and ensuring the entire project was completed. Steve was also recently accredited as a certified facility manager with the International Facility Man-

agers Association (IFMA) and elected president of the Orlando Chapter of IFMA. For these and many other reasons, we are pleased to congratulate Steve as the 2012 Employee of the Year.

#### Firefighter of the Year - Bryan Moman



Firefighter Bryan Moman has played an integral role this year with his assistance in organizing the technology used in the department's Emergency Medical Services (EMS) responsibilities. He has organized

the EMS lab and has been key in establishing direct connectivity with medical equipment such as EKG machines to the paramedics' electronic patient reporting system. Because Bryan has been successful at setting up, maintaining and troubleshooting this system, notes on a patient's condition and assessment have been greatly enhanced. Bryan was also vital in preparing the EMS bag for the department's new Truck 61 that is now the model for the entire department's first run units. His outstanding clinical skills and use of good judgment in everything he does has made him an exemplary role model and excellent recipient of this year's Firefighter of the Year.

#### Officer of the Year - Detective Lisa Suepat

Detective Lisa Suepat has been a highly motivated and productive member of the Criminal Investigations Division since August 2010. From day one Lisa has shown that her organizational, investigative and interviewing skills are top notch. Recently, she has worked on several cases including the arrest of the criminal involved in



the luggage theft from the Orlando International Airport who resided in the city, a full confession from a robber who was thought to be tied to Winter Park, the apprehension of a suspect for the Lee Road kidnappings

found from the evidence she collected, and the assistance in the arrest of the "one man crime spree" criminal from information she gathered throughout the investigation. Lisa makes Winter Park a safer place to work and live for our community and this is why she has been selected as the recipient of the city's Officer of the Year award.

If the occasion arises to interact with these outstanding employees or if you have the fortunate opportunity to work with any of our city employees, please take the time to thank them for their dedicated service and helping make our city a place we are proud to call home. We will be recognizing these three Outstanding Employees of the Year at the Winter Park Chamber of Commerce's annual Mayor/City Commission Luncheon on Friday, January 18, at the Winter Park Community Center. I invite you to join me for this meaningful awards ceremony and the delivery of the annual State of the City Address. Congratulations to all three Employees of the Year!

Sincerely,

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



# Maitland Mayor's Message

Mayor Howard A. Schieferdecker



#### **DARE Graduation**

at 9:00am, 110 fifthementary

stage in front of them, added to the excitement. Many of their family members were in attendance, very proud, cameras at the ready. All fourth-grade classes were there watching, waiting to get an idea of what would come for them next school year. It was D.A.R.E. Graduation Day.

D.A.R.E. (Drug Abuse Resistance Education) began in Los Angeles, California in 1983. The idea behind this program is simple: keep kids away from drugs. The Maitland Police Department introduced D.A.R.E. to Maitland schools in 1985. Although many surrounding agencies have discontinued D.A.R.E. due to budget constraints, Maitland is fortunate to say it has not. The program is taught over ten weeks with a D.A.R.E. Certified Police Officer in the classroom. The students learn

On Wednesday, about the harmful effects of gateway November 28, 2012, drugs and how to resist them.

Officer Allison Diller has been with grade students at the Maitland Police Department since Lake Sybelia El- 1994. She is married to Sergeant Briwere an Diller, also with the Maitland Poanxiously sitting in lice Department. They have two girls the front row seats who attend Lake Sybelia Elementary. of the school cafeteria. They were all Officer Diller was assigned to teach wearing the same black t-shirt with a D.A.R.E. when their eldest daughter green and blue design and the same Tristyn was six months old. On this smile. An awards table, set up on the special day, Tristyn became a D.A.R.E.

> Following the ceremony, the students continued their celebration with a D.A.R.E. picnic of pizza and cupcakes. They participated in several events including a demonstration with K-9 Officer Stitt and dog Bosco, a trip through the back of a police car, an obstacle course, and an opportunity to experience DUI goggles.

> The D.A.R.E. program is a positive example of the success than can be achieved when schools, police departments and the community work together.

Howard A. Schieferdecker Mayor, City of Maitland ■

Continued from page 1

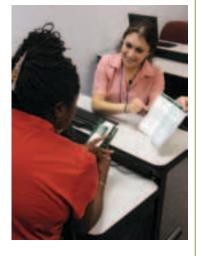
#### **Many Central Floridians Qualify** For Tax Credit Through Federal **Program**

In some cases, people can claim up to \$20,000 by re-filing returns for the past three years.

Additionally, HFUW works with the AARP Foundation Tax-Aide program, serving seniors with incomes up to \$57,000. Visit www. hfuw.org for more information.

#### How to claim the credit

Central Floridians can file electronically with a trained tax preparer at VITA sites. By setting up direct deposit, refunds are usually available within 7 to 10 days.



Residents should be aware that non-VITA sites offering free tax services often include only Form 1040EZ - and charge extra for the forms needed to claim the EITC or other deductions. "If people can wait two weeks for the VITA sites to open, they can potentially save hundreds of dollars," Batchelor said.

Items to bring include:

- Photo ID
- Social security number
- Employer-issued W2 or I9 form
- Receipts for any deductions
- Tax ID number for non-U.S. citizens
- Voided check or bank tracking number for direct deposit

If filing jointly, both spouses must be present. Some sites offer Spanish, Creole and American Sign Language translation. Those who wish to file for EITC on their own can access www. myfreetaxes.com/HFUW.

Starting in mid-January, visit www.hfuw.org or dial 2-1-1 for the location and hours of the nearest free VITA tax-prep site.

**NEWS** The Park Press | JANUARY 2013

# **County Commissioner's Message**

Commissioner Ted B. Edwards, Orange County, District 5



Serving District 5 residents is a privilege and honor I take very seriously. As your elected official, my goal has been to maintain and protect our quality of life and neighborhoods through the efficient use of government resources. District 5 now consists of 195,000 residents

in northeast Orange County and Downtown Orlando including Winter Park, Maitland, College Park, Baldwin Park, UCF and University Blvd. corridor, Bithlo, Christmas, and Wedgefield. I will work tirelessly to attract high paying jobs to our community, protect our schools, our tourist industry, our environment, and make sound growth management decisions. Orange County must compete to attract high paying jobs to our region through the UCF Central Florida Research Park, Medical City, and other public/private collaborations.

In December I had the opportunity to attend

the Interservice/Industry Training, Simulation and Education Conference (I/ITSEC) at the Orange County Convention Center. For over thirty years the Interservice/Industry Training, Simulation and Education Conference (I/ITSEC) has promoted cooperation among the Armed Services, commercial industries, educational institutions and various government agencies in pursuit of improved training and education programs through simulation technology. The unique trade show offers the 20,000+ attendees all the latest technology in one location and provides a glimpse at some of the small business and government efforts being undertaken at the University of Central Florida Research Park.

As a result of an increase in property crime in our communities, I am continuing to focus on working with our criminal justice system and law enforcement agencies to reduce property crime and make our neighborhoods safer. I will be working to provide resources specifically related to property theft and the reduction of vandalism-type crimes like graffiti. I am hopeful that this coming year, appropriate action will be set in motion to assist in bringing property crime statistics down.

These undertakings are examples of what can be accomplished through positive working relationships between local governments and outside agencies. Much has been accomplished during my first two years in office however, I am aware of the many challenges to come. I continue my commitment to keeping District 5 the best place to live in Orange County and will stay on task to thoroughly address the issues.

It is an honor to serve the Citizens of District 5 and I look forward to the coming year and next term in office. As always, my staff is available to answer questions and offer any other assistance. Feel free to contact Jonathan Swift or Lynette Rummel at 407.836.7350 or email district5@ocfl.

Yours Truly,

Commissioner Ted Edwards ■



# protection and service by The Winter Park Police Department

# Crime Scene Technician Receives Outstanding Achievement Award **At National Forensics Academy**

Property/Evidence Crime Scene Technician non-fiction publications as "The Body Farm." Edward Frank Bigley has been with the Winter Park Police Department for 21 years. During that time he has been a communications operator since 1991 and our "guru" for Property/ Evidence since 2006. He is responsible for the maintenance of over 20,000 pieces of evidence held in our evidence vault. The integrity of our investigations relies upon the precision of the collection, processing, and storage of these items for active and closed cases. The Commission for Florida Law Enforcement Accreditation recommended that Mr. Bigley's practices be held as a national template for how other law enforcement agencies should operate in regards to their property/evidence.

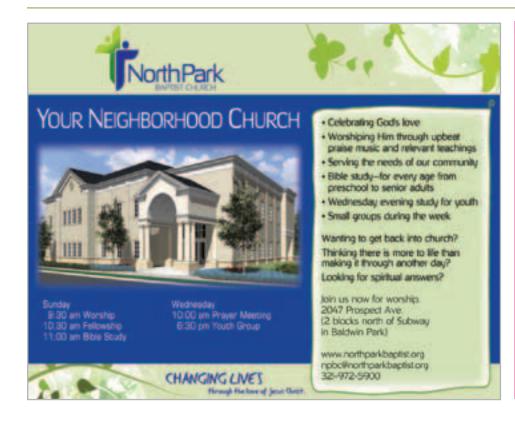
Recently, Mr. Bigley had the opportunity to attend the National Forensics Academy (NFA) in Knoxville, Tennessee. This elite 10-week program is the premier training ground for forensic and crime scene specialists in the world and is often referenced in crime related fiction and The skills and training Mr. Bigley received are now at the disposal of our community. His expertise in all elements of crime scene and forensic identification, collection, preservation and analysis is at the cutting edge of this field and are able to be applied to the successful conclusion of current and future cases.

At the conclusion of the training at the NFA, Mr. Bigley was recognized by his peers by receiving the Dr. William Bass Award for Outstanding Achievement in the Field of Forensic Investigation. This award is only extended by vote of the participants of the current academy class. That makes this recognition even more meaningful. Ed was a standout with regards to his class participation, dependability, leadership, improvement and character. Those of us at the Winter Park Police Department who work with Ed on a daily basis know this about him already. It is he who is a leader among his peers at the department as well. We are proud to be able



**Edward Frank Bigley** 

to welcome Mr. Bigley back with us and know that with his expertise, the community will be served even better than before. ■





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# Exercising With Others Offers Benefits For People Of All Ages



Starting in January there are plenty of opportunities to enjoy the outdoors and experience the benefits of running and walking with others through group training programs and community events that benefit the a variety of local causes.

