# The Park Pressure August 2015 — Posítive news that matters ~ FR

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College Funding -Where Do I Start



All In For Orlando City Soccer Club

18

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### Orlando To Host USA Diving's National Championships

Over 400 of the nation's top divers will compete at the AT&T USA Diving National Diving Championships from August 1-13 at the YMCA Aquatic and Family Center in Orlando. Athletes will travel from all over the country, including Hawaii.

Thirty national titles will be awarded throughout the championship, which has been reformatted to include both junior and senior divers at the

same event for the first time. This year, junior divers will compete in their age groups for the first nine days of competition, and senior divers will compete the last three days.

Senior men's and women's events are 1-meter springboard, 3-meter springboard, and 10-meter platform. Junior divers will also compete on springboard and platform events.

With the 2016 Rio Olympic Games only one year away, many of the attending divers are hopefuls for the U.S. Olympic Team. The nationals will serve as an opportunity to qualify for next year's

international meets such as the World Championships, Pan American Games and World University Games this summer.

The roster currently includes U.S. Pan American Games team member Samantha "Murphy" Bromberg, who took fourth place in women's synchronized 10-meter with Delaney Schnell, and



U.S. Olympic Team Trials for diving. Several divers will head to Orlando

David Dinsmore and Jordan Windle who competed on the U.S. World Championship team at the end of July.

More information on the divers and event after representing the U.S. at major can be found at www.usadiving.org.



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FROM THE PUBLISHER The Park Press | AUGUST 2015

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### Publisher's Message



Rick Cable

"It's not whether you win or lose, it's how you play the game."

– Grantland Rice

Even though this American sportswriter has long since passed, his insightful quote is still so true and relevant today, especially as it relates to the Winter Park

Babe Ruth Baseball and Softball League. Sure, it's a goal to teach these young players the game, but I believe it's even more important to teach them the life skills of developing a hard work ethic to achieve goals, and to strive towards their goals with sportsmanship and class.

Last month, yes the summer month of July, the Winter Park Babe Ruth League had nine baseball teams and five softball teams close out their spring season. Three teams were crowned as district champs, two were runners-up, and one finished second in the state and is heading to the Softball World Series this month. Congratulations to all those who represented our fine city this season and especially to the 14U girls softball team heading to the World Series tournament...Go Winter Park!

As a parent whose child is involved in this league, I'm certainly happy for the success that each of these teams have on the scoreboard, but I take more satisfaction when our teams from Winter Park are complimented by other coaches and teams in how they conducted themselves with class and sportsmanship during the

games. I'm not exaggerating, if I heard this from numerous players, parents, and coaches from five opposing teams, I've heard it from ten.

This is really the measurement of success that confirms that the league within our community is doing right by the kids. Special credit goes to the following who volunteer their time to teach our children "It's not whether you win or lose, it's how you play the game."

#### Baseball

8U - Coach Matt Incinelli- 2015 District champs

9U - Coach Mike Smalley- 2015 District runner up

10U - Coach Doug Thomas

11U - Coach Paul Missigman - 2015 District champs

12U - Coach Richard Clarke

13U - Coach Bob Dodson

14U - Coach John McRae- 2015 District runner up

15U-A - Coach Sid Cash - 2015 District runner up

15U-B - Coach Lance Kildron

#### Softball

8U - Coach Boone Fleming - 2015 District runner up

10U - Coach Ryan Evans - 2015 District runner up

12U - Chad Walters - 2015 District runner up

14U - Gary Staudt - 2015 District champs, State runnersup, World Series qualifier

16U - Willson McBurney -2015 District runner up

There is also a long list of assistant coaches who also dedicate themselves to the league, and to all of them I say thank you!

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

Rick Rick Cable

Founder/Owner

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### Reinventing Me! By Tricia Cable

If we are all God's children, and I believe that we are, then I believe that each and every one of us serves a purpose on this planet; a God-given purpose. With that said I also believe that it is our goal, during our journey through life, to find our strengths, cultivate our gift, and in turn, share it

with the world. Whether you are a brainiac on track to cure a previously incurable disease, or a sporto destined to inspire the world with your athletic ability, or an activist ready to champion your favorite cause and leave the world better than you found it, I believe, in my core, that we each serve a valuable purpose in this world.

As a parent, I have taken this belief and used it as a road map or a treasure map. Exploring and uncovering the talents of each of my children and working with them to cultivate those characteristics, sharpen their skills and fine tune their craft; accentuate the positives while identifying the weaknesses; and putting a plan in place for improvements.

We are all works in progress and nothing has re-motivated me more than parenthood. I have been forced, unwillingly at times, to acknowledge my own faults and weaknesses not only as a parent but as a human being. The first thirty-some years of my life I invested all my time on exploration, learning, and education (and I am not talking about school) only to be exposed as an impostor by a fifth grader who adamantly announced, "Mom, you don't have to pretend you know everything. It's okay to admit that you don't know something!"Wait, what just hap-

pened? I didn't find out that my parents didn't know everything until way into my twenties and I had just been called out by an eleven-year-old in pigtails wearing a patrol belt, this is not what I signed up for!

Truth be told, the claim was warranted and that



was just one of the many lessons I have learned from my children. It was at about that same time that I turned the magnifying glass back on myself and started to take inventory of my own strengths and weaknesses. There is not much that is more empowering than taking a good long look at who

you are and who you are striving to be. Listen, I know that our very busy lives have a curious way of hijacking our self improvement strategy. It is so much easier to put the focus on others- your spouse, your friends, your kids- and play the martyr card when it comes to our own selves. But making the decision to be an active participant in your own self discovery is half of the battle.

"I turned the magnifying glass back on myself and started to take inventory of my own strengths and weaknesses." You have a choice, you can raise your hand accept the chal-

lenge or sit on the sidelines being tossed about without cause or purpose like a feather in the wind.

So, why not us and why not now? What moves you? Where do you find motivation? Who do you find inspiring? Take the bull by the horns and make hay while the sun shines and remember we are constantly evolving and making adjustments on the way to our final destination like a ship being tossed around by the ever-changing current of the sea. Cut yourself some slack and don't judge yourself by the paths and the accomplishments of others. The only person you should try to be better than, is the person you were yesterday.

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The Park Press | AUGUST 2015 **NEWS** 

### City Commissioner's Message Commissioner Robert F. Stuart, City of Orlando District 3



While our local journalists are the pros, I wanted to provide my own version of "running off at the typewriter" with some news from the City of Orlando...

• We had our budget workshop in July and Mayor Dyer also gave his Budget Address.

I am glad to say that our City is financially healthy after making some tough decisions last fiscal year. While the final vote on next year's budget will be September 21st, I can report that the mayor has asked that the council vote to keep our city's millage rate the same as last year- 6.65 mils. For more information on the city's budget, visit www.cityoforlando.net/budget or feel free to attend one of the two budget public hearings taking place at 5p on Wednesday, September 9th and Monday, September 21st in the City Council Chambers.

- As we talk about taxes, it is good to point out that for our city residents, about 27% of your taxes go to the City of Orlando to pay for many services including police and fire protection. TRIM notices from the Orange County Property Appraiser include the proposed millage rates and the taxes levied not only by the city, but also by the School Board, Orange County, the library system, and the St. John's River Water Management District. With this information, I encourage you to learn more about what services you receive from each of these entities and to share your comments and concerns with all of your elected officials before final budget votes are taken.
- I was excited to join Mayor Dyer last month at the official ribbon-cutting of our newest park amenity, the Lake Ivanhoe Paddleboard Dock, lo-

cated on Lake Ivanhoe at the southern end of Gaston Edwards Park. Don't let the name deceive you, this dock was constructed to allow all non-motorized watercraft, such as paddleboards, kayaks, and canoes the opportunity to launch in a safe manner into Lake Ivanhoe. As some may remember, we used to have a wooden viewing deck in the location where the dock has been constructed. In May 2014, the deck caught on fire and was deemed unsalvageable. After close examination,

derutilized and had really outgrown its purpose. Rather than rebuilding the exact same thing with the insurance settlement, it made more sense to repurpose the area into a launch since kayaking and especially paddleboarding have become extremely popular pastimes in our community.

• Just a reminder for those who participate in our Single Stream Recycling... first, thank you! Recycling not only reduces what we send to the landfill, but it also

Items that are recyclable include: newspapers, empty plastic bottles, cans, and milk cartons.

reduces water and energy costs. But just a friendly reminder to keep all plastic bags and film out of your recycling cart as they can really damage the recycling machinery. You can recycle aluminum cans, plastic containers, newspapers without their plastic bags, magazines without their plastic wrap, junk mail, milk or juice cartons, flattened cardboard and paper board, glass bottles and jars, as well as empty and dried aerosol cans.

• Even after much progress in the past few years, Best Foot Forward, our joint partnership with many local government and private partners, still has much work ahead of them. Created to focus attention and bring real results to increasing pedestrian and bike safety on our roads, this initiative is of ut-

most importance, especially in our walkable city neighborhoods such as Audubon Park and Baldwin Park. As the website states, Florida law is clear, drivers must yield to pedestrians and cyclists who are lawfully crossing the street at a des-

ignated crosswalk... from the moment they approach to cross, not just when they are in the crosswalk itself. Turning vehicles must also yield. The ticket for failing to yield is \$164 and three points on your drivers' license. Visit iyield-4peds.org for more information and resources on this important topic and educational campaign.

 As you are probably aware, many sidewalks are being completed throughout our city, more than 18 miles total, through a federal transportation grant funded by gas taxes. The first phase of this project was completed a few years ago and we were glad to qualify for another grant that will allow us to finish the second phase of our Orlando Walks project. To see locations, work zones and an estimated construction timeline, please visit www.cityoforlando.net/orlandowalks for more information.

 August means back to school for many youth and families in our community. I want to congratulate Edgewater High School, Glenridge Middle School as well as Audubon Park, Princeton and Lake Silver Elementary Schools for continuing their

> high standards of student achievement. Part of what makes all of these schools special is their high level of community involvement. Please consider learning more about what each of these schools does and getting personally involved by visiting ocps.net.

> • With a few more weeks of summer left, please continue to be vigilant about crime prevention in our community. We were proud to originate in District 3, "Operation Lock It Up..." a simple

program where our officers walked door to door reminding people with a short flyer to secure their cars and homes and remove valuables from view. OPD talks to suspects every day and many say that they will go back to a neighborhood for

as long as it continues to be an easy mark. Look for us to be back out in your community soon, so please make it easy on us, close your garage door all the way (find another way for Sparky the Cat to get inside), take anything of value out of your car and into your home (even your gym bag looks valuable to a bad guy) and lock your vehicle doors. Let's make it as hard as we can for those who want to do wrong in our community.

 As we work hard to enjoy every minute of the rest of the season here in the city, please note many fun things going on around Orlando. Leu Gardens (leugardens.org) hosts their annual movie

> date night on August 7th with the showing of Hunger Games Mockingjay Part One. Then on Sunday, August 9th, enjoy Free Family Day at the Mennello Museum in Loch Haven Park (mennellomuseum.com) ginning at noon.

Enjoy free admission tours and a make-and-take craft table, while enjoying all of the great American Folk Art exhibits. Finally, Lake Eola hosts their final Movieola event on the East Lawn on Friday, August 28th.

As always, thanks for your support of our district and our Great City! Enjoy the rest of your summer here in Orlando.

**Best Foot Forward** for pedestrian safety



our parks staff realized that the deck was very un-

Milk

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

### Winter Park Mayor's Message

Mayor Steve Leary



Stove Lean

"Vision Winter Park" officially began its year-long process on June 10 and since then we have been reaching out to the community to help identify the vision of our city's future. One thing is clear, visioning cannot happen alone or in

a vacuum, and to truly achieve a citywide vision, it requires the involvement of everyone.

