The Park Press

JANUARY 2016

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Miss Winter Park 2016

In The Garden

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Victor Oladipo Draws Inspiration From His Sister, Donates \$35K To The UCF Listening Center

By Josh Cohen, OrlandoMagic.com

When he was named co-winner of the Rich and Helen DeVos Community Enrichment Award last March and was granted \$50,000 to donate to the charity of his choice, Victor Oladipo quickly identified a program he wanted to assist. It was close to Oladipo's heart and one he's come to learn a lot about over the years.

On December 15, Oladipo surprised the University of Central Florida (UCF) Listening Center with \$35,000 to help serve families and children who have a hearing loss. The \$35,000 donation will be used to provide a variety of services at the center and provide a one-week summer camp for children with hearing loss.

Oladipo's sister, Kendra, became deaf when she was in the second grade. And while it was challenging for the entire family, Oladipo saw how perseverance, determination, faith, and resilience could conquer the most difficult of obstacles.

"It taught me about how to face adversity,"



Pictured above: Orlando Magic's Victor Oladipo (center) is flanked by his mother, Joan, and sister, Kendra, and joined by UCF Listening Center Director Linda I. Rosa-Lugo, Ed.D., CCC-SLP; UCF Dean of College of Health & Public Affairs Michael Frumkin, Ph.D; UCF Foundation Director of Development for College of Health & Public Affairs Julie Benson; UCF Listening Center Audiologist Janel Cosby, Au.D., Ph.D., CCC-A, F-AAA; Magic Dancers and other UCF representatives. Photo taken by Gary Bassing, Orlando Magic.

Oladipo said. "Kendra is a huge reason why I am here right now. She believed in herself. It's an inspiration. She's an amazing human being. When you have a bad game or a rough week, she texts me and it changes my whole demeanor, it changes my whole mindset," he added. "It's definitely helpful to have her in my corner."

Like her brother- who was an under-the-radar basketball prodigy at DeMatha Catholic High School in Maryland before starring at Indiana University and becoming a No. 2 overall NBA Draft pick-Kendra, 25, has overcome many challenges. She's currently a substitute teacher at the Model Secondary

School for the Deaf in Washington D.C. and will soon be attending graduate school in California.

In addition to the check presentation, Oladipo got a tour of the UCF Listening Center and learned about the programs and technologies they have to offer. Joined by his sister and mother, Joan, Oladipo was thrilled to see how the funds he has given will help so many people of all ages improve their ability to communicate.

"I'm grateful and touched by this presentation," said Linda Rosa-Lugo, associate professor at UCF's College of Health and Public Affairs "The earlier a

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US POSTAGE

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Publisher's Message



Rick Cable

In my typical new year's routine, I find myself reflecting on the past year, while setting goals and trying to imagine what might lie ahead for the upcoming year. While doing this, I keep thinking I cannot believe how fast 365 days goes by. Seriously, I was just getting use to writing the correct year, and hadn't mistakenly

written 2014 in more than four months.

Since time is a constant unit of measure, it's impossible that it actually flies by, right? But as a middle-aged person, my concept of time has changed, and perhaps I find myself too "head down" in the rat race of life to look up and around more often.

So instead of just reflecting on the year-over-year pros and cons, let me weigh in on what life was like just 100 years ago:

- The average life expectancy for man was 53, and 57 years for women.
- The average annual household income was \$687.00. There was no minimum wage at the time, however a few states were experimenting with it, but only for women and children.
- Two out of every 10 adults could not read or write.
- Only 6 percent of all Americans had graduated from high school.
- Only 14 percent of the homes had a bathtub.
- Only 8 percent of the homes had a telephone.
- The average cost of a car was \$2,005 (\$46,879 today).
- Gas was priced around \$0.15 a gallon.
- Homeowner's Insurance didn't exist, so you took all the risk. Benefits of the homes included lead paint and asbestos insulation.