The local running and walking headquarters, Track Shack, offers events and programs for adults and kids. Adults who are interested in beginning a cardiovascular fitness routine will like the W.R.A.P training program. The Walk Run Accomplishment Program is a 10week program that focuses on the basics of walking and running. Meeting twice a week with a coach, participants are in a group-coached environment and are given workouts that work toward the goal of completing 3.1 miles by the end of 10 weeks. Day and evening sessions are offered in Baldwin Park and downtown Orlando.

"Most people know exercise is good for them and want to begin exercising; however, they do not know how to start. Group exercise offers a workout for all levels, ranging from beginner to the advanced exerciser," says Susan S. Paul, Director of Training Programs for the Track Shack Fitness Club and Runner's World "Super Coach" by Runner's World. "Participants do not need to know how to develop a safe and effective workout; it is already done for them. They simply show up with a positive attitude

and participate."

"Some of the most common reasons given for quitting exercise are time, boredom, lack of knowledge and cost. Group exercise provides a social atmosphere that draws people in. People stay interested because of the social connections made. Camaraderie and accountability are components of this social atmosphere that provide a tight bond between participants as well as with the instructor," adds Paul.

Kids can also get in on the action with Track Shack's Junior Training program for young athletes age eight to twelve. Through games and lessons kids learn basic running technique, sportsmanship and camaraderie while training together for youth sports or for the Smile Mile. Smile Mile is a one mile running festival just for kids held every March at Blue Jacket Park in Baldwin Park.

Mylene Dally, who has had three boys in the junior program for a year says her boys never ran before joining and now they love it. "One likes the social aspects of being with the other kids and one is really competitive. It's been a good experience for the whole family because we run races together and it's become our family outing," says Dally.

For more information on upcoming community running and walking events or Training Programs, visit www.trackshack.com

#### Local Scholar-Athlete Receives Elite Award

Jordan Stewart, a senior at The Geneva School in Winter Park, earned selection to the 2012 National Soccer Coaches Association of America

(NSCAA) High School Scholar All-America Team. This award, given to only 37 boys in the United States, distinguishes Stewart- the only recipient in Florida- as one of the best high school players on the field and in the classroom in 2012. He currently has 34 goals, a single-season school record, and eight assists for The Geneva School (11-2-0) while maintaining his 4.42 GPA.

This recognizes Stewart among thousands of student-athletes as one of high school soccer's elite for 2012. Stewart has attended The Geneva School since kindergarten. Stewart and his family will travel to Indianapolis in January to attend the annual NSCAA All-American Luncheon where Stewart will be honored along with other All-American players at the youth, high school, and college levels.





The Park Press | JANUARY 2013 **NEWS** 

## The 12th Annual Orlando-Area Citrus Drive A Ribbon Cutting And A

On January 12, 2013, The Society of St. Andrew invites you to take part in feeding the Central Florida's hungry with fresh citrus grown in local backyards and groves. With your help, they expect

to collect more than 40,000 pounds of citrus during the harvest, and it will go to Second Harvest Food Bank of Central Florida for distribution to local pantries, soup kitchens, homeless shelters, senior programs and low-income daycares.

#### There are four ways to participate:

- 1. Pick your fruit and bring to a drop site.
- 2. Donate your citrus for someone to pick.
- 3. Volunteer to pick local trees.
- Sponsor a box of fruit for \$10.

The drive will take place on Saturday, January 12, from 8:00 a.m. - 1:00 p.m. at the following drop sites:

- College Park College Park Presbyterian Church, 118 East Par Street, Orlando
- Longwood St. Mark's Presbyterian Church, 1021 Palm Springs Drive, Al- EndHunger.org, or call (407) 650-1956.

tamonte Springs 32701

- Oviedo First United Methodist Church, 263 King Street, Oviedo 32765
- Windermere St. Luke's United Methodist Church, Apopka Vineland

Road, Orlando 32819

Zellwood - Zellwood United Methodist Church, 5538 Jones Avenue, Zellwood

Please consider donating fruit from your backyard citrus tree. Here in the Sunshine State, many citrus trees produce more fruit than one family can ever eat. This excess fruit from your own backyard could be donated to Central Floridians in need. Second Harvest Food Bank feeds more than 55,000 different people every week, and your excess citrus can help provide much-needed fresh, nutritious product, and your donation of citrus provides a vital, supplemental food source for our Central Florida neighbors in need.

For more information please visit www.

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Press

# **Grant For Paws For Peace**



Mary Meghan Flanagan, Rachel Calderon, Michelle Chapin, Carol Wick (executive director Harbor House) and Lincoln Salmon (board member)

Staff of the Community Foundation of Central Florida presented a check to Carol Wick, CEO of Harbor House of Central Florida, at the Paws for Peace Ribbon Cutting ceremony. The check is a grant to support the kennel's first year of operations.

The funding is a result of the Community Foundation's Community Investment grant round, part of a new course at UCF's School of Public Administration called "Philanthropy, Fundraising, and Social Entrepreneurship." Students, paired with mentors, brought recommendations to the Foundation's board of directors for approval. The recommendations were based, in part, on the information found in the organization's reviewed portrait in the Foundation's knowledge base. To view other non-profit organizations' information, log onto cfcflorida.org. ■

# A Challenged Family Finds **Much-Needed Help**

A couple of bags of M&Ms. That's roughly how much Antonio Mixon weighed on the day he was born. Only 2 lbs. and 2 oz., Antonio, now 16 years old, was diagnosed with cerebral palsy shortly after birth and spent nearly three months in the hospital before he gained enough weight to go home. His mother, Melanie, also parent to two other boys, watched her youngest son grow up with more obstacles than most children face. While his peers focused on baseball practice and making straight As, Antonio spent his childhood undergoing surgeries and countless hours of physical and speech therapy. Life was a challenge for him and a heartbreaking struggle for Melanie. As mother and caregiver, Melanie yearned for assistance; only the best for her son. That's when she found Easter Seals Florida.

Easter Seals Florida is a non-profit organization that provides services to children, adults and veterans with disabilities and special needs, along with their caregivers. Serving as a full-time parent and caregiver for Antonio means little rest for Melanie. Being in a wheelchair, Antonio relies heavily on his mother's care. As a doting parent, she gives her time willingly. But, Easter Seals Florida helps make everyday obstacles a breeze.

"I love my Antonio, so I wanted to find an organization that truly understands his needs," said Melanie. "Easter Seals Florida provides Antonio with the encouragement and therapy he requires, plus the fun he deserves. They treat him normally. The best part: they give me a break from being a full-time mom."

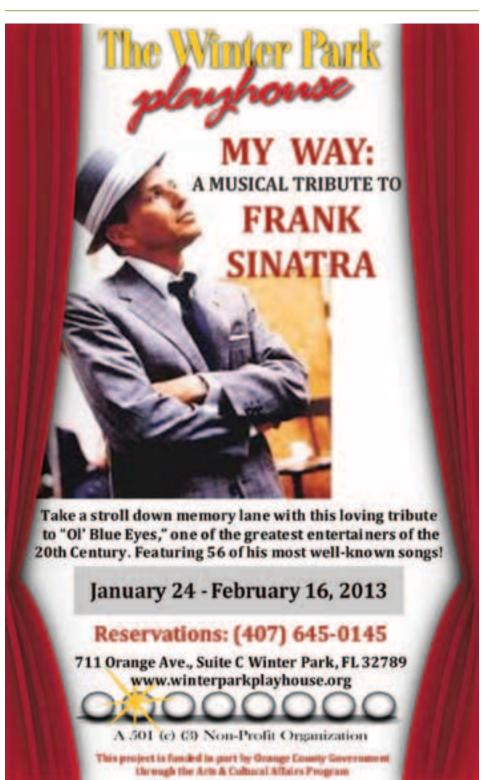
The Mixons greatly benefit from



Easter Seals' services. Wheels get: Antonio from A to B, but at Easter Seals Camp Challenge, where he joins other kids and teenagers with special needs in an outdoor adventure setting, he soars on ziplines. The Camp Challenge program grants children with special needs: a chance to safely experience recreational activities while giving their: caregivers, like Melanie, some respite. Antonio has been a resident: camper since 2004. He especially enjoys the swimming facilities and talent show activities the organiza-

In addition to the Camp Chal-: lenge program that is so loved by the Mixon family, Easter Seals Florida also provides adult daycare programs and vocational training, amongst other services. Nationally, Easter Seals is the largest non-profit provider for services for individuals with autism, cognitive and physical disabilities, and other special needs. The Mixons now delight in a more enjoyable way of life, thanks to the: organization's offerings.

If you'd like more information regarding Easter Seals Florida, or how: you can help to make a difference: please visit www.easterseals.com. ■:



The Park Press | JANUARY 2013

#### NEWS

# Holt School Awarded \$20k Grant From Winter Park Health Foundation

The Hamilton Holt School at Rollins College received a \$20,077 grant from the Winter Park Health Foundation (WPHF) to support planning for the development of community outreach programming with Winter Park, Maitland and Eatonville residents, 50 and older, at the Hamilton Holt School.

The grant will enable the college to conduct an assessment survey of the educational needs and interests of older adults in Winter Park and surrounding communities. The research will help gauge interest in non-credit courses that could include enrichment courses on the Rollins College Winter Park campus, online, and/or at cultural organizations in the community such as the Morse Museum of American Art or Leu Gardens.

According to Diana Silvey, program director for the WPHF, "The grant to Hamilton Holt School will provide an excellent opportunity to accurately assess the interest and need for a program for older learners for Winter Park, Maitland and Eatonville. Similar programs have been extremely successful at other colleges and universities, and we see great potential in one developed by Rollins."

The research comes at a time when many active adults over the age of 50 are seeking opportunities in higher education to learn more about personal areas of interest, such as impressionist art or American colonial history. Others would like to pursue a hobby or enhance livelihood skills in areas such as money management or wills and trusts.