To facilitate this process, the City Commission appointed a 21-member Visioning Steering Committee to work with city staff, the community, and our consultants, Logan Simpson. Together the visioning team has been meeting with residents, businesses and visitors through one-on-one Community Talks, city events, web based surveys and through the use of social media tools including Facebook, Twitter

and Instagram.

As of the beginning of July, almost 400 community members had registered on the official visionwinterpark.org website and approximately 300 have completed the survey. This is a great start to the process, but it's a long way off from achieving a true citywide

vision and I encourage each of you to get engaged. Whether you prefer to participate online, in person, or at a city event, there will always be a way to communicate your ideas and thoughts with the team.

Our first large community Visioning event "Celebrate Winter Park," will be held Thursday, August 20, from 5:30 to 7:30 p.m. at The Alfond Inn, located at 300 E. New England Ave. At this event, attendees

will hear internationally-known speaker and author, Peter Kageyama, talk about the importance of sharing what we love about Winter Park and motivate us to move forward with ideas to make it better. RSVPs are recommended as space is limited, so if you are able to attend "Celebrate Winter Park" please email vision@cityofwinterpark.

org by Friday, August 14.

"Celebrate Winter Park" is just one of many events that will be held to give you an opportunity to participate. Also this month on Thursday, August 6; Thursday, August 13; and Thursday, August 27, the visioning team will continue its Community Talks at the Rachel D. Murrah Civic Center where you can chat one-on-one about the process.

NTER PARK

We appreciate seeing our "regulars" at commission meetings, events and public hearings. However, for this process to articulate the true vision of our community requires that we expand our audience and include the widest array of community members.

You can stay up-to-date with the latest "Vision Winter Park" events and opportunities to share ideas by visiting visionwinterpark.org, calling 407-599-3665 or emailing vision@cityofwinterpark.org. #visionwinterpark

Sincerely, Steve Leary Mayor, City of Winter Park





**NEWS** The Park Press | AUGUST 2015

### Maitland Mayor's Message

Mayor Dale McDonald



Lift Station No. 4 **Diversion Project** 

stations Lift do an extremely important

they transport wastewater throughout the city. Wastewater is always on the move - it flows through a series of lift stations before it leaves the city for treatment. Once the wastewater leaves the last lift station in the City, it flows, untreated, into the transmission system of the South Seminole and North Orange County Wastewater Transmission Authority. The final destination of Maitland's wastewater is the City of Orlando's Iron Bridge Treatment Facility.

There are 42 lift stations within Maitland proper. Out of all of the stations in the city, Lift Station No. 4, nestled in Covered Bridge Park, is one of the hardest-working stations of them all.

Built in 1962, Lift Station No. 4 receives the effluent of nine other sta-

tions and is operating at peak performance. The anticipated arrival of two approved developments in downtown Maitland would significantly increase pump activity at this station.

The City identified a solution to prevent an overburdened Lift Station No. 4 by diverting wastewater directly to Lift Station No. 1 in northwest Maitland. Station No. 1 pumps effluent directly into the transmission pipeline of the South Seminole and North Orange County Wastewater Transmission Authority.



The only way to divert wastewater from Lift Station No. 4 to Lift Station No. 1 is through the construction of nearly two miles of new pipeline. The pipeline will start on Old Horatio Avenue and proceeds easterly to Dommerich Drive, Algonquin Trail, Arapaho Trail, and Mohican Trail, ending near Thistle Lane. The majority of the construction will be performed using a technique known as "directional drilling" to minimize the amount of roadway excavation and to reduce the impacts to our citizens. Construction is slated to start in the middle of summer and is expected to be complete in approximately eight to nine months.

Approximately 165 homes directly border the construction path along Old Horatio Avenue, Horatio Avenue, Dommerich Drive, Algonquin Trail, Arapaho Trail, and Mohican Trail. Impacted residents will receive a direct-mail piece from the City with details about the construction, path, and schedule. It also will be posted on www.itsmymaitland. com. We thank you in advance for your patience as we upgrade critical infrastructure.



### County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



Orange County owes its security to the brave men and women of the law enforcement who patrol our streets on a daily basis. Our law enforcement agencies

are tasked with patrolling the unincorporated parts of Orange County. Officers and deputies patrol a highly diverse set of communities and environments, from high-density areas in our urban core to student housing near the University of Central Florida, ranchland, rural communities, and natural lands on the county's periphery. Thanks to their efforts, the number of crimes committed countywide service area is at its lowest point in the last 15 years and is down nearly 21 percent from its peak in 2008. This month, I would like to tell you about the good work our law enforcement has done and share ways you can get involved to help reduce crime in your community.

Maitland, Winter Park, and Orlando residents have volunteer programs available through their local police department. Volunteers provide support for their respective departments and perform tasks such as fingerprinting, data entry, clerical work, and working at department reception desks. Some agencies have specialized volunteer programs, such as the Orlando Police Citizens Observer Program. Volunteers in this program patrol city streets, acting as an extra pair of eyes and ears for the department.

The Orange County Sheriff's Office has numerous specialized volunteer programs as well. You can participate in the Sheriff's Office Volunteer Patrol Program and Volunteer Task Force. The Volunteer Patrol Program is a non-confrontational neighborhood patrol program. Volunteers are not law enforcement officers, but are trained to be vigilant in their own neighborhoods. Volunteers donate their time to patrol neighborhoods in a special Sheriff's Office vehicle. Citizens who have passed a screening process will then participate in a volunteer academy that include training in subjects such as crime prevention, first aid, CPR, and spotting suspicious activity. The Volunteer Task Force is one of the Sheriff's Office most active units. Uniformed members of this unit are trained in traffic, crowd and perimeter control, search and rescue, disasters, parades, and other public activities. This unit is always on standby, ready to work with city, county, state, or federal agencies to ensure public safety. For more information on these volunteer programs, please contact 407-836-3820.

Young people can also get involved. The Sheriff's Office and Orlando Police both run Explorer Scout Programs for teenagers between 14 and 19 years of age who are interested in a law enforcement career. The program provides role models to showcase the various responsibilities of a law enforcement officer while instilling values and leadership skills. Participants will volunteers with outside civic organizations and perform various types of community service.

The Orange County Sheriff's Office is the largest law enforcement agency active in Orange County with over 2,000 deputies currently serving. Other law enforcement agencies located within District 5 include the Orlando Police Department, the Winter Park Police Department, the Maitland Police Department, and University of Central Florida Police Department. These police departments have also had a tremendous impact on crime, making a total of 13,330 arrests last year.

Orange County's law enforcement agencies frequently work together to address community concerns. For instance, the Sheriff's Office has partnered with the UCF Police Department to run the SNAP (Sector 2 Noise Alcohol Patrol) detail. This special patrol focuses on off-campus crime and underage drinking near the UCF campus. The SNAP detail conducts surprise checks at local bars and convenience stores, responds to loud off-campus parties, and watches for intoxicated drivers. Another notable joint law enforcement effort is the Metropolitan Bureau of Investigations, a multi-agency task force specializing in narcotics, vice, and organized crime investigations. The MBI team includes a wide variety of agencies at the local, state and federal levels including the Orange County Sheriff's Office, the Orlando Police, Winter Park Police, Florida Highway Patrol, Federal Bureau of Investigations, and U.S. Secret Service. This task force is one of the longest-running and most successful task force operations in the U.S. history.

You can leverage the power of your community to reduce crime by reaching out to your local law enforcement agency. If you see a crime being committed, be sure to call 911 promptly. If you would like to report crime anonymously, contact Central Florida Crimeline at 407-423-8477. The Sheriff's Office and most local police forces have crime prevention officers assigned to provide information on home security, crime awareness and assist citizens in setting up neighborhood watch groups.

I am proud of the work our law enforcement does each day to keep the residents of District 5 safe. We could not ask for a more dedicated group of people to keep our communities safe and secure. If you have any questions regarding local law enforcement or any other Orange County issue, please do not hesitate to contact me or my staff, Edgar Robinson and Lynette Rummel. We can be reached at 407-836-7350.

### Protection And Service The Winter Park Police Department

The Winter Park Police Department wishes everyone to have a fun and safe summer. We have entered into hurricane season again and to ensure the community is as safe as possible, please consider the following information so you can be as prepared as possible should a hurricane impact our community.

During a hurricane, sustained wind speeds can be anywhere from 74 miles per hour for a Category 1 hurricane to over 156 miles per hour for a Category 5 hurricane. Sustained winds of these speeds obviously cause havoc to our infrastructure, including power, water supplies, flooding, and accessibility to our roadways.

It is important to note that while your police department is fully staffed and officers are staged throughout the city to ensure response capability in preparation for large storms, for safety reasons, emergency response can cease if sustained winds exceed 40 miles per hour. Emergency responders DO NOT respond during the height of a major storm.

Police and fire prioritize response to critical incidents during storms based on threat to life and the safety of people in the area. When approved, police and fire respond to immediate needs first such as fires, dire medical emergencies, downed power lines, and severe structural damage. It is each and every individual's responsibility to prepare for any storm and either evacuate to a safe place or have the supplies on hand for the aftermath.

Follow these safety tips before, during, and immediately after storms to decrease the likelihood of accidents or injuries:

**Lightning and downed power lines** are deadly situations that should be considered before venturing out before, during, and after a storm. Notify police of any downed lines and stay away.

**Traffic safety:** Non-functioning street lights are ALWAYS a four-way stop! Approach every intersection with caution and follow any traffic direction by an officer. Avoid driving during or immediately after a severe

### **Are You Prepared?**

storm unless absolutely necessary. Remain home if possible. Emergency responders need the roadways clear for quick and easy response.

**Debris:** Areas may be closed off depending on the amount of damage. For safety reasons, DO NOT venture out during or after the storm unless absolutely necessary.

**Do not panic:** Have a plan set in place and be prepared. Know where the emergency exits are located, the emergency routes for the roadways in your area, locations of safe places / shelters, and where you can safely keep your pets since most shelters do not allow pets. Plan with family members how to reunite if you get separated and have a designated meeting location (preferably not a tree). Make sure you know how you will get medical attention if it is necessary.

Remember that the City of Winter Park has an emergency response plan that is up and running before any major storm hits our area. Follow these simple guidelines and stay as safe as possible.





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### Winter Park Memorial Hospital Celebrates 60 Years Of Serving Community

Winter Park Memorial Hospital is proud to celebrate its 60th anniversary, and is continuing to work to help make Winter Park the healthiest community in the nation.

To achieve its vision and meet the growing and changing needs of the community, Winter Park Memorial Hospital announces two major proposed expansions.

In August, the hospital will ask the city to approve a proposed patient pavilion and expanded emergency department. The proposed pavilion will bring more than 80 new private patient rooms to Winter Park Memorial Hospital.

Also, the hospital is proposing expanding its emergency department with the addition of 28 new treatment rooms. The expansion would bring state-of-the-art renovations, and add 13,600-square-feet of additional space. A new walk-in emergency department entrance would be created along Lakemont Avenue.

Earlier this year, Winter Park Memorial Hospital launched its Senior ER, the first of its kind in Central Florida and only second in the state. It was created to promote healing, reduce anxiety and minimize risks that may accompany hospitalization with a booming senior population.

Between 2010 and 2030, the number of seniors in the United States is



projected to grow 80 percent. Today, nearly 25,000 seniors live within a 5-mile radius of the hospital.

It is with these residents in mind that Winter Park Memorial Health is expanding its services and specializing in care to meet their unique needs. This compliments the array of services offered at Winter Park Memorial Hospital for patients of all ages.

When Winter Park Memorial Hospital opened its doors in 1955, about 12,000 people called Winter Park home. The first ambulance was a hearse run by a funeral home.

ways to share your ideas.

Ninety doctors treated patients at the 58-bed facility.

Today, nearly 30,000 residents live in Winter Park, and thousands more in surrounding areas. Winter Park Memorial Hospital is the largest employer in the city, with almost 1,400 employees. The state-of-the-art community hospital is home to destination services such as the Dr. P. Phillips Baby Place, Florida Hospital for Women at Winter Park Memorial Hospital, Cancer Institute, Orthopaedic Institute, and the Minimally Invasive & Robotic Surgical Center.