- A dozen eggs cost \$0.34.
- A quart of milk cost \$0.09.
- A first class stamp was \$0.02 (which equals \$0.47 today). How about a little nod to the U. S. Postal Service for staying thrifty!
- On average, women only washed their hair once a month. The shampoo was Borax and egg yolks.
- Ninety percent of all doctors had no college education.
- The five leading causes of death were: pneumonia /influenza, tuberculosis, diarrhea, heart disease, and stroke.
- Marijuana, heroin, and morphine were all available over-the-counter at local drugstores. It was said that heroin cleared the complexion, gave buoyancy to the mind, regulated the stomach, and was in fact the perfect guardian of health. What?
- A year's tuition at Harvard cost just \$150, while Stanford and many state universities cost nothing at all. Who said college isn't a business? NOT me.
- The overall consumer price index has had at least a 2,263% rise over the past 100 years, while the average tuition cost has seen an absurd increase of 42,930%. WOW!

In comparing our generation to those just a 100 years ago, it's actually amazing to recognize just how fast things have changed. I know time is a constant, but it really does seem as if it's flying by.

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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The Park Press | JANUARY 2016 EDITOR'S MESSAGE

The Doors By Tricia Cable

I have been welcomed through a great number of doors in my life. The doors to my education including kindergarten and first grade classes in the basement of base housing on an Air Force base in Germany where I captured the coveted title of "highest counter" which I suppose meant, I could count higher than any of my classmates. The doors to my career...who knew that taking a temporary job in the mid '80s for a contract engineering firm would result in an exciting and successful run in the telecommunications industry? The doors to the many places of worship where I have found comfort and guidance through the years, be it a church, a friend's home, a favorite watering hole, or the dog park. And finally, the doors to the many houses I have called home for a little over a half century.

Approximately 19 doors have provided me with access to our many homes over the years. Interestingly enough, a great many of them have been red, which depending on your beliefs, could be a sign of either passion or prosperity, but only if the house is facing south and only if it is in the center of the structure and made entirely of wood, no glass...feng shui. I have entered nineteen doors over the past 52 years to structures that have provided me with shelter, but there is no door that has had a greater impact on my life than the one that currently welcomes me home.

The door that welcomed two fairly naive newlyweds 17 years ago, the door that opened welcoming two baby girls into the only home that they have ever known, the door that greets the countless members of family and friends who visit, the door that marks the seasons of the year with the ever-changing ornamentation and the door that closed behind my father his last Christmas in our home.

I was snapping pictures this past month and over the course of the Thanksgiving and Christmas photo shoots, I happened to notice that in almost

every shot, either a portion of or an entire image of our front door could be seen. Someone I have never met and will never know picked out the door. I don't know whether their decision was quick and without thought, or whether it was someone like me who gave the decision a great deal of consideration and compared many a door to find just the right one for the architectural style of our 1960s Florida Ranch. But one thing is for sure, they couldn't have possibly known the impact that their decision would make.

When we purchased the house in 1999, I had initially considered removing the door from the hinges where it had hung for the past 39 years, as it was showing its age. Being somewhat

sentimental and very much a recycler, it wasn't hard to convince me to leave it intact. My husband promised me that he could strip the multiple layers of chipping and bubbled up paint to provide me with a fresh, smooth surface to paint and he did not disappoint.

Initially, I went with my old standard: taupe house, white trim, black shutters, and red front door. However, a few years ago, we went green

> and changed the base of our home to a nice deep grey sage, leaving the chalet red door intact. As we look forward to welcoming in a new year and all the new adventures that lay ahead in 2016 and beyond, I have decided to spice things up a bit. So, the original 55-yearold door that will continue to welcome my family home as well as greet our guests will have a new fresh look to kick off a new fresh year.