Dr. David Richard, dean of Hamilton Holt School said, "Lifelong learning is a central mission of our program at Holt School. The grant will help us learn about the topics that interest older learners, so that we can plan accordingly. We want to thank the Winter Park Health Foundation for their generous support."

Earlier this year, the Winter Park Health Foundation provided The Hamilton Holt School with a \$2,500 grant to support the school's offering of a short continuing education series of health-related seminars on the Rollins campus for the Winter Park older adult community. The seminars ranging from "Get Fit Using Movement & Imagination" to "Heal Your Life, Save the World" will be offered at no cost to attendees beginning in January 2013.

# **Hospice Volunteers Needed**

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

Call 407-691-4541 or e-mail central.floridavolunteers@vitas. com if you would like to find out more information.

#### Continued from page 1

# Authors Visit Rollins College For 73rd Winter With The Writers

including "The Snow Leopard," "At Play in the Fields of the Lord," and "Shadow Country."  $\,$ 

Pulitzer Prize-nominee Karen Russell will speak on February 14 at 7:30 p.m. in the Knowles Memorial Chapel (master class at 4 p.m. at 330 Winter Park Plaza). Russell is the author of "Swamplandia," one of the New York Times' 10 Best Books of 2011. Her new book, "Vampires in the Lemon Grove: Stories," is due out on February 12, 2013.

African-Puerto Rican author Mayra Santos-Febres and Cuban-American poet Ricardo Pau-Llosa will speak on February 21 at 7:30 p.m. at the Annie Russell Theatre. Pau-Llosa's master class will be held at 2 p.m. in the Woolson House; Santos-Febres' master class will be held at 4 p.m. in the Woolson House. Santos-Febres is a critically acclaimed poet and novelist. Her contributions to the literary world earned her a prestigious Guggenheim Fellowship. Poet Pau-Llosa is widely recognized for his knowledge of Latin American art, as an art critic, lecturer, art collector, curator, essayist, and short story writer.

Azar Nafisi will speak on February 28 at 7:30 p.m. at the Tiedtke Concert Hall (master class at 4 p.m. in the Galloway Room). Nafisi is best known for "Reading Lolita in Tehran: A Memoir in Books", a book in which she describes her experiences as a secular woman living and working in Iran.

Discussions and readings are 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.

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The Park Press | JANUARY 2013 10 **BUSINESS** 

# fiscal fitness by John Gill

enjoyable and rejuvenat-

ing. I hope this column

the edge of the Fiscal

Cliff. However, based

on the news coming from

Washington while I was working on this

newal, and some reflection on the past year.

Certainly we can all resolve to improve the management of our finances. The last few

years have created a new economic reality,

a "new normal" when it comes to fiscal fit-

ness. We are saving more and spending less.

More people are focusing on needs versus

wants. No matter your situation it is never

too late to develop and implement a plan.

Remember the power of compounding and

time. Together, they can help fix past sav-

ings/investment mistakes and move you

As Norman Vincent Peale said, "Plan the

work and work the plan." Let's take time to

get some insight on where we stand and use

the results to plan for our fiscal/financial fu-

People do not plan to fail, they fail to plan!

toward fiscal fitness.

The New Year is a time for resolutions, re-

column I am not very hopeful.



Happy New Year! A Fresh Look At Your ture. Some diagnostics are in order to see Happy New Year! I where we stand and how we should move hope the holidays were

forward.

This column is going to focus on self analfinds us standing before ysis so that you can understand the areas of your fiscal life that need help, and work on those things that you can control. Below is a personal financial survey. Take a few minutes to complete it and check the key below to see where you stand. Check the box that reflects your answer. Add the corresponding numbers to get a total score.

> If your score is 40 to 48 congratulations! You are in great shape. It seems like you are on the right track with focus, discipline, and a system that is working. Consider yourself fiscally fit, but don't let up, this is a marathon!

> If your score is 32 to 39, you are on the right track. Keep up the good work, but remain diligent and work on the problem areas.

> If your score is 24 to 31, you may want to consider increasing your financial focus, discipline, or your system! Get a plan in place and execute it!

> If your score is less than 23, you have a lot of work to do! It is not too late! Work on a plan and remember the importance of focus, disciple, and a system to get working towards fiscal fitness.

| Fiscal Fitness  | Strongl<br>Disagre | Disagre | Agree | Strongl<br>Agree |
|---|--------------------|---------|-------|------------------|
|   | 1                  | 2       | 3     | 4                |
| We have a monthly budget and stick to it.   |                    |         |       |                  |
| We save money regularly and maintain an "emergency fund."   |                    |         |       |                  |
| We are saving enough to retire the way we want to.  |                    |         |       |                  |
| We have our debt under control.   |                    |         |       |                  |
| We pay off our credit card debt every month.  |                    |         |       |                  |
| We are saving enough for our children's college expenses.   |                    |         |       |                  |
| If my spouse dies, my family will continue to be financially secure.  |                    |         |       |                  |
| We keep aware of and take advantage of ways to decrease our taxes.  |                    |         |       |                  |
| If anyone in our family becomes physically or mentally impaired we have a financial game plan to provide the help they will need. |                    |         |       |                  |
| We have an up-to-date will (power of attorney, etc.) and we have someone to turn to for legal advice.                             |                    |         |       |                  |
| We have short-term and long-term disability coverage in case one of us should become disabled and unable to generate income.      |                    |         |       |                  |
| We have a written financial plan to guide our financial future and we understand it.  |                    |         |       |                  |

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.

# Reports Shows Grace Medical To Be A Valued Community Asset

When Grace Medical Home was first conceived in the minds of its community-led board members, the idea was to create a place where everyone could receive top-notch primary healthcare services no matter what their financial status. Now, more than two years later, the community's only privately-funded medical home for the low income uninsured has not only garnered support from thousands in our community, including Orlando's top hospital executives, but has the stats to prove that their innovative medical home model to serve the underserved is financially beneficial to our community.

By caring for those who did not previously have a place to go for their primary healthcare needs, especially the chronically ill, statistics show that Grace is dramatically reducing patient visits to busy emergency departments and reducing non-acute visits by serving their primary healthcare needs in a more appropriate and financially viable setting- a doctor's office.

The new data released by both Florida Hospital and Orlando Health, which was compiled by a third-party vendor, shows a real savings of more than half a million dollars to our local hospital systems, a steep reduction in hospital patients and visits, and more effective emergency department (ED) usage in the reduction of primary care services or non-acute ED visits, especially for chronic illnesses. The analysis was conducted on patients who had one or more visits to either hospital within one year before enrolling as a patient of Grace Medical Home, which represents about one third of the enrolled patients at Grace.

"We always knew in our hearts that our involvement with Grace was the right thing to do," said Sherrie Sitarik, CEO and president of Orlando Health and Grace Medical Home board member. "But now with more than two years of operating data to reflect upon, it's more apparent than ever the importance that Grace plays in our community, not only for the money savings it provides to our hospital systems, but to the well-being and overall health improvement of these patients."

#### Some of the reports highlights include:

A dramatic reduction - more than 80% - in non-acute/low severity visits to the hospitals, indicating more appropriate ED use after becoming a patient of Grace.

Thanks to the reductions that occurred while the sample population were patients of Grace, patient visits have amounted to an overall hospital cost savings of \$513,985 - a cost that is of-

ten passed onto the community because the patients cannot afford to pay for their care.

57% reduction of hospital patients. The majority of Grace patients within the analysis parameters have not returned to the hospital since becoming patients of Grace, where they are now seen for primary and specialty care instead of going to the hospital for those services.

53% reduction of hospital visits. Of those Grace patients who did make trips to the hospital, and most often to the ED,

those visits were reduced by nearly half.

"This significant reduction in visits, especially ED visits, demonstrates that Grace patients are now effectively using hospital services for more urgent needs, and utilizing Grace for primary care and specialist services, which not only saves money for the hospital and community, but to the patient who would have paid millions for similar services at the hospital," said J. Brian Paradis, executive vice president and chief operating officer of Florida Hospital and Grace Medical Home board member.

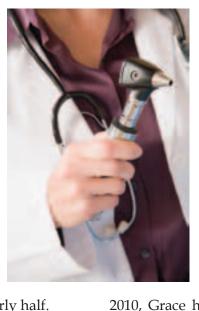
The results also highlight the significance in Grace's offering of specialist services to patients. In review of the chronically ill patients who most frequently visit the hospitals, there is a significant decrease in hospital visits related to primary and specialist care when compared to the patient charts at Grace where those same patients are still making those visits, just not at the hospital any longer. Specialist care of frequent visitors included vascular, cardiology, nephrology, orthopedic, mammograms, endocrinology, and counseling.

"We would not be able to provide such

comprehensive care without the partnership and support from many in our community," said Dr. Marvin Hardy, medical director at Grace Medical Home. "In addition to Orlando Health and Florida Hospital, we have private practitioners who provide consults or services in their own offices. By working together, we are able to help those in our community who struggle to find comprehensive and ongoing care management while we reform health care, one patient at a time."

Since opening its doors in April

2010, Grace has enrolled nearly 2,000 patients, who now receive comprehensive medical services in Grace's faith-based, comforting environment. Volunteer staff includes over 35 primary and specialty care physicians and more than 135 non-clinical professionals who regularly volunteer to serve Grace's ever-expanding patient base. To learn more about Grace Medical Home and how you can get involved, visit GraceMedicalHome.org.



# **Business In The Parks**

#### **Mercantile Capital Corporation**

reports its commercial property loan volume is up more than 149 percent over last year and 2012 will end up as its best year ever. Christopher Hurn, chief executive officer of Mercantile



Capital Corporation, said the 10-year-old firm should close commercial property loans to finance projects valued at a total of more than \$450

million in 2012. In 2011, Mercantile Capital closed \$174 million in loans. In November, Mercantile Capital financed \$15 million in total project costs. Hurn said the largest single loan in November financed the \$11.2 million purchase of a multi-building campus for an aviation training institute in Inglewood, Calif.