Artist rendering of the expansion of Winter Park Memorial Hospital.

"As we look to the past and see all of the lives impacted by Winter Park Memorial Hospital, we are honored that our staff, legion of volunteers and associates are truly woven into this community," said Ken Bradley, administrator of Winter Park Memorial Hospital. "In partnership with our community members, we will rewrite how medical care is delivered, and create the nation's blueprint for the treatment of generational care management and chronic disease."



great community events, visioning opportunities, and interactive

407-599-3665 | visionwinterpark.org | #visionwinterpark

### Track Shack Foundation Continues To Make A Positive Difference

\$38,000 to 29 area schools and organizations that provide health and fitness education and encourage young people to participate in a wide range cipients and their exceptional programs:

Track Shack Foundation's board of trustees recently awarded over of sports and fitness related activities in Orange and Seminole counties. Track Shack Foundation proudly introduces its most recent grant re-

Avalon Park Timber Creek Youth Sports, Orlando, 2015 Season American Heart Association, Orlando, Greater Orlando Heart Walk Bear Lake Elementary School, Apopka, Physical Education Fitness Challenge Bear Lake Elementary School, Apopka, Running Club Blankner K-8, Orlando, Smile Mile Club Brookshire Elementary School, Winter Park, Learn to Swim

Central Florida YMCA, Orlando, Avablanch Kids Triathlon Clarcona Elementary School, Orlando, Running Club

Cypress Creek High School, Orlando, Cross Country

Edgewater High School, Orlando, Boys Basketball

Edgewater High School, Orlando, Cheerleading

**Evolution Speed Track Team, Orlando, Track Meet** 

Fern Creek Elementary School Foundation, Orlando, Bulldog Splash

Florida Elite Matrix Track Club, Clarcona, USATF Region Qualifiers

Florida Legends, Orlando, Girls Basketball

Foundation for Foster Children, Winter Park, Fostering Success

Friends of Children and Families, Orlando, Healthy Bodies-Healthy Minds

Lake Como Elementary School, Orlando, Lady Comets Run Club

Lake Sybelia Elementary School, Maitland, Dolphin Dashers Running Club

Lakemont Elementary School, Winter Park, Physical Education

Lawton Chiles Middle School, Oviedo, Track & Cross Country

Lyman Rowing Association, Casselberry, Fall Season

MiniManiacs, Winter Park, MiniManiacs Youth Triathlon

Monarch Learning Academy, Winter Park, Physical Education

New Hope for Kids, Maitland, Camp Ray of Hope and Kids Camp

Quest, Orlando, Camp Thunderbird

South Orange Patriots Athletic Association, Orlando, Cheerleading

Winter Park High School, Winter Park, Cross Country

Wolf Lake Middle School, Apopka, Athletics



Above, Fern Creek Elementary Bulldog Splash Program.

Financial support of the local organizations is made possible by individual donation and from runners and walkers who actively take part in Track Shack's local running events. Race proceeds positively impact the community and improve the quality of life for so many. The Track Shack Foundation is a 501 (c) (3) organization that helps provide health and fitness opportunities to Central Floridians through the funding of youth athletic programs. To find out more about the Track Shack Foundation, to donate or apply for funds, please visit www.trackshack.com.



#### **Arnold Palmer Hospital for Children**

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**CARDIOLOGY & HEART SURGERY DIABETES & ENDOCRINOLOGY GASTROENTEROLOGY & GI SURGERY ORTHOPEDICS NEUROLOGY & NEUROSURGERY PULMONOLOGY UROLOGY** 

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### ORLANDO'S ONLY NATIONALLY RANKED CHILDREN'S HOSPITAL BY U.S. NEWS & WORLD REPORT

We're honored that U.S. News & World Report has recognized Arnold Palmer Hospital's excellence again in seven pediatric specialties. We thank our outstanding physicians and team members, our patients and their families, our referring physicians and our community for all they do to make this accomplishment possible.





10 NEWS The Park Press | AUGUST 2015

### Orlando Kia Makes Donation To Advance Child Abuse Prevention And Intervention

Orlando Kia presented Kids House Wayne Densch Children's Advocacy Center with a \$15,425 check. This annual charitable contribution enables Kids House's programs to continue providing excellence in child abuse investigation and treatment. Kids House provides a unique, child-friendly facility for information gathering and treatment for victims of abuse. Since 1999, Kids House has been a safe and caring place where child victims of abuse can find compassionate care and healing. Last year



Orlando Kia East, West, and North car dealerships has contributed more than \$50,000 to Kids House.

alone, Kids House helped almost 2,000 children. Support from KIA will

ensure that these children receive the help they need and deserve.

Joe Rossi, owner of Orlando Kia East, West, and North car dealerships, has contributed over \$50,000 to Kids House in the last four years. He said, "Being the youngest of 10 children made me realize that there is nothing more important than family, Kids House really touches my heart. I'm happy to be able to help this cause where victims can get the help they need."

The organization is grateful for the philanthropic commitment from local businesses such as Kia to protect our most vulnerable citizens: our children. "All proceeds will benefit child victims of abuse and neglect, and specifically provide crisis intervention, advocacy services and counseling for children and non-offending caregivers," said Ernest Hamilton, the executive director at Kids House. For additional information on Kids House please visit www.kidshouse.org.

### **An Effort To Promote Summer Reading**

By the end of fifth grade, low-income children are approximately 2.5 years behind their peers in terms of reading ability – primarily because of summer reading loss, which is the gradual decline of reading proficiency while children are away from the classroom. Heart of Florida United Way's seventh annual Day of Action – a community-wide, one-day volunteer event – recently helped to change this.

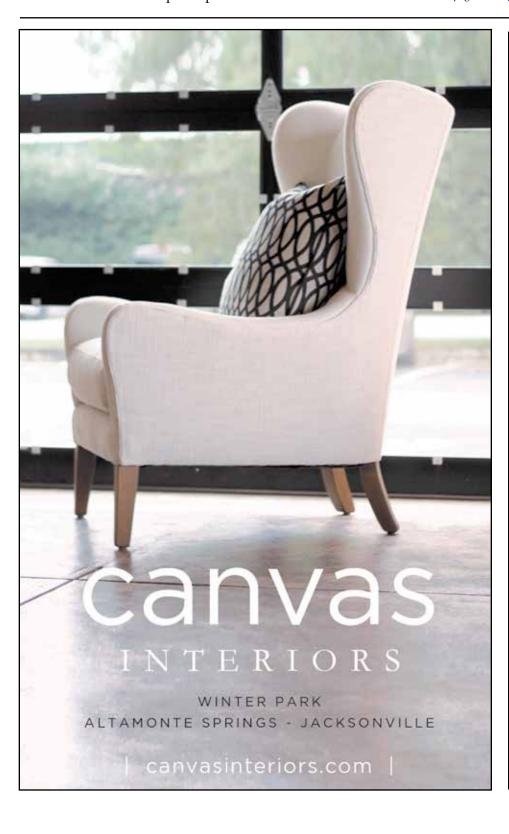
Hundreds of community members dedicated their time to participate in

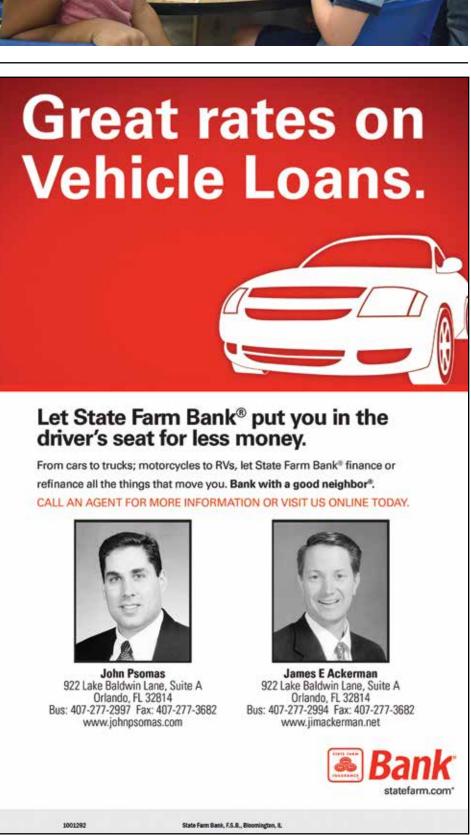
literacy projects throughout Central Florida and to distribute donated books. According to United Way, this year's event impacted more than 2,300 children at 25 United Way partner agencies, including Boys & Girls Clubs of Central Florida, Orlando Day Nursery, and Schools and Communities: Together for Tomorrow.

To encourage reading and foster literacy in young people, volunteers

Continued on page 12.







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### **Back-To-School Immunizations**

The Florida Department of Health in Orange County in collaboration with Orange County Public Schools are urging parents to prepare their children now for the upcoming school year. Parents can use their medical homes or private doctor to have their children vaccinated and avoid the last minute back-to-school rush and long lines.

"You can protect your children from vaccine preventable diseases all year round. Parents should see every encounter such as annual physicals, interim check-ups, or sports physicals as an opportunity to provide their children with any missing vaccines. Keep your children up-to-date on their immunizations and ready for school", said Dr. Kevin M. Sherin, director of the Florida Department of Health in Orange County.

The following are community events where parents can have their children vaccinated and obtain their 680 form.

#### Ronald Blocker Educational Leadership Center

(Children 4 to 18 years old) 445 West Amelia Street, Orlando, FL 32801 (407) 317-3200 Tuesday to Thursday / Hours: 9:00 am - 2:00 pm August 4, 5, 6

#### • Taft Neighborhood Center for Families

(Children 2 months to 18 years old) 9500 South Orange Avenue, Orlando, FL 32824 407) 254-1960

Monday to Friday / Hours: 8:30 am - 3:00 pm August 10 through September 4

#### Engelwood Neighborhood Center for Families

(Children 1 to 18 years old) 6000 Stonewall Jackson Road, Orlando, FL 32807 (407) 736-1040 Monday to Friday / Hours: 9:00 am - 3:00 pm August 17 through Thursday, September 3

### Bithlo/Christmas Neighborhood Center for Families

(Children 4 to 18 years old) 18510 Madison Avenue, Orlando, FL 32820 (407) 254-9400 Monday to Thursday / Hours: 9:00 am - 1:00 pm August 17 through August 20

#### Florida Department of Health in Orange County

(Children and adults from 2 months old) 832 West Central Boulevard, Orlando, FL 32805 (407) 836-2502 Monday to Friday / Hours: 7:30 am - 2:00 pm

Parents are urged to arrive early to obtain a walk-in ticket as services are provided on a walk-in basis.

Children must be accompanied by an adult family member or legal guardian to receive immunizations. If not, a notarized permission form, signed by the parent or legal guardian, must be presented before services are rendered. A copy of each child's immunization record and government-issued, valid photo identification of the adult relative or legal guardian are required. Children need to present ID as well on their first visit only. Parents can avoid the lines and go directly to their primary care provider.

A certified DH 680 immunization form is required for school entry and is provided free once vaccinations are received. If a client only needs a DH 680 form, an administrative fee may apply. You can also obtain this form at your child's doctor's office and the health departments' immunization clinics or medical records departments if your child is already up-to-date on their immunizations.

Please call 407-836-2502 to obtain the list of acceptable forms of identification for children. For more information on childhood immunizations, visit http://orange.floridahealth.gov.



### Chief Railey Appointed President Of Florida Police Chiefs Association

Florida

Chiefs

Association

Get, 1952

The Florida Police Chiefs Association (FPCA) recently installed Chief Brett Railey of the Winter Park Police Department as the association's

2015/2016 president. The swearing in, which was performed by Sandy Richardson, a regional program manager with the National Highway and Traffic Safety Administration (NHTSA), was conducted last month during the FPCA's 63rd Annual Installation and Awards Banquet in Orlando.