I am excited about the change and look forward to not only the new color on the front door, but the new color of a new year. I won't completely spill the beans, but if our new front porch accent color reads true we

have a great deal of joy, enthusiasm, fascination, happiness, creativity, determination, attraction, success, encouragement, and stimulation in our future!! So long 2015 and don't let the front door hit you on the way out!!



WINTER PARK LOCATION! NEW LOCATION, SAME EXCELLENCE IN CARE



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Medicine Physician,
Fellowship Trained in
Diabetes and Metabolism

Dr. Louise Owen is board certified in internal medicine and fellowship trained in diabetes, endocrinology and metabolism. She heads the Florida Diabetes and Endocrine Center's new Winter Park office, treating diabetes, thyroid disease, metabolic disorders, as well as bone, lipid, hypertensive, reproductive dysautonomic and prostatic diseases. The Florida Diabetes & Endocrine Center is proud to extend its compassionate, patient-centered care to the beautiful community of Winter Park.

SPECIALTIES

- Adrenal Disease
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- Lipid and Cholesterol Disorders
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- Thyroid and Parathyroid Diseases
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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



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Sometimes January can be anti-climactic... the holidays are over, you are either sad or happy that your extended family has gone home, or you are trying to get back into your routine after coming back from

a great vacation. With this warm

weather hovering over us, January is actually a fun month to enjoy our Great City.

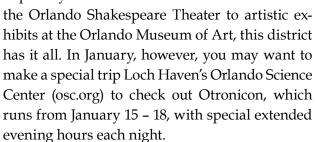
On January 15, get ready for the Bug Invasion at Leu Gardens! The property will host an unforgettable collection of sculptures created by artist David Rogers. These are not your average garden gnomes. The gargantuan scale bugs are created using all-natural materials such as trees, saplings and branches. The effect is a role reversal of dimension and perception. Bring your family to the Gardens through April 15 to experience the invasion first-hand. A free, self-guided "Bug Hunt" ad-

venture brochure will be available at the Garden House throughout the exhibition's run, giving clues for insect investigators of all ages to follow as they discover the Big Bugs hiding throughout the gardens.

To celebrate the arrival of their new super-sized friends, join them for Bug-A-Palooza on January 30 from 9 a.m. to 2 p.m. throughout the Gardens. This event is part of your regular admission and will include bug-themed games, crafts, beneficial bug releases, and an insect petting zoo. Visit leugardens. org. for all of the details.

Right down the street from the Gardens, en- Visit cityoforlando.net/

joy all of the great partners that make up Loch Haven Park. From great shows at the Orlando Repertory Theater and



For those in our community who have a pas-

sion for video games and technology, this is the event of all events for you. Otronicon is the most interactive technology experience around. This event takes the world of video games and simulation, and transforms them into in-depth immersive experiences. Classes will also be held on topics such as video game creation and patrons will



get an exclusive glimpse at simulators created by experts in the field.

For our residents who love sports, our own Dubsdread Golf Course also has great specials in January and you can book your tee times right on their website at historical dubsdread.com/golf. Also, the City's pottery studio offers many interesting class-

es for our art aficionados, including Mudslingers for 3-5 year olds, Wheel Throwing 101, and Date Nights.

pottery for all of the information.

January is also a great month to visit

downtown. Downtown Orlando is now hosting three very popular tours: a food tour, a gallery tour, and my favorite, a history tour. While many may not think of the word 'history' when they think of our City, there are a lot of rich stories to learn about our community, especially our downtown core. Visit downtownorlandotours.com for dates and times.

Both our Orlando Solar Bears Hockey Team along with our Orlando Magic are in full swing in January with many home games throughout the month. The Amway will also host WWE Wrestling and a concert headlined by Def Leppard with special guests Styx and Tesla toward the end of the month. Go to amwaycenter.com for a full schedule of events.

As always, thanks for your support of our Great City and I look forward to seeing you out and about enjoying our City this month!