Tim Baker, principal of Baker Barrios Architects, was recently elected



chairman of the board for the Coalition for the Homeless of Central Florida for 2013. Serving a one-year term, Baker joins the following board offi-

cers: Vice Chairman Randy E. Schimmelpfennig, Morgan & Morgan, P.A.; Secretary Elena H. Norman - Hilton Grand Vacations; and Treasurer Brian P. Buwalda, CPA - Cifton Larson Allen, LLP, who was re-elected to another term. Newly elected to a threeyear term on the board are: Jim Fritz, Orlando Magic; David J. Jasmund -CPE Investment Bankers, Inc.; John Rivers - 4R Restaurant Group; and Michael N. Weinberg - HFF, L.P. Elected to serve a second, threeyear term are: Carlos A. Barrios, PE - Stevens-Barrios; Trevor Larsen, PE - Walt Disney Parks & Resorts; and Samuel C. "Trip" Stephens III - ZOM, Inc. Elected to serve a third, three-year term are: Sylvia Doggett-Jones - Darden Restaurants, Inc.; and John E. Hearn - Orlando Utilities Commission.

Henin Realty has named Mitch Gover realtor associate in Orlando and Winter Park. Jerome Henin, who

heads Henin Realty, said Gover holds a degree in business administration



from the University of Florida and has more than 25 years of residential real estate and mortgage lending experience. Gover is an entrepre-

neur who started his own mortgage company that he operated for eight years and he later created an Internet real estate firm, BidOnRealty.com, an online negotiation platform. Gover was formerly with Charles Rutenberg Realty in Orlando and achieved more than \$2 million in sales volume in 2011-2012.

**UCF Pegasus Health**, the College of Medicine's physician practice, has announced its faculty physician leadership team that will guide operations and patient care at the yearold facility. Maria Cannarozzi, M.D., has been named the medical director; Leonardo Oliveira, M.D., director of quality and safety; and Abdo Asmar, M.D., is serving as the director of medical staff. Dr. Cannarozzi, board certified in internal medicine and pediatrics, focuses her practice on women's health. She has been named one of the "Best Doctors in Orlando and America" for the past two years. She received her M.D. degree at the University of South Florida following her work as a registered nurse and later as a therapeutic optometrist. A sports medicine specialist, Dr. Leonardo Oliveira received his fellowship training at the Cleveland Clinic and is an expert in running injuries and concussions. This fall, he served as team physician for the varsity football squad at University High School in East Orange County. Dr. Asmar is a nephrology specialist at UCF Pegasus Health and was recently elected to the board of directors of the National Kidney Foundation of Florida. He cares for patients with kidney disease, high blood pressure, and kidney stones. He received his fellowship training at the University of Florida and was previously chief resident at Cook County Hospital in Chicago.

**Cuhaci & Peterson Architects** Engineers Planners, based in Orlando's Baldwin Park, completed pro bono design and engineering work on the newest Feeding Children Everywhere facility on West Pine Street in Downtown Orlando. Lonnie Pe**terson**, chairman of the architectural firm, said the 9,600 square foot warehouse and distribution center will serve the international charity organization which mobilizes volunteers and donors to assemble thousands of simple, nutritious meals that are shipped to isolated parts of the world where hunger and malnourishment are rampant. Meals are also distributed to local schools as part of their Love Local initiative. Peterson said Nathan Griffis of Cuhaci & Peterson served as project manager for the warehouse project and provided architectural and engineering services.

Ryan E. Davis, a shareholder with the law firm of Winderweedle, Haines, Ward and Woodman, has



RYAN DAVIS

been named the 2012 recipient of the Lawrence G. Mathews, Jr., Young Lawyers Professionalism Award, presented by the Orange County Bar

Association. Recipients of the Lawrence G. Mathews, Jr. Young Lawyers Professionalism Award are attorneys who have practiced for less than 15 years, who are nominated by their peers and whose conduct and career stands as a model of success built on unquestioned professionalism. Davis concentrates his practice in the areas of bankruptcy, commercial litigation, creditors' rights and receivership. Davis earned his Juris Doctor degree, with honors, from the University of Florida and received his B.S. degree cum laude from Tulane University.

Brothers Matthew and Stephen Orosz were named co-presidents of Royal Oak Homes, the Baldwin Park-based home builder that has grown from a single community that



sold 20 new homes in 2011 to 10 communities with 200 new home sales this year. Longtime Orlando area home builder William S. Orosz, Jr.,

president of Hanover Capital Partners, LLC announced the appointments. Stephen Orosz earned his B.S. degree in accounting from Villanova University and his M.S. degree in accounting from the University of Central Florida before launching his career with Deloitte and Touche, LLP and served as financial analyst with the Philadelphia Eagles of the NFL. He joined K. Hovnanian Cambridge Homes in 2005. He was appointed vice president at Hanover Capital



Partners at the firm's inception in 2007. Matthew earned his B.S. Degree in accounting and business administration from Villanova Uni-

versity and his MBA from the Crummer Graduate School of Business at Rollins College. At KTR Capital Partners, a private real estate investment trust in Philadelphia, he was responsible for the acquisition of more than 1.2 million square feet of industrial real estate. He was appointed vice president of investments at Hanover Capital Partners in 2009.

Chandler McCabe was recently named the graduate assistant coach at Henderson State University



while she pursues her master's degree in Sports Management. She recently graduated from Providence College where she played on the Wom-

en's Varsity Basketball Team and was a member of the Big East All-Academic team for 2011-2012. Chandler was also a member of Bishop Moore's 2007 State Championship team.

Former member of the Florida House of Representatives Eric Eisnaugle (District 40 - Republican) has joined Rumberger, Kirk and



Caldwell practicing commercial litigation and appellate law in the firm's Orlando office. Eisnaugle is admitted to practice in all Florida courts as

well as the Middle District of Florida, and the Eleventh Circuit Court of Appeals. He started his legal career at Foley & Lardner LLP where he focused on complex commercial litigation and appeals until he was elected to office in 2008. Eisnaugle earned bachelor degrees in economics and business finance from Florida Southern College in Lakeland, Florida. He then attended Vanderbilt University Law School where he graduated Order of the Coif.

#### Please recycle your paper.







12 GARDEN The Park Press | JANUARY 2013

# in the garden by Stephen and Kristin Pategas



Stephen & Kristin Pategas

#### **Pendula Passion**

Some people spend time pruning plants to create unique shapes but some plants do it naturally. Weeping, flowing, dripping, fluid, hanging, pendent, pendulous,

drooping – oh the love of all plants cascading. In cooler climes you will find weeping versions of cherries, cedars, crabapples, spruces, pussy willows, hemlocks, pines, birches, mulberry and junipers – all of which will attract the eye in those gardens.

What's a Central Floridian to do? Well, we have a robust selection of bamboos, ornamental grasses, shrubs, palms and trees that are naturally droopy and equally eye-catching. Unique in shape, they attract the eye when contrasted against other more rigid and upright plantings. Their graceful foliage is striking, especially when placed in a location that allows their branches, leaves or needles to stand out. Weeping forms complement water features and soften architectural elements. If it is a unique tree or shrub, treat them as centerpieces using them either solo or as a grouping of three. However, to avoid a cluttered look, don't overdo it with focal point plants. Masses of weeping ornamental grasses can recreate the look of a prairie. Meanwhile arching bamboos and icicle-like palm frond tips contribute to a tropical atmosphere.

Some weeping plants, such as the weeping yaupon holly, occur naturally- and according to the JC Raulston Arboretum, "Weeping growth habit is a genetically controlled trait, usually caused by single gene mutations. These mutations impact the normal response of the plant to gravity (called the geotropic response), resulting in weeping rather than upright branching." Since cascading plants are often collector's items, those discovered in nature or in a nursery are trialed and propagated. Many other pendulous plants are weeping cultivars grafted onto other rootstock. Look for a swollen area and



llex vomitoria 'Pendula'/Weeping yaupon holly



Callistemon viminalis 'Red Cluster', Red cluster weeping bottlebrush



Livistona decora/ Ribbon fan palm

when buying one, and check the graft union to make sure it is without cracks.

For some weeping accents to use in your garden, select from the list. Many of them are on display at Harry P. Leu Gardens (the Cascade Falls bald cypress is in their Bog Garden). If you have a successfully growing weeping plant not listed here please let us know so we can add it to the list

- Afrocarpus (formerly Podocarpus) gracilior/ Weeping African podocarpus
- Callistemon viminalis 'Red Cluster'/Red cluster weeping bottlebrush
- Hibiscus species/Weeping hibiscus
- Ilex vomitoria 'Pendula'/Weeping yaupon holly
- Juniperus procumbens 'Nana'/Japanese garden juniper (cascade style bonsai)
- Juniperus scopulorum 'Tolleson's Blue Weeping' /Tolleson's Blue Weeping juniper
- Livistona decora (decipiens)/Ribbon fan palm
- Loropetalum chinense var. rubrum 'Shang -lo' or 'Peack'/Purple Pixie dwarf loropetalum

- Muhlenbergia dumosa/Bamboo muhly grass
- Nassella tenuissima/Mexican feather grass
- Otatea acuminata aztecorum/Mexican weeping bamboo
- Salix babylonica/Weeping willow
- Spiraea cantoniensis/Reeve's spirea
- Taxodium distichum 'Cascade Falls'/Weeping bald cypress
- Thuja occidentalis 'Filiformis'/Weeping threadleaf arborvitae
- Ulmus alata 'Lace Parasol'/Weeping winged elm

If you have any of these weeping wonders put the power shears away. These plants beg for just a little nip n' tuck, good old-fashioned hand trimming instead.

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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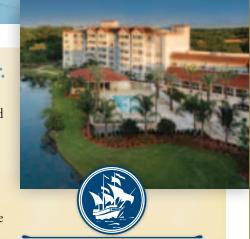
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THE MAYFLOWER

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



#### 13

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



# New Year...Vintage Wisdom

Remember

what peace

there may be

in silence.

shared this before, I maintain the belief that there is nothing more apropos for setting the tone for a day (or, in this case, a vear).

I read this daily from where it proudly hangs in my office-

(and if we're being honest there are some days that call for it more than just once).

If ever I had a life's philosophy that I was eloquent enough to summate...this would be pretty darn close.