Railey's priorities will include developing greater partnerships with the communities the organization serves. He also plans to focus on preventing the number one killer of Florida residents and visitors- traffic accidents. Last year, there were more than 2,500 fatal traffic incidents in Florida, more than double the number of murders.

"It's such an honor to be chosen to lead this group of Florida's law enforcement executives, because I know this association's members have incredible talent and drive," said Chief Railey. "I will continue the FPCA's mission to be a voice for our members and to advance public safety initiatives throughout our state."

Chief Railey has decades of experience in law enforcement, including oper- ational, investigative, and administrative assignments. He special-

Driven Approaches to Crime and Traffic Safety (DDACTS). This method uses crash and crime mapping to determine the most effective and efficient use of often limited enforcement resources to reduce vehicle crashes and incidents of crime. In April 2014, Chief Railey received the NHTSA Public Service Award and in October 2014, the International Association of Chiefs of Police presented him with the J. Stannard Baker Award for lifetime achievement in highway safety.

A highly sought after trainer and presenter, Chief Railey has been invited to speak to associations throughout the nation on traffic and highway safety. He also served as an appointee to Gover-

nor Rick Scott's Pill Mill Strike Force, and was appointed to the Governor's Law Enforcement Driving Task Force. He is a member of the governing board of the Central Florida High Intensity Drug Trafficking Area as well as the governing board of the Metropolitan Bureau of Investigation.

### Winter Park Recovery Center

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www.WinterParkRecoveryCenter.com



From page 10

engaged in a variety of activities, including reading aloud, and playing word scramble and spelling games. Additionally, each child received at least six free books from the more than 25,000 collected prior to the event. Research shows that read-

'Studies show that in middleincome neighborhoods, the ratio of age-appropriate books is 13 books for every child, while in low-income neighborhoods, it is one book for every 300 children."

ing four books over the summer months can maintain or possibly increase a child's reading level.

"Thanks to the individuals and businesses who donated, we distrib-



uted more books this year than ever before," said Traci Blue, director of Heart of Florida United Way's Volunteer Resource Center. "This event will help us continue to address the issue

> of literacy and impact the lives of children in our area."

With price being the No. 1 barrier to book ownership, children from low-income families don't have sufficient access to age-appropriate books. In fact, studies show that in middleincome neighborhoods,

the ratio of age-appropriate books is 13 books for every child, while in low-income neighborhoods, it is one book for every 300 children.

"At Heart of Florida United Way, we know that education is the key to ensuring that our young people have the tools they need to succeed," said Robert H. (Bob) Brown, president and CEO of Heart of Florida United Way. "Through initiatives like Day of Action, we are continuing to invest in results and in the future of our community."

To learn more about addressing summer reading loss, visit http:// hfuw.org/Day\_of\_Action.php.

attack or bite if the wound is serious,

the wound becomes red, painful,

warm, or swollen, or if you develop

a fever, if it has been more than five

years since your last tetanus shot, and

the bite is deep. Anyone who is bitten

by a dog is at risk of getting rabies; it

is important to contact Orange Coun-

ty Animal Services, the health department, and/or police department

For more information on prevent-

ing dog bites, visit http://www.cdc.

gov/features/dog-bite-prevention/

to report the incident.

index.html.

### Keep Children Safe, Prevent Dog Bites

The Florida Department of Health in Orange County in conjunction with Orange County Animal Services are responsible for the oversight of animal bites in Orange County. The main concern of both agencies is the prevention of bites from animals that can transmit the rabies virus to the human population; however, due to the recent number of children involved with bites from dogs, both agencies would like to emphasize the importance of protecting children from dog bites.

According to the Centers for Disease Control and Prevention (CDC), approximately 4.5 million dog bites occur each year. Among children, the rate of dog-bite-related injuries is highest for those five to nine-years old. Children are more likely than adults to receive medical attention for dog bites.

"Parents should be aware of the risks associated with dogs and take precautions to prevent dog bites and the risk of illness to their children," said Dr. Kevin M. Sherin, director of the Florida Department of Health in Orange County. "Teaching them the basic safety tips on how to interact with dogs is an important step to avoid injuries and fatalities."

In addition to causing pain, injury, or nerve damage, dog bites can become infected, placing the bite victim at risk for illness or even death. To reduce the number of injuries from dog bites, adults and children should be educated about bite prevention, and dog owners should practice responsible dog ownership. Any dog can bite, from the smallest to the largest; even the friendliest, cute, cuddly, and easygoing dog might bite, if provoked. The following tips can help parents educate children about basic safety around dogs:

- Young children should not play with a dog unsupervised.
- Children should not disturb any dog that is sleeping, eating, chewing on a toy or bone, or caring for puppies.



- Children should never approach a barking, growling, or scared dog.
- Children should not pet a dog without allowing it to see and sniff them first.
- If a loose dog comes near a child, he should not run or scream. Instead, they should avoid eye contact with the dog and stand still until the dog moves away.
- If a child falls down or is knocked to the ground by a dog they should curl up like a ball with their knees tucked to their stomach and with their fingers inter locked behind their head to pro tect their neck and ears.
- Children should never try to out run a dog. If a dog attacks, the child should put anything at their disposal between them and the dog. That means a coat or jacket, book bag, stick, or bicycle.

"Animal Services offers bite prevention workshops to all ages in an effort to educate children about the situation in which bites may occur," said Dil Luther, the division manager of Orange County Animal Services. "It is our goal with these outreach programs to reduce the number of future incidents."

Seek medical attention after a dog



Conveniently located in Baldwin Park, Dr. Danna is devoted to caring for the special needs of women through all stages of life, from puberty to menopause.

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### fiscal fitness by John Gill

### College Funding – Where Do I Start?

August is the month of numerous beginnings. August is the

start of school and the return of sanity for the parents charged with organizing summer activities for school refugees. August is also the start of college football and the associated craziness that goes with it. August is also the milestone month that will see numerous students across our community and country begin their college career.

As many parents with collegeaged children know, the transition began last year with college open houses, trips, and other activities to sort through the possibilities and available options. If college is in the immediate future (one to two years) of the students in your life, then now is the time to begin assembling your funding.

Ideally, if your child is going to college in the next couple of years, college funding should have begun 16 or 17 years ago. The use of a tax advantaged 529 plan or the purchase of a Prepaid Tuition Savings plan would have been the start of a strong college funding foundation. Add



to that foundation a mix of grants, scholarships, and loans and the student would be on their way. Of course, as simple as this sounds, the fact of the matter is that life gets in the way of the best-laid plans.

So, your student is a year or two from arriving on campus and the

full funding picture is not complete. What should you do?

First, decide what school or schools fit the budget. To determine this you must gain an understanding of the true cost of attendance so that a comparison can be made on an apple-to-apple basis between schools. This comparison is called the net price. The net price includes all of the costs associated with college attendance.

According to the College Board,

the net price is a college's full cost of attendance minus the grants and scholarships you may receive. The cost of attendance includes tuition, fees, and housing as well as other important costs like books, supplies, and transportation.

The net price you pay for a particular college is specific to you because it's based on your personal circumstances and the college's financial aid policies.

Once an understanding of the cost is gained, funding must be secured. This starts with the completion of the Free Application for Federal Student Aid, FAFSA or the CSS/Financial Aid Profile. The FAFSA is the most widely completed financial aid application and is used by most colleges and universities. The CSS/Financial Aid Profile is used by approximately 400 private colleges and universities. Chances are both will have to be completed. These financial aid instruments calculate an Expected Family

Contribution, EFC. According to the Adventures in Education website, the EFC a measure of how much the family or student will be able to contribute toward college expenses for one academic year.

With an understanding of the Net Price and Expected Family Contribution, the next step is to collect the funds. Between the money saved in a 529 plan and/ or prepaid tuition and other contributions, there will probably

> be a need for additional funds. Based on the results of the FAFSA and the Profile, the college or university may provide scholarships and loans. You may also want to seek out other sources too.

> > **Fastweb**

(Fastweb.com) is an online site that provides one-stop shopping for loans, grants, and scholarships. There are other online tools as well and the student's high school might have a college resource center that has information on college scholarships and other funding opportunities.

For a general overview of the college funding process check out this website:

http://money.cnn.com/ magazines/moneymag/money101/ lesson11/index.htm.

Smart college funding will keep you sane on the path to fiscal fitness.



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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\_gill 1.

"If college is in the

immediate future

(one to two years)

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### family business perspective by David Ciambella, CFP CSP



David Ciambella, CFP CSP

### Like A Hurricane

Hurricane season is upon us in Florida and hopefully you have taken

the necessary precautions in the event Mother Nature unleashes the power and fury of a hurricane on Central Florida. Forecasting the weather is not a perfect science, however, when it comes to identifying and tracking hurricanes, weather forecasters do a remarkable job. Thanks to news outlets, we have the benefit of advance warning. We are given insight into the strength and magnitude of the storm and we even have a close projection as to the hour the hurricane will pass over our area. Yet many people ignore the advance warning, neglect to prepare and develop contingency plans.

Business succession planning is similar to a hurricane in that business owners know succession planning is inevitable, know they need to develop a plan, more often than not have adequate time to prepare yet often procrastinate and ignore the implications and consequences associated with not having a sound

plan. The result is a business catastrophe where many are shocked, devastated and in some cases have to pick up the pieces, salvage what's left and start all over again.

Now that I have your attention, let's focus on a few things you can do to increase the odds your business will weather the storm.

Short Term Preparation: First step to surviving a hurricane is to be prepared. In the short term, develop a Succession Planning Emergency Kit for your family and business partners that includes critical information such as:

- A list of your trusted advisors (Attorney, CPA, Financial Advisor etc.) and how to contact each of them;
- •Location of important documents and information: Wills/Trusts, Durable Power of Attorney, Advanced Medical Directives, business agreements, leases, life insurance etc.;
- Passwords for your computer, your cell phone, email, banking and online investment accounts, safe combinations/ safe deposit box location and keys;

Ensure someone you trust knows

where to find this information so that your wishes can be honored and the transition process is more easily managed.

Mid-Long Term Preparation: Understand where you truly are on the succession planning spectrum by conducting an honest assessment covering the ten, interdependent areas of the following Succession Matrix.

- 1. Owner Motivation and Perspective Is your goal to build the business and eventually sell it or pass it to family or key managers? Personal Financial Planning Are you accumulating wealth independent of the business in an effort to become less dependent upon the business for your security? Is your estate plan up to date? How transferrable are critical banking relationships and lines of credit?
- 2. Business Structuring –Are there any unique requirements such as a franchise agreement that have specific criteria that must be honored?
- 3. Business Performance Profitability, employee satisfaction and customer service are key drivers in any successful

business. Strategic Planning – Do you have a clearly-defined vision/mission/values that family and employees understand? Have you developed a formal plan that governs business decisions and focuses resources?

- 4. Leadership Continuity How dependent is the business upon you? Who will lead the business if you cannot? Is there a formal plan in place that has been communicated?
- 5. Management Synergy and Teamwork Self-explanatory!
- 6. Successor Identification and Preparation Do you have a successor? Is he or she qualified? Respected? What additional training/experience is needed?
- 7. Family Dynamics Addressing family issues, protecting family harmony and communication is imperative. Do you have a Family Council?

Continued on page 15

David Ciambella, CFP CSP is a partner of The Rawls Group.

### Critical mass by Jim Hasley

# S

Jim Hasle

### Scouting Provides A World Of Experience

This year the marks the commencement of the 23rd World Scout Jamboree held oan from July 28th h. Scouts between

in Kirara-hama, Japan from July 28th through August 8th. Scouts between the ages of 14 and 17 will arrive from points across the globe to celebrate "A Spirit of Unity" by overcoming language and cultural barriers to work in multi-national teams accomplishing tasks, playing games, and sharing the Scouting Spirt.