Robert F. Stuart | Commissioner, District 3, City of Orlando | 400 S. Orange Avenue, Orlando, FL 32801 | 407-246-2003 | Robert.Stuart@CityofOrlando.net



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Winter Park Mayor's Message

Mayor Steve Leary



Thank you to our city employees

As we all know, Winter Park, the City of Culture and Heritage, is the best place to live, work and play in Florida. With this in mind, we are grateful for the dedication of 500+ city employees

who work hard each day to make Winter Park the place we love to call home. From keeping our neighborhoods and buildings safe, to making sure we have clean water to drink, to fixing our roads, keeping the lights on, and potentially saving our life or the life of someone we love, the city staff is directly responsible for the high quality of life we experience living in Winter Park.

Each year, three of our best that have gone above and beyond are recognized as the city's "Employee of the Year," "Firefighter of the Year" and "Officer of the Year." It is my pleasure to introduce each of them to you.

Employee of the Year – Reba Blanton, Service Coordinator, Public Works

Reba Blanton does an exceptional job of assigning work to the Streets Division crews based on calls received from residents. In addition, she also manages all billing procedures, obtains quotes, and maintains payroll for all division personnel. Reba is the consummate professional, especially when handling various calls from customers, residents, vendors and other city departments. She is always pleasant, informative and compassionately understanding when addressing the concerns of city residents.

In addition, Reba assists with the Employee Committee, serving as a representative, secretary and organizer of monthly meetings. She also helps the Purchasing Division by staffing trade shows presented by the city, interacting with various vendors and other municipality members, always going above and beyond her assigned duties. Reba is also one of the key members of the employee food bank, spending her free time organizing, shopping, and picking up items for distribution baskets, staffing the distribution center and making sure that everyone is treated with the upmost respect. Her pleasant personality makes her the perfect individual for this task. She continually puts forth the extra effort to make sure families receive what they need, especially during the holidays.

Congratulations, Reba on being named The City of Winter Park's Employee of the Year!

Firefighter of the Year – Ryan Fischer, Firefighter Paramedic

Ryan Fischer has shown time and again his selfless dedication to the Fire-Rescue Department and the Winter Park community. In addition to his continued commitment to the education and precepting of new paramedics, he has been a key player in maintaining and improving firefighter health and safety for the department. Ryan was instrumental in establishing Carbon Monoxide (CO) monitoring capabilities that are now

present on all scenes. He volunteered to organize an in-service training program and facilitated the training for each shift. Shortly after the training, crews found themselves on two significant CO-related calls where the CO monitors quickly alerted personnel to harmful levels. This early detection prevented fire-rescue personnel from possibly being exposed to the toxic, potentially deadly, gas.

In addition, Ryan was a key contributor in the decision-making process that ultimately ended up with the department purchasing Action Wipes, which allow crews to quickly decontaminate themselves from carcinogens while still on scene of a structure fire. Once the wipes arrived in-house, Ryan volunteered to determine the best way to place them in service. Ryan immediately made sure they were available on every







From top to bottom: Reba Blanton, Ryan Fischer, and John Coop.

unit for immediate use by personnel.

These are just two examples of Ryan's ongoing passion and commitment to firefighter health and safety. He has been a valuable member of the department's safety committee since its inception in 2014, and he is always looking to find ways to contribute to the betterment of the department.

Congratulations, Ryan for being named The City of Winter Park's Firefighter of the Year!

Officer of the Year – John Coop, Officer

Since the beginning of his career with Winter Park Police Department in 2012, Officer John Coop has taken a proactive role in enforcement and building bridges with the community and his coworkers. With his thoughtful approach and positive attitude towards his work duties, John has garnered a great deal of appreciation via unsolicited email correspondence and verbal praise.

He is a highly productive officer and top producer, keeping the community safe by arresting criminals and protecting our streets with traffic stops. He often carries more than his share of the load by volunteering to take calls for service even when they are not in his area of assignment.