#### **Desiderata**

Go placidly amidst the noise and haste, and remember what peace there may be in : the stars; you have a right to be here. silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But

Though I'm certain I've let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

> Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully

surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace with your soul. With all its shams, drudgery, and broken dreams, it is still a beautiful world. Be cheerful.

Strive to be happy.

-Max Ehrmann, 1927

May your 2013 bring you the strength to strive to be happy.

With my heartfelt wishes to you and yours for a happy new year...

Be well; Live Meaningfully

- 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.

Speak your

truth quietly

and clearly

# **Annual Walk To Benefit The American Foundation For Suicide Prevention**

Support the American Foundation for Suicide Prevention by participating in the sixth annual Central Florida Chapter's Out of the Darkness Community Walk on Saturday, February 2, 2013 in Baldwin Park. Proceeds will benefit local and national suicide prevention and awareness programs. Please register online at www.outofthedarkness.org. On-site registration will be held across from 2420 Lakemont Avenue at 8 a.m. on day of the walk. The opening ceremony starts at 9 a.m., and the walk will begin immediately after. Free parking is available behind the Traveler's Building. Walk to raise awareness . . . Walk to honor a loved one . . . Walk to save lives. Once again, WESH 2 News Anchor Jim Payne joins the event as master of ceremonies.

To register, donate or to learn more, please log on to www.outofthedarkness.org or contact walk coordinator Vicki Long at vlong@ rollins.edu or call her at 407-646-2227. Visit the AFSP-Central Florida Chapter at www. afsp.org/cfl. ■



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Our appetizers are the perfect way to start any meal or enjoy with a bottle of wine and great conversation.

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**Buffalo Shrimp** WEEK ONE

January 7 - 13

**Crab and Cheese Dip WEEK TWO** 

January 14 - 20

WEEK THREE Mozzarella Meatballs

January 21 - 27



Crab Cake WEEK FOUR

January 28 - February 3

**Blue Cheese Chips** WEEK FIVE

February 4 - February 10

One per table per visit. Must be accompanied by purchase of wine of main course by guest ordering appetizer. Not valid with any other offers. Expires 2/10/13

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# pop culture detours by George McGowan

# 2013 Looks To Have Some Interesting Choices

Well, it's 2013, the year I turn 50 and my oldest graduates from high school. It is also the year I expect to finally lose the extra 30 pounds I have been carrying around for too long!

14

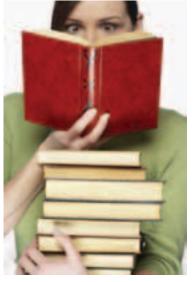
And, while the above may be interesting to me, there are also quite a few interesting items of culture that are scheduled to be released in 2013 that might be interesting to

In the world of books, you can expect to see a new novel by long-time Florida writer Dave Barry. This book will be his first solo novel in over ten years and we can expect more than a few laughs at the expense of Florida; it is titled "Insane City" and is expected to

be released in January. In 2013, for fans of Charlaine Harris' series of vampire novels starring the beguiling Sookie Stackhouse, there is good and bad news. The good news - a new novel named "Dead Ever After" is set for a May release. The bad news - this will be the final novel in the Sookie Stackhouse series.

In music, it seems that we can expect new albums from U2, Arcade Fire and the first Black Sabbath album with Ozzy Osbourne on vocals in over ten years!

In movies, there are too many notable films expected to be released in 2013 to list, so I will just highlight a few. May looks to be an incredible month for some



highly-anticipated sequels and one high-profile remake. In consecutive weeks in May, the following will be released to officially kick off another summer of movie blockbusters: "Iron Man 3," "The Great Gatsby," "Star Trek Into Darkness," and "The Hangover Part III." Later in the summer we will be treated to yet another Superman movie - "Man of Steel," with newcomer Henry Cavill as Clark Kent/Superman. The rest of the cast is better

known, with Amy Adams as Lois Lane, Lawrence Fishburne as Perry White, Kevin Costner and Diane Lane as the Kents, and Russell Crowe as Jor-El. The most intriguing reason to subject yourself to another comic book movie is that Zack Snyder is the director. Snyder has directed "Watchmen" and "300" which shows that he has some background in comic book adaptations and an interesting visual style.

The one movie that looks just too awesome to miss is "Pacific Rim" which is slated for a July release. The description on IMDB says it all: "When an alien attack threatens the Earth's existence, giant robots piloted by humans are deployed to fight off the menace." And if you also know that the movie is directed by Guillermo Del Toro, who brought us one of the better films of the last decade, "Pan's Labyrinth," all

Finally, television has some interesting new series expected to debut in early 2013 that look very good. The first is currently receiving a great deal of promotion on Fox- "The Following," starring Kevin Bacon as former investigator of serial killers brought back by a possible copycat killer on the loose. Another is "Do No Harm," featuring the first lead role by Steven Pasquale who played Sean Garrity on the cable hit "Rescue Me." In this new series, Pasquale plays a neurosurgeon with a dangerous alter ego. It looks like a take on Dr. Jekyll and Mr. Hyde, and the trailer available online looks very good. But perhaps the most interesting new series may be "Zero Hour" starring old TV favorite Anthony Edwards. This looks to have elements of "National Treasure," "The Da Vinci Code" and tells of a long hidden conspiracy that has been secret, until Edwards' TV wife is abducted and held for ransom because she has found a clock which holds a secret. Intrigued? I certainly am, and who doesn't want Anthony Edwards to finally be in a hit after his great turn as Dr. Mark Greene on "ER" over 14 seasons and 180 episodes.

It looks like 2013 might be another good year for pop culture. Who knows what else might be in store for us? Happy New Year, everyone. ■

## The Gem Of The Parks

by Barbara Solomon

We are unbelievably fortunate to not to be overlooked, as Tiffany jewhave at our disposal so many wonderful museums in Winter Park and College Park. There is the Cornell, Menello, and the Polasek. But by far the gem of them all is the Morse Museum right in the heart of our own beloved Winter Park. As you walk through the beautiful wooden doors you don't know where to look first. My eye always goes to the most gorgeous stained glass windows ever made, those of Louis Comfort Tiffany. I am in heaven, surrounded by favrile glass, leaded glass, pottery, paintings, jewelry, all from the late nineteenth and early twentieth century. Being an antique dealer when not a theatre critic, all of the Morse Museum is eye candy for me. I ala factory like the Tiffany Studio in New York. I have been to Murano in Italy, have seen the glass being hand blown, and as beautiful as that is it cannot compare to the works of art of LCT and the Tiffany Studio.

There are also some beautiful pottery pieces, not only from Tiffany, but some of the other great potteries of the period, such as Rookwood. My favorite room, however, is the arts and crafts room, which contains fur- at 445 North Park Avenue, Winter niture as well as artifacts and objects Park. For more information call (407) from the arts and crafts period. Of 645-5311 or visit www.morsemusecourse, the gallery with the jewelry is um.org. ■

elry was once one-of-a-kind artistic

Last year the Morse completed a the Orlando Museum of Art, the new addition, Laurelton Hall, a recreation of Louis Comfort Tiffany's Long Island country estate. It is magnificent; words cannot describe it, you need to see it for yourself. Standing in Laurelton Hall, I felt transported back in time to the 1920s, where the rooms of the estate were a showplace for the best furniture and art of the time. I could see myself in my flapper dress attending a soiree at Laurelton Hall, admiring all that Tiffany had to offer. My store once came into two early Tiffany Studio pieces, a vase and a bowl, which I gladly sold to the most wonderful people I know—they treasure the ways begin my tour with the two two pieces, which I brought to the galleries which contain the leaded museum to authenticate, and the cuglass windows and blown glass vas- rator gladly did that for me free of es and bowls. There has never been charge. That is what is so fabulous about the Morse—it is a gift to Winter Park and our community. I know there are two days when it is open free of charge; one is July 4th and the other is the night of the Christmas tree lighting in the park. It is also free of charge on Friday evenings during the winter months, so if you haven't seen it or have not seen the new addition, take advantage of those times.

You can find the Morse Museum

Barb's Best Bets for January: "Play It Again, Sam" at Theatre Downtown, "My Way: A Musical Tribute to Frank Sinatra" at The Winter Park Playhouse, "Othello" at Orlando Shakes, and PRT's 2013 Launch, also at Orlando Shakes. Happy New Year and may 2013 be all that you wish it to be!

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Chi Cao, Lead actor in Mao's Last Dancer, principal dancer with Birmingham Royal Ballet

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# technology<sub>by Trevor Honohan</sub>



# **Searching For Accurate Information**

Recently I was helping my daughter review the answers to a take-home science test. She has access to her science text book online so I was encouraging her to look back in the text to verify her answers. She was very resistant to that idea as

her preference was to use her smart phone and Google search for her answers. In doing so the topic of Wikipedia came up. She was fearful to use Wikipedia because her teachers prefer she use the approved textbook, which I largely agree with. But it got me thinking, should students use Wikipedia as a reliable source of information? The site has been in existence since 2001 and is now considered to be one of the most innovative and far-reaching products to hit our computer screens, but it might not be as correct or accurate as a traditional encyclopedia. If this site is there and people are using it regularly, should students be able to rely on it for accurate answers?

Mark Prensky is an internationally acclaimed speaker, writer, consultant, and innovator in the field of education and learning. He is a proponent of teaching students the difference between searching for information on the web and researching information. It is a teachers' job to help students distinguish between the two. Research allows students to determine the quality of information. The act of searching for information is just about looking. Research requires a whole different set of skills.

Here is the Wikipedia entry on "Wikipedia":

Wikipedia is a collaboratively edited, multilingual, free Internet encyclopedia supported by the non-profit Wikimedia Foundation. Its 23 million articles, over 4.1 million in the English Wikipedia alone, have been written collaboratively by volunteers around the world. Almost all of its articles can be edited by anyone with access to the site, and it has about 100,000 active contributors. As of December 2012, there are editions of Wikipedia in 285 languages. It has become the largest and most popular general reference work on the Internet, ranking sixth globally among all websites on Alexa and having an estimated 365 million readers worldwide. In 2011, Wikipedia received an estimated 2.7 billion monthly pageviews from the United States alone.