I have to good fortune of serving as one of four Scoutmasters leading a team of 40 boys predominately from Florida to experience this once-in-a-lifetime event. While much of the planning for this globetrotting event happened over the last few months the journey actually started about eight years ago when

my son Zachary, now 14, brought an informational flyer home from school with a huge grin excitedly explaining "Daddy, I want to be a Cub Scout!" What a journey it's been...

Both of my sons are now well established in the Scouting program and as a result our family has spent numerous days and weekends exploring the outdoors, learning about science, experiencing history, giving back to our community, and deepening our faith. We have hiked historic trails, canoed the Suwannee River, swam in springs, camped in the mountains, attended scientific lectures, attended government meetings, built bridges, cleaned lakes, and delivered food to the needy. Note I say 'we' have done all of these wonderful things because Scouting is a family organization that has allowed us to make numerous friends who accompany and grow with us.

Scouting is designed to provide age-appropriate activities designed to challenge Scouts to grow through personal achievement. For a six-yearold Scout, their task may be to go on a family hike to collect an identify leaves. By the time the Scout is 10 the task may be to hike five miles with their patrol using a map and compass during an overnight campout. At age 12 they may spend a weekend in the wilderness with only the basics to hone their survival skills and by 14 they may have an opportunity to travel half way around the world as an emissary of American culture!

Scouting teaches responsibility, accountability, and courtesy in a structured program designed for the Scouts to grow at their own pace.

Scouts learn how to survive independently and how to work well in a group. Granted, if you've ever seen a den of six-year-old Tiger Cubs selling popcorn in front of a supermarket you may question how well Scouting teaches team work, but it does come. Few have the opportunity to see a Scouting crew pilot a sailboat to the Bahamas or hike across 70 miles of New Mexican high desert; the teamwork is remarkable. Scouts are also highly encouraged to "pay their way" or at least contribute toward the cost of their adventures teaching the value of hard work and fiscal responsibility.

Elementary school parents should expect to see some smiling faces come home with a Scouting flyer shortly after school stars. For those of you who embrace the experience I wish you the very best!

James M Hasley, CFP is a financial services industry speaker and has been recognized by the LIFE Foundation with a realLIFEstories Client Service Award.

For questions, Jim can be reached at jhasley@financialguide.com or 407-661-2289.





### **Business In The Parks**

Fannie Hillman + Associates posted a company record 552 real estate transactions in 2014 for a sales volume of \$216.7 million. The record number of transactions was 19 better than the company posted in the 2005 real estate market, and marked the fourth consecutive year the company's transactions increased. Last year's transactions were up 28% over 2013 and 42.7% over 2012, while sales volume was up 19.7% over 2013 and 56.7% over 2012. The company's average sale last year was \$392,502.

Jessica Hew, an experienced business and commercial litigation attorney, has joined the Vose Law Firm and will lead the firm's litigation department.

her focus has been in liti-

gation on behalf of both

large and small business-

es, she is also a certified

mediator and arbitrator.

In addition, she has had

a significant transaction-

al law practice, includ-

ing corporate tax issues,



business contracts and governmental compliance.

Westminster Towers recently celebrated its 40th anniversary. When Westminster Towers first opened its doors in 1975, it was the second-tallest building in the city, just behind the Citrus Center. This fall, they'll begin an effort to craft a new master plan and help the community expand to serve even more people, with plans for a new Lifelong Learning Center and more apartment residences in Orlando. As Central Floridians and Americans continue to age, Westminster Towers is planning ahead to be positioned well to provide exciting options for active senior living in the heart of downtown.

Jim Cundiff, interim executive director of Orlando Ballet, is pleased to announce that Dr. David MacGillivray was presented the 2014 Tender Care Award. This award, presented to volunteers of Orlando Ballet, recognizes MacGillivray for his exceptional service to the organization. Dr. MacGillivray



Dr. David MacGillivray

is a licensed acupuncture physician and massage therapist who has worked with the dancers for last eight years, attending rehearsals and performances regularly to treat and educate dancers. "Dr. MacGillivray and the other members of the volunteer medical team literally keep our dancers on their toes," said Orlando Ballet

president Andrea Batchelor. "We could not perform without their medical expertise, attention and dedication." The medical team has worked with the Ballet for 35 years and is comprised of 25 individual and group practices offering a broad range of traditional medical, dental and holistic services. Annually, medical services donated to the Orlando Ballet exceed \$130,000 and total over \$1.6 million since the group's inception. Teresa Volkerson, PT, MPT, a supervisor at Orlando Health, has coordinated the team for the past several years.

Orange County Board of County Commissioners has appointed Michael Perkins as the new manager of the Orange County Regional History Center. Perkins has served as a program manager (curator) of exhibits for the History Center for the past twenty years. In this position, he managed



Michael Perkins

the exhibitions unit and worked with the collections unit to develop the scheduling of exhibitions, and overall exhibition installations and programming. Perkins holds a master's degree in Public Administration from the University of Central Florida, and two bachelor's degrees in

History and Business Administration from Michigan State University. Perkins believes in staying connected with his community. He remains active in his church, and also volunteers with local history groups. "I am proud of Michael's record as the curator of exhibits and look forward to his leadership to the Historical Society," said Mark Line, board president, Historical Society of Central Florida.

JFS Orlando's executive director, Eric Geboff, is pleased to announce that JFS Orlando has been awarded a \$20,000 grant from the William J. and Dorothy K. O'Neill Foundation. The grant supports JFS Orlando's Family Stabilization Program (FSP) - a preventative, six-month case management program designed to help families obtain self-sufficiency by teaching them critical skills and tools to resolve crises and avoid future hardships while achieving long term stability. The program's primary objectives are to improve money management skills, family functioning, mental health functioning, and to maintain or improve employability and housing while reducing stress. This is accomplished by providing clients with a variety of supportive services at no cost to participants. In 2014, FSP had more than 50 participating families and almost 250 case sessions. For more information on JFS Orlando and FSP, please visit www.jfsorlando.org.

Attorney W. Doug Martin has been promoted to partner at the Orlando based law firm **Dellecker** 

Wilson King McKenna Ruffier & Sos. Mr. Martin is a graduate of the University of Florida Levin College of Law, where he received the Book Award for Trial Practice. Mr. Martin earned an AV Preemi-



dale-Hubbell. and has been recognized by The National Trial Lawyers' "Top 40 under 40." Additionally, Mr. Martin was awarded Florida Trend's Legal Elite Up & Comers, and Super Lawyers Rising Star. Mr. Martin is a member of the board of directors of the Young

nent rating by Martin-

Lawyers Section of the Orange County Bar Association and is also a member of the board of directors for the Make-a-Wish Foundation of Central and Northern Florida.

**ShuffieldLowman** law firm recently announced that veteran litigator Keith J. Hesse has joined the firm as a partner. Hesse brings more than 32 years



Keith Hesse

of legal experience litigating cases in state and federal courts throughout Florida. Hesse graduated from the University of Florida with a B.A. and University of Michigan Law School with a J.D., where he won the Henry M. Campbell Moot Court competition. He is a member of The Florida

Bar and admitted to all Florida State Courts, U.S. Tax Court. U.S. Court of Appeals, Eleventh Circuit and U.S. District Court, Middle District of Florida. He holds the AV preeminent rating from Martindale-Hubbell and is a frequent speaker and author. In the community, he serves on the board of directors of the Manufacturers Association of Central Florida, is the Immediate past president of the Orlando Shakespeare Theater, on the advisory board of Barry University Law School, a member of the Central Florida Estate Planning Council, and a member of the Tiger Bay Club of Orlando.

Robin Webb, CCIM, managing director at NAI **Realvest**, was named to the 2015 NAI Global Members' Leadership Board. "Robin brings more than 30 years of experience in all aspects commercial real estate that will greatly benefit our members," said Jay Olshonsky, president of NAI Global. "We are delighted that he will serve in this leadership role to advance the organization's efforts." Webb joins 18 other commercial real estate executives from NAI Global member firms currently serving on the board.



### From page 14

8. Family Governance - What will the organizational structure look like in the future? Might a professional management, a board of advisors or directors, make sense?

As John Wooden, the famous UCLA basketball coach stated, "Failing to prepare is preparing to fail." Hurricane Succession will eventually come. The question is: how well prepared will you and your business be to withstand the inevitable challenges. If you are interested in digging deeper or learning more about the Succession Planning Emergency Kit or the Succession Matrix, visit www.seekingsuccession.com.

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

### Sometimes...

friend has cancer.

I'm getting a divorce.

My best

My wife's cheating on me.

My son's addicted to pills.

I'm infertile.

Sometimes... things just are as bad as they feel.

Sometimes, you want to scream and shout and cry and shake your fist at the injustice of it all.

Sometimes, it feels like God and the Universe have forgotten about little ol' you.

Sometimes, there's not a thing you can do or say to change how soul crushing that moment feels.

Sometimes... that's ok.

I spend a lot of time listening and making sense of things. I work hard to help people process and reframe and I hope always to help alleviate some of the pain and the fear associated with this version of life. I try to help others find solace and I work to remain consistently in a place of gratitude, myself. I believe deeply and wholly in

the power of people, in our resilience, in the good of the world, and in the beauty of life. But sometimes, life (in this singular and finite moment) hits you hard.

Sometimes, that's alright.

I believe that reacting 'normally' to an abnormal scenario would make one rather 'abnormal'... no?

When life hands us proverbial lemons, we have a tendency to pretty immediately start beating ourselves up for feeling whatever way we do. We feel 'silly' or 'guilty' or 'weak' or 'not good enough,' when our footing has been shaken. So, almost immediately, not only are we scared and pained, but now we can also add to the load our guilt/shame/self-criticism.

I sometimes tell people, if a hurricane was about to hit or your home was being swallowed up by a sinkhole and you responded to this with a calm and unfazed, overtly rational 'well, these things happen and there's nothing we can do about it'... wouldn't that make you more than a little bit pathological?

Certainly it would.

Instead, panicking and running about completely 'abnormally' would make far more sense, right?

Turns out, reacting 'abnormally'

to an 'abnormal' situation makes you just about the most normal person there is...

Sometimes hard times hit. Sometimes we feel knocked over by them. Sometimes we cry. Sometimes we numb. Sometimes we have red wine and ice cream for dinner for no good reason other than it makes us feel a little bit better.... Sometimes, that's alright.

I don't write this as an ode to misery or as a free-for-all for those suffering to immerse themselves in the pain, but rather as a quiet hand on our collective shoulders and permission to feel our feelings before we think about them/identify them/rationalize them/criticize them/etc.

Life is full of surprises. That includes some of the very sweetest ones, most days of the year. We become almost inured to the good and the healthy and the hopeful that make up the vast majority of most of our days... until they don't. Then we experience the days/weeks/months/years of our lives when we yearn for the time when everything was 'boring' or 'stressful' or 'too much.'

As opposed to 'constant,' 'life threatening' and 'not enough.'

Whether you are in the summer of

your abundance or the winter of your discontent, I would offer you the opportunity to feel what you feel and feel all of it. If you're happy - be joyful and spread it. If you're sad, weep and mourn that sadness until you're ready to move through it. If you're angry or fearful or bereft - reach out and sit with a friend, a family member, a loved one, or a therapist as you steady the world enough to make sense of it. Be grateful, be true, be honest and be you. Recognize that this is just a snapshot in time and 'it too shall pass' but that does not lessen the profundity of the moment.

The human experience is a tapestry of a million different moments and emotions. The darkest skeins are required for texture, richness and fullness in the overall picture. Allow them, bless them, meet them head on, and then remember who and where you are and that light threads are just ahead as well.

Until then-laugh, dance, cry, drink wine and eat ice cream... do what you have to do, because sometimes... life is just around the next corner.