John's initiative is displayed each day as he takes on more complex investigations and assists in reducing the case load for the Criminal Investigations Division and Street Crimes Unit. He has made several arrests from traffic stops, including one in particular where large quantities of illegal drugs were taken out of circulation, along with the drug trafficking criminal. He has also received recognition from police dispatch for continually going the extra mile and being extremely efficient, allowing them to

Continued on page 9.



Maitland Mayor's Message

Mayor Dale McDonald



Dale McDona

HAVE YOUR SAY ONE LAST TIME ON THE PARKS & RECREATION MASTER PLAN

The City of Maitland Parks and Recreation Master Plan update is nearing completion and will be finalized in early 2016.

Citizens have one final opportunity to provide input in to this important planning process by participating in an online discussion forum on the website "my sidewalk." Various questions relating to priorities for the Maitland Parks and Recreation system will be posted at https://maitlandmasterplan.mysidewalk.com/. Please visit this site and contribute your ideas.

March 15 Election Information

A General Municipal Election, coinciding with the Presidential Preference Primary, will be held on Tuesday, March 15, 2016, to fill Council Seats #1 and #3. If a run-off election is necessary, it will be held on Tuesday, April 12, 2016. Those elected will serve a three-year term.

Early voting will be held at the Maitland Community Park, 1400 Mayo Avenue, from 10:00 a.m. to 6:00 p.m. starting on Monday, February 29, 2016, and ending on Sunday, March 13, 2016.

For more information, contact the City Clerk's office at 407-539-6219.

MAITLAND FIRE RESCUE DEPARTMENT RECEIVES LIFE SAFETY ACHIEVEMENT AWARD

MAITLAND, Fla.– The Maitland Fire Rescue Department was recently presented with a Life Safety Achievement Award for its fire prevention accomplishments conducted in 2015 by the National Association of State Fire Marshals Fire Research and Education Foundation (NASFM Foundation) and Grinnell Mutual Reinsurance Company. The award was announced by Butch Browning, president of the NASFM Fire Research and Education Foundation.

"The Life Safety Achievement Award recognizes the hard work of the men and women of the Maitland Fire Rescue Department in their efforts to educate the community," said Chief Kimberly Neisler. "They empower Maitland residents, commuters, and visitors with knowledge they can apply to prevent fires."

"When we hear the fire truck coming down the street and see its lights, we know firefighters are responding to someone in trouble. What we don't know is that these unsung heroes are doing a lot of things behind the scenes that save lives," said David Miller, assistant vice president of Special Investigations at Grinnell Mutual. The Life Safety Achievement Award recognizes fire departments for their fire prevention programs that have been proven to save lives year after year."

Since 1994, the Life Safety Achievement Award has recognized local fire prevention efforts that have contributed to reducing the number of lives lost in residential fires. The Maitland Fire Rescue Department is one of 96 fire departments across the United States to receive the award this year for recording zero fire deaths in 2014 or for reducing fire deaths by at least 10 percent during the year. In addition, award recipients documented active and effective fire prevention programs as well as a clear commitment to reducing the number of house fires in the community.

Although residential fires in the U.S. account for only 20 percent of all fires, they result in 80 percent of all fire deaths. The NASFM Foundation is committed to reducing that number.

"Experience tells us that fire prevention activity and public education can significantly reduce life and property loss from residential fires," Browning said. "Prevention and education are very cost effective compared to the traditional approach of relying on fire suppression. The Life Safety Achievement Award recognizes fire departments for their fire prevention efforts and encourages them to continually improve upon those efforts."

Stay in touch with the City: Download the My Maitland App and subscribe to Maitland Minute

County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



There are few things more quintessential to Orange County than our tourism industry. We are the nation's top tourist destina-

tion, with over 62 million people from around the world coming here to visit theme parks, attend conventions, and experience the many entertainment and cultural attractions we have to offer. These visitors have been an economic boon for our community, creating over 370,000 direct and indirect jobs and over \$14 billion in employee wages annually. This month, I would like to give you an update on some of the exciting things happening on International Drive, the linchpin of our tourist district.