As you can see, if used properly Wikipedia can be an outstanding source of information as a search engine. It shouldn't be considered as research unless you are verifying the information found with various sources. It is a simple matter of search vs. research. And that is the job of the teacher, to encourage students to research the information they find on the web. Verify it against multiple sources and then move forward. The powerful aspect of Wikipedia is that anyone can edit or change the original article. And this can happen multiple times. I suppose the more edits you find to an article, the more accurate the information should be. Multiple edits in effect cut

It is also amazing to see how current information on Wikipedia can be. And this can be an outstanding source of information. The long-

out potential mistakes and bring them up to date.

standing issue with printed material (encyclopedias etc.) is that they are out of date the minute the information is printed. Here is an example on Wikipedia that appeared during the Hurricane Sandy disaster:

"Hurricane Sandy was a hurricane that devastated portions of the Caribbean and the Mid-Atlantic and Northeastern United States during late October 2012, with lesser impacts in the Southeastern and Midwestern states and Eastern Canada. Sandy, classified as the eighteenth named storm and tenth hurricane of the 2012 Atlantic hurricane season, was a Category 2 storm at its peak intensity. While it was a Category 1 storm

> off the coast of the Northeastern United States, the storm became the largest Atlantic hurricane on record (as measured by diameter, with winds spanning 1,100 miles (1,800 km)). Preliminary estimates of losses due to

damage and business interruption are estimated at \$65.6 billion (2012 USD), which would make it the second-costliest Atlantic hurricane, behind only Hurricane Katrina. At least 253 people were killed along the path of the storm in seven coun-

As educators and parents, our job is to teach students to understand the power and limitations that new technology can bring to our finger tips. If used wisely, information that we can search for on the web can be used effectively. But a search simply can't replace research when it comes to guaranteed accuracy.

#### schools

#### School District Update

Nancy Robbinson, Orange County School Board Member, District 6



New Year! The holidays are a wonderful time to connect with family and friends and the new year brings with it opportunities to challenge

ourselves to be even better than we were in the year just ended. At OCPS, we are taking full advantage of this opportunity by continuing to strengthen our educational offerings to our students in preparation for the change from FCAT to Common Core Standards in the future, and I'll devote my next article to that topic.

In this article I want to update you on a recent school board decision you might have heard about in the media. Unfortunately, some of the information distributed by some media outlets and other groups was not completely accurate so I want to make sure you receive the complete information and understand the reasons for our decision.

Rocky's Retreat Canine Health & Fitness Center Consider the following questions: Does your dog struggle to get around? 2826 Shader Road Is your dog 5 years or older? Orlando, FL 32808 Is your dog 5 pounds or more overweight? · Does your dog suffer from arthritis, dysplasia, or other bone or joint conditions? Does your dog have too much energy for you? If you answered YES to any of these, call us today! Mention The Park Press Agua therapy • Weight Loss and Fitness and receive a Massage • The Dog Gym **FREE** Aromatherapy • Acupressure • Reiki 16 point assessment of Classes and Events your dog! \*Facility Rental Available www.RockysRetreat.com • 407-295-3888

In December, the school board voted to update the language of both the OCPS student and the OCPS employee non-discrimination policies to include two classes of individuals to be protected from discrimination; sexual orientation and gender identity or expression. These policies are enforced by the district's equal employment/educational opportunity officer, and address employment opportunities and responsibilities for OCPS employees and participation rights and opportunities for OCPS students. Updating these policies made them consistent with OCPS's existing bullying and harassment policy, which has been in place since November 2008 and already included these two classes of individuals. These three policies now consistently provide that OCPS will protect ALL students and employees from bullying, harassment and discrimination, regardless of their race, religion, sex, age, marital status, political beliefs, socio-economic status, sexual orientation and gender identity or expression. This consistency not only benefits employees and students, but also protects OCPS by eliminating policy conflicts and potential legal challenges. Issues arising under these policies will continue to be addressed on a case-by-case basis and solutions derived within the context of protecting and preserving the educational needs of the broader OCPS student and employee community.

By voting to update these policies, I am not promoting or endorsing certain lifestyles any more than I am promoting a certain religious belief or political party. Those decisions are made by students and employees independent of me and OCPS. I do believe, however, that a student or employee's participation rights should not be defined or restricted based on those independent decisions. It is not my job to judge a person with different beliefs than mine, but it is my job to govern and protect those individuals from bullying, harassment and discrimination regardless of their differing beliefs.

If you would like to read these policies they can be found on the OCPS website at www.ocps.net, click on School Board then click on School Board Policies, they are policies ADD, GBA and JB.

Thank you for allowing me to serve our community, students and teachers and feel free to contact me anytime with your ideas, thoughts and concerns for our school district!

The Park Press | JANUARY 2013 16 SCHOOLS

#### schools



#### Aloma Elementary

Principal Dr. Drew A. Hawkins

The New Year has arrived, and we hope everyone had a safe and restful vacation. We have many thanks to give for all who support our school, our families, and our community. Thank you to our PTA and all of the volunteers who helped make Santa's Shop a success. Thank you to Mrs. Wallace and all of the parents who helped with all of the performances of Aloma's Eagle Ensemble. Thank you to Ms. Ballard, her intern Ms. Garay, and the students for creating cards for Florida Hospital's homebound patients and for patients at the Winter Park Care and Rehabilitation Center. Thank you to Ms. Styron and the parents who participate in Walk-n-Roll, getting our students so excited about getting into shape while coming to school. Thank you to Winter Park Health Foundation for the multiple contributions they make for the health and welfare of our students. Thank you to John R. Behrle and other members of the Winter Park Rotary Club for their donation of dictionaries to all of our third-grade students.

Our next SAC Meeting will be on Tuesday, January 8 at 8:00 a.m. in the principal's conference room. The PTA is sponsoring Skate Night at Semoran Skateway on January 14 from 6:30-8:30 p.m. They are also sponsoring Story Night and a PTA General Meeting on January 24, starting at 6:00 p.m.

for the students on Friday, January 18, or on Monday, January 21. As always, we appreciate your help and your support! We are "Team Eagle: Every Student! Every Day!"



Please see this month's message by scanning the QR code here:





Happy New Year! The year 2013 will be an exciting one for the Brookshire community. Our new school building is taking shape and is on schedule for our move-in this sum-

Over the next six months, we will see the building progress from the latest technology, a spacious media center, large play areas, more parkbecome an integral part of our wonderful community.

Thank you to the architecture firm of HuntonBrady and the construction

company Skanska for their dedica-: to all that it holds for our students Please note that there is no school: tion in making Brookshire what will: and GMS family. Our first semester surely be a wonderful place for our : ends on January 19, and report cards students. Thank you to our parents : will be coming home on January 26. for their support during our transi- There are two student holidays just tion year. And very heartfelt appre- around the corner as well: Friday, ciation also goes out to all those who January 18 is a student holiday / voted in favor of the half-cent sales teacher workday, and Monday, Janutax many years ago that made all of • ary 21 is Martin Luther King Day. this possible.

#### **➣ Fern Creek Elementary** Principal Dr. Patrick Galatowitsch

We are celebrating the many wonderful donations of food, clothing: and gifts for the students we received: in December. Thank you to the many : and show off their skills! concerned citizens and business who: Night on January 10th at 6:00 pm.

shell it is now, to classrooms with the shift in the New Year keep in mind sessments that are quickly approachthat Fern Creek is always looking for ing. We wish you the best of luck dedicated mentors for our many stu- and are anxious to see the entertaining spaces, and a car queue totally : dents. We have over 50 students on · ment to come from all spring concert on campus. It will be a building that : our waiting list and it grows by the : will be safe and a campus that will week. If you are interested in learnbe secure for our students. We look: ing more about this program, please: forward to watching our new school: contact our community and mentor: assistant, Anna Dempsey, at anna. dempsey@ocps.net and she will and important informational meetpoint you in the right direction.

> Lastly, if you are a business owner who would like to find out how: you can partner with Fern Creek, : located on the main page of the GMS we would love to speak with you as:

> ing Fern Creek, we are grateful for all: available on our website and in the you do for our staff and students.

> involvement of parents and the com- they meet, and how to join if you are munity in the life of our school. To interested. We encourage all Lions to inquire about opportunities to become involved, please contact the · school principal at galatop@ocps.net.



Happy New Year to our Glenridge community! We hope that everyone enjoyed the winter holidays and was able to spend time with family and : wonderful December and is looking friends! As we move into our spring: semester, we are looking forward the New Year. The annual Genera-

Our volleyball season is coming to an end as our teams are in the playoffs and we congratulate both our boys and girls teams on a great season! Basketball season is next and information regarding tryouts will be made available soon. All GMS students are welcome to come out

We would also like to congratugraciously give to Fern Creek's stu-: late our chorus, band and orchestra dents and families. We continue to groups on their amazing perforneed food for our weekend snack; mances prior to the winter break! packs, as well as hygiene items such. Their holiday concerts helped to enas trial-size shampoo and condition-: hance our spirit for the season and er, Eucerin lotion and body wash. we hope you got a chance to see Fern Creek will host Family Math: and hear them! All performing arts groups are now preparing for the As schedule change and priorities state-wide Music Performance Asevents!

This spring semester promises to be a busy one for all Glenridge Lions as our school calendar is full of activities, concerts, sporting events, ings. Students and parents can stay up-to-date on all upcoming events by checking out the school calendar website at www.glenridge.ocps.net. Also, an updated list of all student-Thank you so much for support-: based clubs, sports and activities is front office of the school. This list We welcome and encourage the includes club/team sponsors, where get involved both in and out of the

With nearly half of the school year complete, we're off to a great start... Keep up the hard work, Lions!

#### Jewish Academy of Orlando Head of School, Lynne Shefsky

Jewish Academy of Orlando had a forward to returning after the turn of



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and relatives of our students enjoyed : each step of this process. a breakfast and viewing of the daily news from the JAO studio, and then time in the individual classrooms. The event culminated with an allschool Shabbat filled with song and ruach (spirit). JAO celebrates and is appreciative of its students' families.

The teachers of JAO stay busy not only in the classroom but continuing to develop, professionally. Several teachers will attend the FL Educational Technology conference in Janof Apple technology.