Be well; Live Meaningfully. Till the next time, Ayesha

Ayesha G. Bullock, M.A. practices at 2150 Park Avenue North as a Licensed Mental Health Counselor and can be reached at ayesha@livemeaningfully.net or 407-796-2959.



### nature in the parks

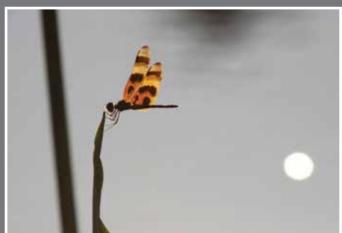
Photos by Richard Johnson

If you are a resident of Baldwin Park you no doubt have walked, biked, or jogged the 2.5 mile path that surrounds Lake Baldwin. I personally love to walk the path with my camera at the ready. You never know what you'll see in the way of nature.

Richard Johnson is a professional photographer.
See more of his work at www.RichardEarlPhotography.com







### in the garden by Stephen and Kristin Pategas



**Heel! How To Control Spreading Plants** 

Plants that travel and cover the ground can create expanding privacy screens, or when low and

full they can make good lawn grass substitutes. To be successful groundcovers, they need to grow vigorously and dense enough to fill in and deter weed seeds from germination. Since they are not predisposed to know boundaries, one challenge is to keep these plants in place when an adjacent edge, like a sidewalk, is not in place. Some plants grow in clumps and slowly expand in spread using underground rhizomes while others are more vinelike and creep along the ground.

The clumpers include African iris, lady palm, and the Bambusa species of bamboo. These will need edging of an appropriate depth. Custom-made galvanized steel edging can be ordered at various heights. Otherwise, trim away new growth that emerges at the outer edge of the clump or divide clumps using a sharp shovel or reciprocating saw.

The creepy ones travel either above and/or below ground. Vining stems may travel above the soil and roots or rhizomes may creep unseen below ground. Some plants will travel both ways. When

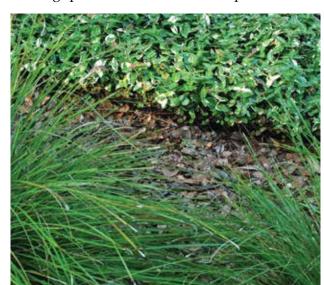
the runners are at or above the surface (Dwarf Asian jasmine) a shallow edging is useful to define the outer edge of the bed. This edging guides the runners upward and marks the trimming location. It provides maintenance personnel with a visual guide for where to trim and controls bed creep. Usually, if the plant travels with above-ground runners it can also climb, so keep runners away from vertical objects such as walls, shrubs or tree trunks.

When there is underground creep, determine the typical root or rhizome depth. For plants with shallow roots such as mondo grass or wire vine, we suggest a six-inch-high edging placed four inches into the ground. Mints are notorious underground

For the typical creeping groundcovers, the following rule of thumb will apply to most situations. Along edges not adjacent to hardscape or lawns install a six-inch-high edging. Place it three inches below ground to halt the underground creep and three inches above to provide a trimming boundary. If it spreads underground, place it four inches in the ground.

spreaders. Planting in containers (about 18 inches in height) either above or set into the ground is a good strategy. For shallower pots, set them on stepping stones and check the drain holes to make sure the roots haven't found an escape route. The native sunshine mimosa has aggressive rhizomes reaching at least two feet deep, so planting next to a barrier such as a wall, driveway, or swimming pool is a necessity. Running bamboos require concrete walls about three feet deep with a six inch lip above ground.

At purchase, know how the plant grows and have a control strategy in place before a maintenance challenge presents itself - control the spread.









Bottom far left, edging helps keep the groundcover beds tidy at Hortus Oasis. Center photo, recycled drain pipe contains mint. Photo top right, edging disappears from view as Dwarf Asian jasmine matures. Bottom right, Super Edg edging recently installed.

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



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18 **ARTS & ENTERTAINMENT** The Park Press | AUGUST 2015

### pop culture detours by George McGowan

### All In For Orlando City Soccer Club

Pop culture in America is often entwined with sports. Professional sports (and increasingly, college sports) give a community a sense of pride of place and the athletes themselves astonish the viewers with their skill and acumen. In Central Florida, we have been limited somewhat in only having one professional sports team to support, the Orlando Magic. But, thankfully over the past several months, our area has been blessed with the newest professional game in town in the form of the Orlando City Soccer Club and Major League Soccer.

Simply put, I am "all in" for Orlando City Soccer Club. I am a season ticket holder and will be renewing my tickets for the 2016 season (and

beyond). They are the now the only game in town (for "big time" professional/amateur sports) for me. As a lifelong baseball fan, this is hard to admit. But I've come to love the "Beautiful Game." More importantly, I've come to love what the Orlando City Soccer Club means to our community and our community's vitality.

If you have attended an Orlando City Lions match at the Citrus Bowl, you can relate to my assertion. The games are a carnival of sorts, a carnival in which all the spectators can participate. The two main supporters groups, the Ruckus and the Iron Lion Firm, are astonishing to watch as they continually sing, dance, and drum to bring the best out of our team. You

can sense the team rise to the challenge and respond to the support arising from the stands. All the spectators can see how the players transform the fan's passion into their performance on the "pitch." The spectators come from all backgrounds, are young and old, rowdy and passionate, quiet

and intense. I have been to several matches now and win, lose, or draw, I am hooked. You may even start seeing this guy wearing purple face paint.

Baseball will always be in my heart,

and my childhood memories are full of the icons of the game-Seaver, Aaron, Rose, Hershiser, Griffey. Baseball is also a wonderful sport to watch young people play. I am committed to supporting baseball as the best of the youth sports. But soccer has abso-

lutely overtaken college football

as my other sports obsession. And I won't be looking back. And don't get me started on why - OK, two major things - the dominance of TV contracts dictating the time and dates of games and the increasing violence of the game

(both on and off the field), for starters.

I can trace my first interest in soccer to when Orlando hosted the World Cup back in 1994. Since then, I've been a casual fan of the U.S. Men's and Women's National Teams in soccer. I regularly watch our national teams play in World Cup games and was astonished to see our women dominate in the Women's World Cup final last month. But now I am

very happy to declare my love for professional soccer and the Orlando

City Lions. Go City!

ORLANDO



### theater in the parks by Barbara Solomon

### A Badly Injured Ernest

THE IMPORTANCE OF BEING ERNEST WRITTEN BY OSCAR WILDE **DIRECTED BY MARK ROUTHIER** STARRING ALEXANDER HEHR AND TREVOR STARR

This is a classic drawing room comedy of mistaken identities. Jack (Alexander Hehr), alias Ernest, visits his best friend Algernon (Trevor Starr) at his country home, where he plans on proposing to Algernon's cousin Gwendolyn (Amanda Tavarez). In turn, Algernon visits Jack, wishing to meet his ward Cecily (Victoria Gluchoski), to whom he proposes. Both men present themselves as Ernest, although neither really is named Ernest. When the two girls meet, they discover the truth about their intendeds, and chaos ensues.

It's hard to kill "Ernest," but they did try in Act I. The pacing and comedic timing were both off. Things improved in Act II when Cecily and Gwendolyn meet. Their chemistry together was the best thing in this play next to Wilde's pithy dialogue. The set was interestingly done, since it served not only for this show, but for the musical "Do Black Patent Leather Shoes Really Reflect Up?"

playing in repertory with "Ernest." I actually enjoyed the former more than the latter, and thought the two male leads in the comedy were much better suited to the musical. And I can't write this review without saying how much I enjoyed Kate Ingram's performance in that show as Sister Lee. The other thing that bothered me about "Ernest" was Mark Routhier's idea of breaking the fourth wall, which was particularly annoying when Lady Bracknell (Belinda Boyd) pondorously delivered her lines directly to the audience.

But as Shakespeare said, all's well that ends well, and this show ties up all the loose knots. It is really a commentary on the Victorian mores of the day, as well as the idle rich. Oscar Wilde has written one of the best comedies ever in "The Importance of Being Ernest." One of my favorite lines is: "long engagements give people too much time to find out about each other." Despite the performance flaws, it is a play still worth seeing for its intrinsic value.

Playing through August 31 at UCF. For more information visit www.theatre.ucf.edu or call 407-823-1500.

### Florida Hospital Debuts Juice Bike Share Station

With Mayor Buddy Dyer of Orlando and other community leaders in attendance, Florida Hospital officially opened its Health Village Juice Bike Share station.

The station allows area residents, visitors, and employees to rent bikes using a smart-phone app. Initially, 10 bikes will be available for use at the Juice Bike station, which is adjacent to the Florida Hospital Health Village SunRail station.

Mayor Dyer said the station will further the city's investments in intermodal connectivity in the downtown core, giving residents and visitors easy access to local attractions and amenities.

"With Juice Bikes, residents and visitors can more easily get around and visit area shops, restaurants and destinations including the Loch Haven Cultural Park, our Ivanhoe Village and Mills 50 Main Street Districts, Leu Gardens, and the Orlando Urban Trail," Dyer said.

Mark Hertling, a

senior vice presi-

dent at Florida

Hospital whose responsibilities include employee development and health performance strategies, said hosting the station fits with the hospital's mission of preventive health care and developing healthy habits.

"Florida Hospital is all about getting people to exercise and take part in a variety of physical activities," Hertling said. "We'd like to invite people from all across the region to ride SunRail to this station, hop on a Juice Bike, and discover all that Health Village has to offer."

Juice Bike Share founder Peter Martinez noted that the Health Village station is the 21st in the growing Juice Bike network, with more on the way.

"We plan to grow into cities such as Winter Park and throughout Orange County," Martinez said. "Eventually we'd like to see Juice Bike Share stations all along the SunRail route through

Central Florida."

BARB'S BEST BETS FOR AUGUST: "DAMES AT SEA" AT THE WINTER PARK PLAYHOUSE, AND THEATRE DOWNTOWN'S PRODUCTION OF "FOUR BY TENN" AT THE FRED STONE THEATRE AT ROLLINS COLLEGE IN WINTER PARK.

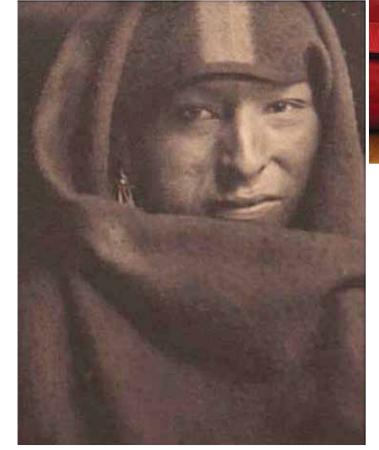
### fall focus at cornell museum

### **New Exhibitions Coming To Rollins College**

This fall, three temporary exhibitions at the Cornell Fine Arts Museum create conversations between media and across time, around the notion of recording people and places. Fashionable Portraits in Europe and Jess T. Dugan: Every breath we drew bring together painted portraits from the fifteenth through the nineteenth centuries from the museum's permanent collection with contemporary photographic portraits by the St. Louis-based artist, while Enduring Documents: Photographs from the Permanent Collection explores the museum's holdings of historical photography.

Drawn primarily from the collection of the Cornell, Fashionable Portraits in Europe brings together works spanning five centuries and investigates the historical tradition of portraiture in Europe, its function and formats, and the clothes worn by the sitters. The way in which identity was defined and dictated by social norms and expectations is another aspect of interest in this exhibition. "Fashionable portraits of the past record and preserve not only their likenesses but also their most cherished attributes, be they fame, wealth, status, family, talent, or faith. They are objects with enormous rhetorical power that helped the sitters fashion themselves. Self-fashioning through portraiture is subject to the sociocultural, religious, and political circumstances of the time, as well as to the individuals' personal backgrounds," said Rangsook Yoon, Dale Montgomery Fellow at the Cornell and curator of the exhibition. A Portrait of Charles IX of France after Francois Clouet (ca. 1561), The Countess of Beaufort by Louis Michel van Loo (ca. 1760), and the Portrait of Harriet Gordon attributed to Thomas Lawrence (ca. 1820) are some of the works on display. Loans from the Metropolitan Museum of Art, New York; the Sarah Campbell Blaffer Foundation, Houston; and the Yale Center for British Art, New Haven augment the exhibition.