International Drive is home to a wide variety of attractions. These attractions range from well-known theme parks like Wet N' Wild and SeaWorld to museums such as Ripley's Believe It or Not!, Wonderworks, The World Of Chocolate Museum & Café, and Titanic - The Artifact Exhibition. Birdseye views of Orlando are available through several helicopter tour companies while those looking to stay closer to the ground can participate in everything from miniature golf to simulated skydiving in a wind tunnel. Shoppers have several malls to choose from, including Orlando Premium Outlets and the recently redeveloped Artegon Marketplace. Several new and exciting attractions have opened in the last two years, including I-Drive NASCAR, an indoor go cart racing facility with a half mile long track, bowling alley, and arcade games. The new I-Drive 360 complex opened last year with several attractions, including the 400 foot tall Orlando Eye, Madame Tussauds Orlando, Sea Life Aquarium, several restaurants, night life, and shopping options. Last month, Mango's Tropi-



Artist rendering of the world's tallest rollercoaster and entertainment complex, "The Skyscraper" at Skyplex I-Drive in Orlando, Florida. Image courtesy of http://mangos.com/skyplex/pictures.php

nightclub on the East Coast.

Several new attractions are currently being developed which will enhance the International Drive experience. The iSquare Mall and Hotel are projected to open this summer. When completed, this project will include a multi-level shopping mall with upscale international retailers, a 26-story hotel, indoor ice skating rink, 100,000 feet of convention space, and a 500-seat theater.

CENTRAL FLORIDA

planned for opening later this year. The SkyPlex complex will include shopping, restaurants, an observation platform, and the world's tallest rollercoaster called the Skyscraper.

No visit to International Drive would be complete without driving by the Orange County Convention Center, one of the largest and most heavily utilized convention centers in the country. The facility is owned and operated by Orange County At 55,000 square feet, it is the largest under development is the SkyPlex, Tourist Development Tax, a tax on and district5@ocfl.net.

short term lodging. The convention center is a massive facility, with over 2 million square feet of exhibition space, 74 meeting rooms, and over 6,000 parking spaces. During the 2013-2014 fiscal year, over 1.1 million trade show and convention attendees visited the convention center, creating \$2.2 billion in economic impact. Demand for convention space is high. As of January 2015, organizers have booked 818 events with an estimated 11.9 million attendees through the year 2035. These events will generate approximately \$22.1 billion in economic impact for our community. To facilitate the large number of visitors and shows expected at the center in the future, Orange County has invested \$187 million towards a capital improvement program to update the convention center's facilities. The West Building will get a major renovation, which will include both aesthetics as well as life safety updates. Examples of some of the improvements include curtain walls, lighting and utility upgrades, restroom renovations, fire alarm systems, and an existing exhibit hall will be retrofitted to become flexible ballroom space. New furniture groupings will also be added to all concourses to make for a more relaxed feel. The convention center has upgraded the wireless system in both buildings, to handle more attendees on cell phones, tablets, and portable devices at one time for more reliable coverage.

International Drive is an active, vibrant place and the excitement and energy there is representative of the ambitions and dreams of our community. I am proud Orange County is known far and wide as a symbol of hospitality and I look forward to watching International Drive grow and prosper. As always, please do not hesitate to contact me or my aide, Edgar Robinson, if you have any questions regarding our tourism industry or any other Orange County issue. We can be cal Café celebrated its soft opening. Another large project currently Government and is funded through reached at 407-836-7350 or by email



Protection And Service

The Winter Park Police Department

Did you know that 90% of self-defense is all about mental preparedness and situational awareness? Many times, individuals who are vic-

timized never imagined that they would be attacked or that any crime would happen to them. The truth is that a crime can happen to anyone. Sometimes, it simply means you were at the wrong place at the wrong time. Sexual assault, like many other crimes, is a crime of opportunity.