JAO's annual golf tournament, which supports its scholarship fund, more information, email develop-: ment@myjoa.org.



## Lake Sybelia Elementary

Principal Dr. Julie Paradise

The generosity of our school community during the holidays is always one of the beautiful things about this time of year. Thank you to each of our families, our partners and our community groups for sharing with others. It is this kindness that we want our children to emulate.

The brand new year is full of resolutions and commitments to be the best we can be for 2013. Our teachers and students are wrapping things up for the first semester and are eagerly looking forward to the second half of the school year. This time of the year, our teachers are intensely focused on: every child learning every day. We: are a tight knit, well-oiled machine by the time we reach midyear.

Our students are busy preparing for our Waves of Wonder (WOW) science event on January 24. Students choose an area of interest to investigate and prepare a project to share start the evening off with a family dinner at 5:30 p.m., followed by a special guest who will inspire the crowd with funky, fun science. Afterwards, the families will spend lots of time visiting the students' tables, playing with the experiments and getting all their questions answered by our budding scientists. It always turns out to be an incredible night of sharing and learning.



## 🔼 Lakemont Elementary

Principal Dr. Brenda Cunningham

By Cindy Clark, NEHS Adviser Jolly was the Season and Giving was the Reason for the students and staff at Lakemont Elementary! Many families in our community needed help, and we answered the call! Our National Elementary Honor Society's primary mission is to provide service to our community, so Dr. Cunningham asked our NEHS students to team up with our faculty and run a food drive to provide meals over the holidays.

NEHS students distributed flyers, appeared on the WLOS (Lakemont) morning news, decorated collection boxes, sorted food into categories, and then filled recyclable grocery bags (donated by Publix) with food for each family in need. NEHS president, Evelyn Byington, and vice-president,

tion Celebration Day was held on the Mary Margaret Greer, organized and onstrates not only the contribution of beautiful. He recognized Christmas last day before winter break, where : implemented the food drive, lead-: students and staff, but also the con-: with the Christ child, the manger grandparents and special friends ing teams of NEHS students through tributions of parents and the com-that's what Christmas is all about,"



NEHS vice-president, Mary Maruary. JAO remains on the forefront • garet Greer, reported: "For over four weeks NEHS students have been collecting and dividing up piles and piles of canned goods. Even though: will be held on Sunday, Jan. 13th at : we thought it was enough food, our : Alaqua County Club at 8:30 a.m. All : adviser, Mrs. Clark, said we still need: are invited to join in the fun. For ed more food for all of the families in need. This really made me thankful on Thursday, January 17 and report for all the things I am blessed with, cards will be sent home on Friday, and gave me a new perspective. January 25. If you have questions With this thought in mind, I was very: about your student's progress feel eager to spread the word about the ; free to contact our grade level guidfood drive. With hard work, we have: ance counselors anytime. Remember, succeeded in collecting enough food: for all of the families."

> Our NEHS students follow the example and the inspiration of these works of philanthropy set by our community and staff. Winter Park community churches have given several families holiday gifts, but the need is greater than our community can absorb, so Lakemont staff members stepped in to fill the void. A Giving Tree with stars was set up in our faculty lounge and before the day was over, every star was taken: from the tree. The generosity of our : Jesus sleeping in a teachers and staff filled the back office and spilled out into the hallways. Lakemont is a community learning: and serving together.



Hello to our Golden Hawks Famwith students and parents. We'll ily. We hope everyone had a restful National Shrine of and safe holiday season. Maitland the Immaculate Con-Middle School is dedicated to be- ception. His artwork ing a highly effective school. This will also be featured dedication has resulted in Maitland as a Christmas e-Middle School being awarded the greeting card! "It's wonderful recog- ence Fair is held in mid-January, and Five Star School Award for the 2011- : nition for St. James Cathedral School : we look forward to supporting the 2012 school year. This award dem- and the Diocese. The artwork is middle school students represent-

munity. We extend our greatest ap- said Bishop John Noonan. preciation for the support you have : given the school. Parents, there are: Art continued with our annual many opportunities for you to be-: Christmas concert, "Carriers of the come involved. The School Advisory: Light." We celebrated the birth of Council (SAC) is an opportunity to : our Savior through word, song and become involved in developing and: a living Nativity as our K-8 students improving the School Improvement: sang in English and German, accom-Plan. And, as mentioned in other up- panied by various instruments. Predates, the PTA is a dedicated group: concert music included eighth-grade of parents who work extremely hard: students on Tone chimes and songs to support our school and commu- by PreK students. The evening connity. Our boys and girls volleyball teams represented Maitland Middle School proudly in the playoffs. The basketball season will start in January. Orchestra, band and chorus had outstanding performances at the City of Maitland's tree lighting in December. The first semester will end at Maitland Middle School we are building a bridge to the future.



Sixth grade student Robert Duckworth won first place in a national reach opportunities, including a food art contest sponsored by the Pon- drive to benefit Catholic Charities tifical Mission Society's Mission- and the annual Kindergarten Bake ary Childhood Association. Robert • Sale to benefit the children of St. Mi-

art class. He drew a scene of the baby manger with a bright star visible through the stable window. Robert and his family were invited to Washington D.C. in December; his artwork was displayed at the Basilica of the

The celebration for Advent with

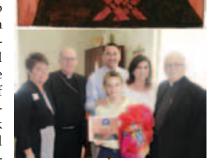
cluded with our traditional cookie reception. The campus was beautifully decorated with garland and white lights. The Christmas concert was a gift from our students to our Cathedral and school community. We are blessed to be able to have God in our daily lives and celebrate the birth of Jesus Christ together.



The students and staff of St. Margaret Mary Catholic School have welcomed the New Year with great enthusiasm. Students are hard at work in their studies and their service to others, continuing to put their faith into action through a variety of outdesigned a Christmas scene in his chael's Parish, Haiti. This event pro-

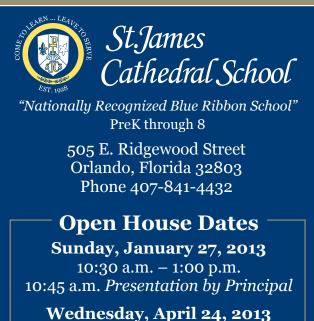
> vides the kindergarten students with an authentic learning experience as they count dimes while learning about the importance of reaching out to those in need.

> St. Margaret Mary Catholic School strives to teach the whole child, and January is filled with varied learning activities. Our local Sci-





準 A Catholic Community 🛰



8:30 - 10:30 a.m.

9:00 a.m. Presentation by Principal



www.stjcs.com

ing our school at the Orange County • Regional Science Fair. Also, art work • from St. Margaret Mary students will surement, communication, and rebe displayed at the Diocese of Orlando Art Show. Additionally, many St. Margaret Mary Catholic School middle school students are participating in the school sports program, competing against other local Catholic schools, and students in the lower the Junior Knights program.

The end of January and begin-: ning of February are exciting days for all of us as we celebrate Catholic Schools Week. Students will participate in many special events including the Religion Bowl where students demonstrate their knowledge of the Catholic faith, field day, the Book Fair, guest speakers, a picnic lunch, and the annual eighth grade/parent basketball game. Catholic Schools Week culminates with Grandparents' Day. Grandparents and special : Lutheran School! We hope you had guests join the school community for the celebration of Mass, followed by a reception and classroom visits.

The students and staff of St. Margaret Mary Catholic School wish you a happy and blessed new year!



In today's school marketplace, it is imperative that parents understand all of the distinctive school choice : options available to them. Our great city provides families with many options including schools such as The Christ School, with a mission to deliver a Christ-centered and academically rigorous experience, along with other school options including charter schools, virtual schools, neighborhood public schools, magnet are engaged in games and activities programs, and home schooling. The days of having no choice or input in



the entity with which a family partners for the shaping of the worldview and education of their child have been left forever in the past century. In the 21st century, parents must be consumers in search of the best education possible, and the marketplace continues to respond.

Regardless of the educational delivery model, leadership, curricuto spend time understanding the: school's mission, how the mission: aligns with their family's values and how the mission is delivered on campus each day.

At The Christ School, we have been busy throughout the fall hosting parent education meetings for current and prospective families and our topic has been "Fides: The Christ School's Structure for Academic Excellence." The Latin origin for fides is confidence and assurance and we use this as our framework to help our families understand the structure that ensures our strong academ- of some recent alumni accomplishic program.

key areas: pedagogy, design, meaflection. Each area of our curriculum: is independent yet all five are interdependent—each area works within: the whole—just as we teach to the: whole child to ensure transformational learning for each student.

As we begin the last half of the: grades are learning athletic skills in : school year we will begin preparations for our graduation ceremony knowing that Fides is the foundation : for our graduates' continued success in high school and beyond. The knowledge, confidence, and assurance TCS students gain in our classrooms will serve them throughout their lives.

#### **Trinity Lutheran School** Principal Melissa Bergholt

Happy New Year from Trinity a wonderful holiday season and were able to spend time with family and friends. December was such a busy month on our campus as our students put on a fantastic show the Christmas program, "The Gift." The evening was magical as the students performed, the choirs sang, the Christmas tree was lit, and families browsed the tables and food trucks.

January kicks off with our Step Up to Kindergarten Day. This funfilled morning lets our current VPK children interact and get to know our kindergarten teacher while experiencing a "day in the life" of a kindergartener. Then, on January 17, our Kindergarten Round Up brings families to our campus to enjoy a meal together and then the children while parents learn about our school and our kindergarten program.

Family Fun Night is right around the corner on January 25, when our Parent Teacher League plans a night of science and experiments for the students to rotate through, enjoy (and learn a little something in the

The end of January is our yearly celebration of National Lutheran School Week! The students have a packed week of dress-up days, Penny Wars, themed activities and the school and church congregation gather for a combined church service with a meal that follows on January 27.



As students get back into the lum, and instruction are of utmost swing of things after the holiday importance in an educational setting. break, winter sports are front and When parents ask me for advice in center! Saints fans will cheer for selecting a school, I encourage them boys and girls basketball, boys and girls soccer, and girls weightlifting. Also, our spring sports of track and field, tennis, softball, baseball, and lacrosse start practices in January.