Jess T. Dugan's photographic portraits provide a contemporary contrast to these historical works. Dugan's oeuvre explores issues of gender, sexuality, and identity from a highly individual and humanistic point of view. She photographs people in their homes, often in their bedrooms, to create a deep, sustained engagement, and a very private perspective. "Jess T. Dugan's works, recently featured in *The New York Times*, among other media outlets, simultaneously possess the universal and the personal. They are at once about the issue of human dignity and also the intimate relationship



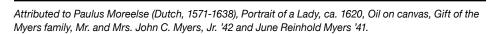
Above, Jillian, 2014, Archival pigment print by Jess T. Dugan, courtesy of the artist. At left, The Red Man, 1903, Photogravure print by Gertrude Käsebier.

notes the curator, Amy Galpin. Dugan utilizes the traditional formats of the genre, but in every other respect her portraits are entirely different. Where the painted portraits were official, idealized, and statusconscious, Dugan's are intimate, individualized, and very personal. They search for, and attain, an intimate connection absent in Fashionable Portraits.

Continued on page 22

between artist and subject. While Dugan's works belong to a history of portraiture in their composition and construction, they are distinctive and profound on their own,"







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### real estate in the parks by Scott Hillman

### Homeownership Is Alive And Doing Well In Metro Orlando

A positive sign for the local housing industry as it continues to recover and gain some stability is an uptick in consum-

er confidence coupled with a recent increase in the number of mortgage-backed buyers who have returned to the market following the Great Recession. Market conditions are definitely improving.

This is especially good news coming on the heels of a May report by the National Association of Realtors (NAR) which ranked Orlando #4 nationally in homeownership decline from 2010-2013. Another report said local homeownership had dwindled from 77% to 66% in the past 10 years (2005-2014). And local homestead

exemption records reported only 59% of homes built from 2004 through 2014 were owner-occupied. These statistics were the result of the housing crash during the Great Recession which resulted in a record number of foreclosures, a glut of investor-owners, tighter credit, and an increase in the number of renters.

Although homeownership was hit hard during the Great Recession, indicators show buyers are coming back in the local market and that the American Dream of homeownership in Metro Or-



lando is alive and well. The pendulum has swung from a market that at one time was overflowing with cash investor buyers to a market growing with mortgage-backed buyers, many of them homeowners who were hurt significantly during the housing collapse.

In fact the NAR reports that 1.5 million of the 9.3 million homeowners nationally who lost their homes to foreclosure or short sale during the Great Recession and its aftershocks (2006-2014) are reentering the housing market. The report says Florida it has been in recent years.

is one of three states expected to see the largest number of return buyers within the next 10 years.

Another positive indicator that points to a reinvigorated market of homeownership is the decline in cash sales. For the first time since 2009, fewer than half (47%) of all homes sales in Florida were cash purchases, which points to a more normalized housing market. A closer look reveals that Metro Orlando, which had cash account for more than half of the home sales in Central Florida from 2010-2013, saw cash sales account for only 40% of all sales this May. That's down 51.3% from May 2014.

The entire process of homeownership is much improved and why we're seeing a more normal real estate land-

scape. Distressed properties have declined sharply, short sales are the lowest they've been in five years because banks have streamlined the process of backlogged contracts and expedited the closing of newer contracts, the appraisal process is much improved, and cash investor buyers are giving way to mortgage-backed buyers. All will continue to strenthen the area's homeowership market and make 'Home Sweet Home' more meaningful than

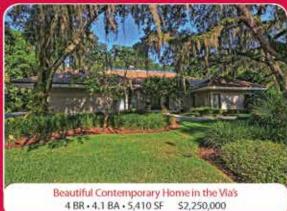
Scott Hillman is president of Fannie Hillman + Associates, a 34-year-old Winter Park-based real estate company specializing in residential real estate sales and producer of The Hillman Report, a semiannual look at residential real estate in Orange and Seminole counties that can be viewed on the company's website (fanniehillman.com) or by calling (407) 644-1234 for a copy.

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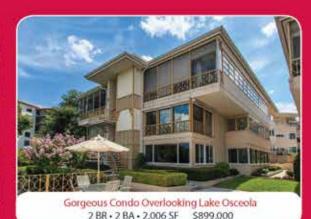
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### schools

### School District Update by Nancy Robbinson, Orange County School Board Member, District 6

Summer is almost over and there's less than a month left till school starts back. The first day of the 2015-2016



Nancy Robbinson

school year is August 24th. Please be sure to check with child's your school to find out important information regarding the new school year

before the first day of school.

In June the OCPS Facilities Department held the first in a series of community meetings regarding the rebuilding of the original Audubon Park school on Falcon Drive. The meeting was very well attended and the community members in attendance were pleased to see the initial renderings of the new facility. There were many great questions about numerous topics asked that night of the architects, engineers, and OCPS. The design team has continued to work on the Audubon Park K-8 plans and they will provide the community with another update and more information at the next meeting. Please join us for the Audubon Park K-8 60% Design Community Meeting on August 26th to be held at 6:00p.m. in the cafeteria of the Audubon Park school in Baldwin Park. Everyone in the community is

welcome, please come to the meeting to learn more about this new facility that will provide overcrowding relief for Glenridge Middle and Audubon Park in Baldwin Park and will merge with some of the Fern Creek zone.

During the legislative special session in June the state legislature passed HB 33, which includes an extension of the back-to-school tax holiday from three days to 10.

The tax holiday will begin Aug. 7 and run through Aug. 16. Items that will be tax-free include clothing, footwear, wallets, and bags that costs \$100 or less, school supplies that cost \$15 or less, and the first \$750 of the cost of personal computers and related accessories. When making your backto-school purchasing plans be sure to take advantage of this tax-free opportunity and I hope you have a nice rest of your summer.

Thank you for allowing me to serve our community and I look forward to continuing to work with you. Please feel free to contact me anytime with any thoughts, questions, or concerns you may have regarding the school district.

Nancy Robbinson School Board Member, District 6 Nancy.robbinson@ocps.net www.facebook.com/nancyrobbinsonocps 407-310-9194



Welcome back to school to all families, especially to those both returning and joining Audubon Park Elementary. The 2015-2016 school year brings lots of new and exciting opportunities for all families. Please be on the lookout for information on our school-sponsored clubs and activities to enrich your children. This school year Audubon Park Elementary will work together with the PTA and Falcon Fund to focus on building community. All organizations will have lots of events for families throughout the year.

I look forward to seeing everyone at our annual Meet Your Teacher event on Friday, August 21st from 11:00 a.m. until 1:00 p.m.



Summer is an extremely busy time for school administrators. We at Brookshire are in the midst of hiring to make sure that we are fully staffed for the upcoming year. We are proud to report that we have had a considerable amount of applicants for each position that has been posted and we will have the best talent for the 2015-2016 school year. Administrators had a planning lunch with teachers to collaboratively develop a theme for this school year. We are looking forward to a great year!



Welcome back to school! We officially return to school from Summer Break on August 24th. Before that first day of school, Dommerich offers many opportunities for students to get excited and start their year prepared for maximum learning. Please mark your calendar for the following Dommerich events and dates: Media Center open from 11a.m.-3p.m. on July 29th; Teacher Home Visits for all grades from August 10th-14th; Meet

the Teacher from 3:30-5:30 p.m. on **August 20th; Kindergarten Popsicles** at the Dommerich Playground from 10 a.m.-12 p.m. on August 15th; First Day of School on August 24th. As the summer days wrap up, don't forget to log your final days of reading toward your Read Like a Hero for Eight-Zero (80 day) Challenge, Chiefs!



I hope you are all enjoying a relaxing summer and are counting the days until August 24th when we will be back at school. This has been a busy summer at Lake Sybelia as our custodians have worked diligently to ensure that every room in our school is ready for the upcoming school year.

If you are new to the area, please register your child(ren) as soon as possible. We want to invite all of our students and parents to come to Lake Sybelia on Friday, August 21, for our Meet Your Teacher event. You and your child(ren) will have the opportunity to meet the teacher, visit the classroom, and tour the school.

Monday, August 24, is our first day of school. Our PTA will be holding our Hugs and Hankies event in the cafeteria. This is a wonderful opportunity for parents to get together and visit after walking their kindergarten and first grade students to class on the first day of school. We will also have a representative from the YMCA in the cafeteria to answer questions about our before-school and afterschool programs. Our Chill Counselor, who is provided by the Winter Park Health Foundation, will also be available during this time.

Lake Sybelia is fortunate to have a professional staff, dedicated parents and a supportive community. All of these people working together make Lake Sybelia a wonderful place to learn and grow. We look forward to working with you and your children to continue this tradition of excellence during the 2015-2016 school year.



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### schools



We have many plans for a great start to our 2015-2016 school year. We know that each teacher, parent and community member will help us as we guide our Lakemont Leopards into another successful year. Our school theme this year is "Geared for Success" and we plan a particular emphasis on STEM Education this year!

We are continuing with an event we began last year, specifically designed for our entering kindergarteners and other new students. Our New Student Orientation will take place on August 11, 2015, from 6:30 p.m. to 7:30 p.m. Our kindergarten teachers will be on hand to meet the students and we will give a brief overview of important topics such as parking, bus riders, lunch, special events, field trips, and much more! Some of our community partners will be present, too, to answer questions. If you have a new student entering Lakemont Elementary, please plan on attending this event!

Our Meet the Teacher event is scheduled for August 21, 2015, from 9am. - 11a.m. Parents and students can come in to see their classroom and briefly meet their teacher. Students may bring their classroom supplies with them on that day. Parents will receive a letter in early August with the name of the classroom teacher assigned, along with other

important information. If you have moved this summer, be sure to notify our front office of your correct address. Up-to-date information can always be found on our school website: www.elk.ocps.net.

Our school office is open for registration Monday through Thursday from 7:00am to 5:30pm. Early registration is encouraged so everything will be ready to go for the first day of school, August 24, 2015. I look forward to seeing everyone back at school for another wonderful year of learning!

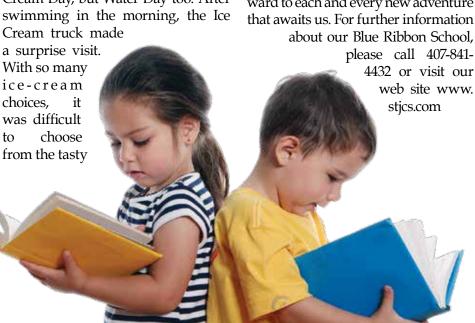
#### Maitland Middle School PRINCIPAL DR. STEFANIE C. SHAMES

Maitland Middle School is still celebrating the success of our students, while getting ready for another great year. Our 8th grade science scores came out and showed a 6% rise in the amount of students earning the top score of a level 5. We also demonstrated a 4% decrease in the amount of students earning less than a level 3, or average score. Registration is ongoing with office hours Monday through Thursday from 7a.m. to 5:30p.m. and closed Fridays. Please register as soon as possible as we want all our students to have a schedule before our "Meet the Teacher" event on August 20th from 9 a.m. - noon. The first day of school is August 24th and we look forward to another amaz-

ing year at Maitland Middle School!



Another great PreK Summer Camp at St. James Cathedral School! Each day is filled with entertaining activities for every child to enjoy. Monday is Arts and Crafts with Ms. Patty; the students made spikey dinosaurs with handprint palm trees and even practiced writing their names on the dinosaur's spikes. On Tuesday, the Fun Bus visited the SJCS campus. The Fun Bus is a green school bus with a padded gymnasium inside. The children enjoy somersaulting down a slide, swinging from a rope, and even jump-



We start every day with a prayer ing on a mini trampoline. Wednesday and thank Him for the opportunity to was a favorite day, not only was it Ice come together to learn and we look for-Cream Day, but Water Day too. After ward to each and every new adventure

options. The ice-cream truck offers

everything from lemonade Sponge-

Bob to chocolate-lovers' dipped cones!