The Winter Park Police Department is proud to offer the S.A.F.E. (Self- defense

Awareness & Familiarization Exchange) program to teenaged and adult women who reside, work, or go to school in the City of Winter Park. This two-hour course creates an opportunity for women to receive information that may reduce their risk of exposure to violence while giving them the opportunity to familiarize themselves with the possibility of future physical skills training. The goal of this program is to prevent crimes of sex-

ual violence through education, training and awareness. It also makes women aware of options that may help them avoid, escape or survive assaults.

If you want to get information regarding safetyawareness and risk reduction strategies that you can incorporate into your everyday life or simply want to make this class a part of your "ladies day out," please log on to WWW.WPPD.ORG and register for

the next class. Let us provide you with important safety information that every woman should know. After all, you are your best defense. We look forward to seeing you there!

Victoria Humphrey Captures Miss Winter Park 2016 Crown

On November 14, 2015, Victoria Humphrey of Palm Harbor, Florida was named Miss Winter Park

2016. Victoria is a 23 year-old graduate of the University of Miami with a bachelor of science in biology & religious studies, has already been accepted to medical school, and plans to pursue a



career as a physician. Victoria will compete for the title of Miss Florida 2016 this summer at The Lakeland Center in Lakeland, Florida.

Victoria's personal platform is "Apples 4 Education: Advocating for Educational Equality," for which she earned the 2015 Miss Florida Community Service Award and placed First-Runner Up to the 2015 Miss Florida Quality of Life Award. Victoria cannot wait to bring her platform to local schools throughout her year of service.

The Miss Orlando/ Winter Park/ Orange County pageant was held at Trinity Preparatory School and is affiliated with the Miss Florida and Miss America Organizations. The Miss America Organization is the leading provider of scholarship funds for young women worldwide and serves as a platform to empower young women to reach their personal and professional goals.



Victoria Humphrey is crowned Miss Winter Park 2016. Photographs by Parnell E. LaLonde IV.

Victoria is excited to immerse herself in the communities of Winter Park and Greater Orlando and is available for community functions, charity events, speaking engagements, school visits, and more. For bookings, opportunities, and further information, please contact Lynsey Counihan, Miss Orlando/

Winter Park/Orange County executive director, at 407-529-6558 or missorlandopageant@yahoo.com, or Victoria at vsh1092@gmail.com.

You can also follow Victoria on Facebook at: https://www.facebook.com/Miss-Winter-Park-2016-Victoria-Humphrey-616390891783238/.

Leadership Winter Park Names Volunteer Of The Year



Above, (L to R): Debra Hendrickson, Winter Park Chamber of Commerce; Tris Filliez, Leading Edge Title; and Megan Almasi, Winter Park Chamber of Commerce. Photo by: Rick Zimmer, Absolute Photography.

Leadership Winter Park recently presented its annual Volunteer of the Year award during a holiday luncheon on December 10 at the Winter Park Farmers' Market. The program recognized Tris Filliez, vice president at Leading Edge Title, for her countless hours of leadership and service.

"Tris was compelled to complete the Leadership Winter Park program with a loving nudge from her daughter, one of our Youth Leaders graduates," explained Megan Almasi, director of programs and leadership at the Winter Park Chamber of Commerce. "From day one her whole heart was infused in Leadership Winter Park and she found

ways to contribute to the success of both the adult and youth leadership development programs."