> Three Trinity Prep seniors have made commitments to continue their athletic careers in college. Kyle Cavanaugh of Winter Park signed with North Carolina State to play baseball, Eliot Shapleigh of Oviedo signed with Stetson University to play baseball, and Felicia Coleman of Oviedo: signed with the University of Nebraska at Omaha to play basketball.

> Trinity Prep is extremely proud: ments. Out of thirty-four students

Our Fides is supported by five selected nationwide for Marshall. They are known as Mo Bros and the Scholarships to attend graduate women are known as Mo Sistas (no, school in the United Kingdom, two we do not grow out our hair). Mo are Trinity Prep grads from the Class: of 2009. In addition, Pardis Sabeti : and solicit funds for this non-profit. from the Class of 1993 was chosen for a Smithsonian American Ingenuity: ticipate in Movember and we had Award for natural sciences based on over 150 people sign up to be a Mo her work as a professor at Harvard; Bro or a Mo Sista. We had 12 facusing genetics to treat infectious dis-:

As we celebrate Trinity Prep's: history and vision in our 45th year, join us for a play, concert, or athletic iteam is a quick kitchen where we will event. Check www.trinityprep.org be making No Bake Energy Balls. See for upcoming events, or follow us on below for the recipe! We will also be Facebook and Twitter.



#### WPHS Live.Life.Healthy

Written by Meg Pietkiewicz

In November, or as we knew it at at Lake Eola when they headlined : Winter Park High School, Movember, students and faculty members worked together to raise awareness for men's health issues. For those of you who are not familiar with Movember, it is an organization that nization in honor of the "Mo" that ter.) Store in an airtight container and these men are attempting to grow. keep refrigerated for up to one week.

Sistas are supportive of their Mo Bros

This was our first attempt to parulty members grow a Mo and about 40 young men attempted to grow We also congratulate Dylan Malu-: a Mo. We raised over \$1500 which gen of Winter Park who has been : placed us at #2540 out of a little over awarded Honorable Mention sta-: 14,000 teams! If you would like tus by the College Board's 2012-13: to check out some of the awesome National Hispanic Recognition Pro- Mos that were grown, go to this link http://us.movember.com/mospace/3045189.

> Next up for the Live.Life.Healthy working with some art students to create healthy murals around campus!

#### Live Healthy or Die Trying! **No-Bake Energy Balls**

1 cup (dry) oatmeal

(I used old-fashioned oats)

2/3 cup toasted coconut flakes

1/2 cup peanut butter

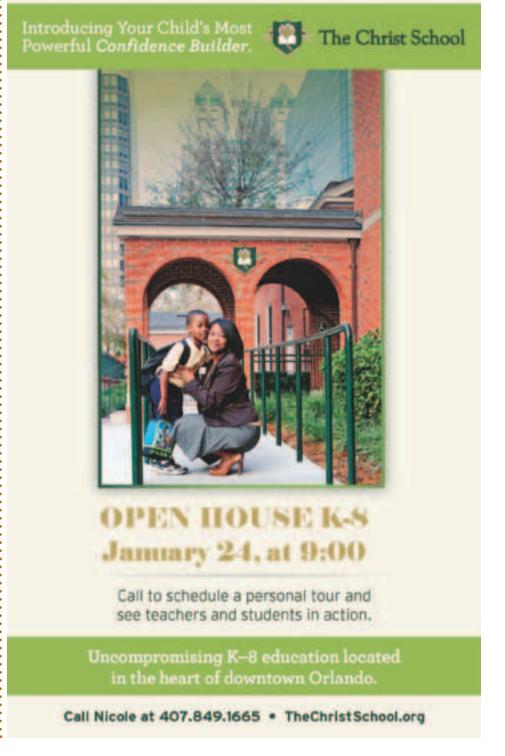
1/2 cup ground flaxseed or wheat germ

1/2 cup chocolate chips (optional)

1/3 cup honey

1 tsp. vanilla extract

Stir all ingredients together in promotes men's health awareness; a medium bowl until thoroughly by getting men to pledge to grow i mixed. Let chill in the refrigerator for mustaches for the entire month of half an hour. Once chilled, roll into November. In turn, these men get balls of whatever size you would people to donate money to the orga- ilike. (Mine were about 1" in diame-



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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.

February 9 Seed Swap – 9:00 a.m. to noon at Harry P. Leu Gardens. Do you have extra seeds that you don't need or didn't plant? If so, you can bring them to the Seed Swap. Even if you don't have seeds to swap, you can pick up a few seed packs to try, up to two packs per family, while supplies last. For more information please visit www.leugardens.org.

**February 14 Valentine's Day At Leu Gardens** – Features the showing of "The Vow" at 7:30 p.m. Admission is \$10 and you may bring a dinner picnic basket and blanket. For more information please call 407-246-2620 or visit www.leugardens.org.

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**

**February 2** Annual Walk To Benefit The American Foundation For Suicide Prevention – On-site registration will begin at 8:00 a.m. at 2420 Lakemont. Free parking is available behind the Traveler's building. To register, donate or to learn more, please visit www.outofthedarkness.org or call 407-646-2227.

# 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.



January 3 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 407-67-0446.

January 20 Orlando Harley-Davidson I-4 Motorcycle Ride and Party – Ride begins at 11:45 a.m. at Downtown Disney West Side and ends at the Harley– Davidson Factory Dealership located at 3770 37th St. Registration starts at 10:00 a.m. and proceeds benefit the Tri-County Chapter of Bikers Against Child Abuse. For more information please visit www.orlandoharley.com.

January 26 – 27 Violinist Sarah Chang To Perform With Orlando Philharmonic – 8:00 p.m. at the Bob Carr Performing Arts Centre. For tickets and additional information please call 407-770-0071.

January 27-29 "Pearls, Lace, and Vintage Grace" Porcelain Art Show – show hours are Sunday 1:00 to 5:00 p.m., Monday 9:00 a.m. to 5:00 p.m. with a vintage gala auction and demo from 5:00 to 8:00 p.m., and Tuesday 9:00 a.m. to 3:00 p.m. at the Bahia Shrine Center located at 2300 Pembrook Drive. Admission is \$5, and for more information please visit www. flwocp.ocm.

**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 407-67-0446.

# Maitland Events Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lilv



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

**January 9 Reading with Ringling Day** – 11:30 a.m. to noon at the Maitland Public Library located at 501 S. Maitland Ave. For more information please call 407-647-7700.

January 11 Opening Reception for two new exhibits, "James Casey: Equine Sculpture" and "Selections from the Permanent Collection: Sculpture" – 6:00 to 9:00 p.m. at The Art & History Museums – Maitland (A&H). For additional information, phone 407-539-2181 or visit www.ArtandHistory.org.

January 26 - 27 "The Telephone," Menotti's one-act opera and "A Musical Review of Ringing Proportions" and a tour of the Telephone Museum. Show times are Saturday at 2:00 and 7:00 p.m., Sunday at 2:00 p.m. at The Art & History Museums of Maitland located at 210 W.Packwood Avenue. For tickets please call 407-718-4365 or visit www.floperatheatre.org.

**February 1 Smart Aging Health Fair** – 9:00 a.m. to 1:00 p.m. at the Maitland Civic Center located at 641 S. Maitland Ave. For more information please call 407-843-1910.

#### **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.

Now – January 6 "Winter in the Park" Holiday Ice Skating Rink – the rink is located in Central Park's West Meadow. For more information please call 407-599-3203 or visit www.cityofwinterpark.org/witp.

**January 9 Bloomin' Fun** - 10:00 a.m. at the Winter Park Garden Club located at 1300 S. Denning Drive featuring Lorraine Gabler, master flower show judge and creative floral design instructor, will present the program. For more information regarding this free event please call 407-644-5770.

January 10 Garden Talks with Stephen and Kristin Paegas of Hortus Oasis – Noon to 1:00 at the Winter Park Library (bring lunch!) Cost is \$5 per person and to register please call 407-623-3279 or visit www.wppl.org.



January 19 Sixty-Seventh Annual Camellia Show & Festival — 10:00 a.m. to 4:00 p.m. at Mead Botanical Garden located at 1500 S. Denning Dr. The free show and festival includes free parking; assorted colorful varieties of camellia plants for sale; various vendors; food; 10:0 a.m. and 2:30 p.m. camellia classes; 1:30 p.m. Winter Gardening class (RSVP for classes call 407-963-8970); 11:00 a.m. camellia tour of more than 400 peak season blooming camellia cultivars; and 2:30 p.m. edible plant tour; and Orange County's Extension's UF/IFAS "Ask an Expert" Mobile Plant Clinic. For more information please visit www. camelliacfl.com.

January 20 - 21 11th Annual Unity Heritage Festival & Martin Luther King, Jr. Dedication Ceremony – The festival begins Sunday from 1:00 to 5:30 p.m. in Shady Park in Hannibal Square, and continues on Monday from 10:00 a.m. to 5:30 p.m. A special park dedication ceremony will be held Monday at 9:30 a.m. at the park, located at the corner of Morse Boulevard and Denning Drive. For more information please call 407-599-3275.

January 23 – 31 Seventh Annual "Art at the Casa" - 10:00 a.m. to 4:00 p.m. featuring the works of Peter Schreyer's "Three Decades of Documenting Florida." Schreyer will also lead a one-day photography workshop on January 26. Space is limited and for more information please call 407-628-8196 or visit www.casafeliz.us.

**January 23 Growing Roses** - 10:00 a.m. at the Winter Park Garden Club located at 1300 S. Denning Drive featuring Alice Mikkleson. Cost \$10. Please register by January 16. 407-644-5770.

**January 30 Pot-et-Fluer Floral Design Class** - 10:00 a.m. at the Winter Park Garden Club located at 1300 S. Denning Drive. Cost is \$10. Please register by January 16. 407-644-5770.

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 Paegas of Hortus Oasis** – Noon to 1:00 at the Winter Park Library (bring lunch!) Cost is \$5 per person and to register please call 407-623-3279 or visit www.wppl.org.

February 14 Winter With the Writers features Pulitzer Prizenominee 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 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 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.



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