Karate, KIDZART, and Starbound

Performers instructors introduced

our students to movement, dance and

art with fun and upbeat music. After

dancing, the student crab - walked in

a large circle and then using a mini

ball, played crab soccer! Fridays are

Computer Days, the students use

iPads, some of their favorite apps are

DDM Reading, Numberline, Math

Balloons, and Doodle Buddy. What a

great way to end a wonderful week in

PreK, and the remainder of the sum-

mer plans are exciting too.

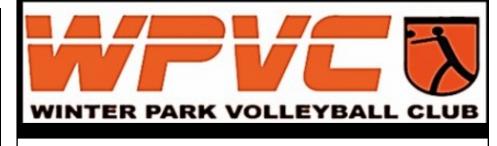
#### From page 19

If Fashionable Portraits offers historical precedents to portraiture as a genre, Enduring Documents: Photographs from the Permanent Collection contextualizes Dugan's art within the history of photography. Trailblazing artists such as Matthew Brady, Gertrude Käsebier, and F. Holland Day, some of the earliest American photographers, are represented in this exhibition presenting recent acquisitions for the Cornell. The photographs included present images of the American landscape - from the mountains of Colorado to the encroaching industrialization of telephone wires in a deceptively mundane environment - as well as portraits of important figures such as President Abraham Lincoln and artists Henri Matisse and Clarence White. Together, this presentation of photographs demonstrates the ability of the medium to exist as both a complex art form and as a documentary tool that reveals political, social, and cultural histories.

The fall exhibitions at the Cornell invite our visitors on a voyage of discovery that details and provides counterpoints to the thematic Conversations in the permanent collection galleries. Old favorites like the Madonna Enthroned Nursing the Christ Child (ca. 1470) by Cosimo Rosselli, one of the painters of the Sistine Chapel, and Thomas Moran's beautiful Moonlight Seascape from 1892 are joined by Jay Heikes' 2013 Philosopher's Stone, part of the Alfond Collection of Contemporary Art, and our newest acquisition, Francesco Solimena's Saint Francis Xavier Baptizing the Indians (ca. 1680-85).

For additional information, call 407.646.2526 or visit www.rollins. edu/cfam.





### Mini-Club Volleyball 2015

### **Team Placement August 8th or 15th**

Ages 12 and younger Registration 9:00-10:00am Team Placement 10:00-12:00pm

Ages 13 and older Registration 12:30-1:30pm Team Placement 1:30-3:30pm

\*\*\$50 registration fee per player\*\*

- \* Teams are formed based on skill level. Each team will practice twice a week and compete in 4 one-day weekend tournaments.
- \* Players will receive 2 WPVC practice shirts and 1 jersey. Season runs August 17 to October 24, 2015.



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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 E. Winter Park Rd. For information call 407-590-8776.

### Baldwin Park, College Park and Orlando Area Events

#### **Ongoing Events**

**Every Monday Smarty Pants** - 10:15 a.m. Storytime for children ages birth-5 years old at the Edgewater Branch Library located at 5049 Edgewater Dr. For more information call 407-835-7323.

**Every Tuesday Get Ready For Kindergarten** - 11:00 a.m. at the Edgewater Branch Library located at 5049 Edgewater Dr. This is a six week series of learning skills that they need to start Kindergarten. Reading, math, basic concepts, basic skills, art, health and safety are introduced during these sessions. For more information please call 407-835-7306.

**Every Tuesday and Thursday Crazy 8's** - 1:00 p.m. at the Edgewater Branch Library located at 5049 Edgewater Dr. Crazy 8's is a mathematical development series that introduce hands-on games that get kids fired up about math. For more information please call 407-835-7306.

**Every Wednesday Belles and Beaus Dance Club** has 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 Dr. For information call 407-999-5251.

**Every Friday Professional Presenters Entertain, Educate and Inspire Kids** - 11:00 a.m. at the Edgewater Branch Library located at 5049 Edgewater Dr. Activities include: Rainforest animals, magic shows, clowns, kids concerts and more. For more information please call 407-835-7306.

**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 St. 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 Ave. between Princeton and New Hampshire.

Third Thursday of Each Month Eunice's Healthy Cooking and Baking Workshop – 10:30 a.m. at the Edgewater Branch Libary located at 5049 Edgewater Dr. Food samples will be provided. For more information and to register please call 407-835-7323.

August 9 - 80th Anniversary Celebration for Squadron 19 of The American Legion - Noon to 5:00 p.m. at the Post located at 5320 Alloway Street. The public is welcome, and this event includes live entertainment by the Ninety Proof Band, a 50/50 raffle, cornhole tournament, food, and more! For more information, please call 407-622-1807 or visit salmemorialpost19.org

August 15 Orange County Commissioner Jennifer Thompson Back-to-School Event - 11:00 a.m. to 2:00 p.m. at the Meadow Woods Magic Recreation Center located at 1751 Rhode Island Woods Circle. Local businesses and community groups will be on hand to educate citizens about important services offered for free as well as those services provided by Orange County. This event is free and open to the public. For more information please call 407-836-5881.

September 3 The Orange County Retired Educators Meeting
- Noon at College Park United Methodist Church located at 644 W. Princeton St. The featured program is "Come Grow With Us: An Introduction to OCREA" - a welcome reception for new retirees and returning members. Cost is \$14 per person. For reservations please call 407-677-0446. Anyone who has worked in education is invited to join.

**September 13 Fittpalooza 5K** - 8:00 a.m. at Osceola Heritage Park located at 1875 Silver Spur Lane, Kissimmee, FL 34744. Proceeds for this event benefit the Orlando Magic Youth Foundation. For more information and to register as an individual or a group, visit www.fittpalooza5k.com/.

September 24-27 The 25th Annual Southern Women's Show - Thursday through Saturday, 10:00 a.m. - 7:00 p.m. Sunday 10:00 a.m. to 5:00 p.m. at the Orange County Convention Center, North Concourse, Hall B located at 9400 Universal Blvd. For more information please call 800-849-0248 or visit www.SouthernWomensShows.com

#### **Maitland Events**

#### **Ongoing Events**

Every Sunday Maitland Farmers' Market at Lake Lily

**Every Tuesday Preschool Stories** 10:30-11:30 a.m. at the Maitland Public Library located at 501 S. Maitland Ave.

**Every Thursday** Healthy Maitland Walk 6:30 a.m.; Babytime 10:30 to -11:30 a.m. and Adventures w/Books Club 2:30 to 4:30 p.m. at the Maitland Public Library.

#### **Winter Park Events**

#### **Ongoing Events**

**Every Monday "Sit-to-Be-Fit" Chair Exercise Class** – 10:15 a.m. at the Winter Park Community Center. This free class is designed for all ability levels and sponsored by the City of Winter Park. For more information please call 407-754-6190.

**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 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.

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

Every Tuesday, Friday and Saturday Winter Park Benefit Shop – The shop is located at 140 West Lyman Avenue and is open from 9:30 a.m. - 1:00 p.m. on Tuesdays and Fridays, and from 10:00 a.m. - 1:00 p.m. on Saturdays. Donate or purchase clothing, bedding, jewelry, kitchenware and more. Proceeds benefit various children's programs and the local branch of Orlando Blind. For more information please call 407-647-8276.

**Every Tuesday and Thursday Curator Tours of Louis Comfort Tiffany's Laurelton Hall** – From 11:00 a.m. to 2:30 p.m. at the Charles Hosmer Morse Museum of American Art located at 445 N. Park Ave. Space is limited and free with museum admission. To learn more about this event with Curator Donna Climenhage please call 407-645-5311 or visit www.morsemuseum.org.

**Every Wednesday** Mills50 MidWeek Group Runs – 6:00 p.m. at Track Shack located at 1104 N. Mills Ave. This event is free to runners of all abilities. For more information please visit www.TrackShack.com.

**Every Thursday** Walk With A Doc – Enjoy a rejuvenating 30-minute walk with Florida Hospital physicians. This free event is held at 5:30 to 6:30 p.m. at the Crosby YMCA. For more information, or to reserve your spot, please call 407-303-1700.

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

**Every Saturday** Line Dance Class – 10:00 a.m. at the Winter Park Community Center. Beginners welcome! Enjoy music, make new friends and get exercise at the same time! For more information please call 407-592-7835.

**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.

**August 4 - Market 2 Park (lunchtime)** - 11:00 to 1:00 p.m. at Shady Park at Hannibal Square located at 721 W. New England Ave. For more information please visit www.cityofwinterpark.org.

**August 8 - 50th Anniversary Celebration of Boy Scout Troop 62 -** 6:30 p.m. at the Family Life Center at St. Margaret Mary Catholic Church.

August 13 - Coffee Talk - 8:00 to 9:00 a.m. at the Winter Park Welcome Center located at 151 W. Lyman Avenue. For more information please visit cityofwinterpark are

#### **SEPTEMBER HIGHLIGHT**



#### **Get Healthy!**

Take the time to tke care of yourself.

Come to the Southern Women's Show
and learn from health professionals. Get
a health screening, check your vision,
find healthy supplements and weight loss
solutions, get vein help and meet doctors
and healthcare professionals from the
Orlando area.

The 25th Annual Southern Women's Show is September 24-27, at the Orange County Convention Center, North Concourse, Hall B located at 9400 Universal Blvd. For more information, please call 800-849-0248 or visit www. SouthernWomensShows.com

**August 13 - Vision Winter Park Community Talk** - 8:00 a.m. to 5:30 p.m. at the Rachel D. Murrah Civic Center located at 1050 West Morse Blvd. For more information please visit www.cityofwinterpark.org.

August 14 - Good Morning Winter Park - 7:45 a.m. at the Winter Park Welcome Center located at 151 W. Lyman Avenue. Topic: "Creating a Healthier Winter Park" featuring Winter Park Memorial Hospital CEO Ken Bradley and nationally renowned geriatrician and the executive medical director of Florida Hospital for seniors, Rosemary Laird, MD. Event includes complimentary continental breakfast and is free and open to the public. For more information please visit www.winterpark.org.

August 19 - Making It In The Shade - Shade Gardening by Stephen & Kristin Pategas of Hortus Oasis - 7:00 to 9:00 p.m. at Harry P. Leu Gardens located at 1920 N. Forest Ave. Registration is preferred by calling 407-246-2620.

**August 20 - Business After Hours** - 5:30 p.m. at Aloma Bowl located at 2530 Aloma Avenue. Cost is \$5 for chamber members, and \$15 for non-members at the door. For more information please visit www. winterpark.org

**August 21 - Small Business Education Series** - 8:00 a.m. at the Winter Park Welcome Center located at 151 W. Lyman Avenue. Topic: Free Small Business Resources Panel. Cost is \$5 for chamber members, and \$15 for non-members at the door. For more information please visit www.winterpark.org.





# WE'RE WINTER PARK HEALTHY

### Expanding to care for you. And generations to come.

As your family and the community have grown, so have we. That's why we're proposing the construction of a new patient pavilion and emergency room. This hospital expansion is designed to ensure residents receive the latest in innovative care — for generations to come. And that's amazing.



#### **Expanded Emergency Room**

- A new walk-in entrance along Lakemont Avenue.
- State-of-the-art technology with 24 additional treatment areas.
- Currently home to Central Florida's first and only Senior Emergency Room (ER).



#### New Patient Care Pavilion

- A new Mediterranean-inspired Patient Pavilion will add private inpatient rooms and a surgical recovery center.
- The addition will provide the community with superior care and medical innovation.



The skill to heal. The spirit to care.®

WinterParkHospital.com/60