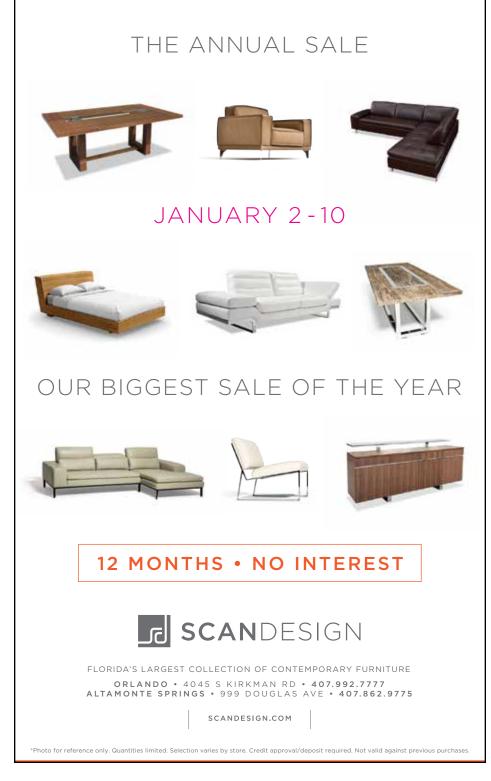
Filliez is a graduate of Leadership Winter Park Class 22. She has served as a member and chair of the Youth Leaders program, an adaptation of the adult leadership development program designed for rising high school sophomores, juniors and seniors. In 2015, she led the student interview process, coordinating with students, parents, volunteer interviewers and serving as host for all 80 interviews at her office in Winter Park. In addition, Filliez volunteers as member of the Leadership Winter Park Pancake Breakfast committee, helps park cars to raise funds for the Leadership Winter Park Legacy Fund during the Sidewalk Art Festival and is an advisor for the Association of Leadership Programs Southeast Conference planning committee, which will host leadership professionals from across the eastern United States in Winter Park in 2016.

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Leadership Winter Park is a program of the Winter Park Chamber of Commerce and is an adaptation of a nationwide community awareness and leadership preparation effort. The program, currently in its 26th year, identi-



fies and promotes potential leaders from the business community who desire to become involved in making a difference in the Winter Park community. For more information, visit www.winterpark.org.



Orlando Magic Make Significant Contribution To UCF

The Orlando Magic are the first to answer UCF President John C. Hitt's call for philanthropic gifts to help secure a new downtown campus. Pending approvals, the campus will open in fall 2018. UCF Downtown will offer students an innovative learning environment within walking distance of a wide array of internship and job opportunities in fields such as digital media, communication, public service and health-related programs. The new academic building will complement a renovated Center for Emerging Media building where UCF's nationally ranked graduate video gaming school, the Florida Interactive Entertainment Academy, is located.

UCF will share the campus with Valencia College, which will offer programs in digital media, health information technology and culinary and hospitality, including workforce training and other certificates to increase access to education in the immediate downtown area.

The Magic have pledged \$1.5 million toward a new academic building that will be the centerpiece of a new campus serving about 7,700 UCF and Valencia College students.

"A strong, vibrant, dynamic downtown is paramount to the continued growth of our community," said Orlando Magic CEO Alex Martins, a UCF trustee and alumnus. "UCF's downtown campus will be a catalyst for that continued development, bringing several thousand students downtown, while serving as a center for job creation. The De-

ORLANDO

Vos family and Orlando Magic are proud to be founding partners in this project, which will have a tremendous economic impact and serve as another stimulus diversifying opportunities available in our city."

UCF and the Magic celebrated the initial private gift supporting UCF Downtown with a check presentation during the December 23 Magic-Houston Rockets game at Amway Center. Martins presented an oversized check to Mike Morsberger, UCF's vice president for alumni relations and development, at the end of the first quarter.

"The DeVos family and Orlando Magic are longtime, generous supporters of our university, particularly the DeVos Sport Business Management Program and our first-generation students," UCF President John C. Hitt said. "We are thankful that the Magic share our vision that a robust, innovative UCF Downtown campus will recast the future of Orlando and add significantly to the educational opportunities for our students."

The Magic's gift comes less than two weeks after President Hitt called on the community

to help UCF raise \$20 million from private donations to fund one-third of the new building.

The university is also contributing \$20

million from its resources and asking the state for an additional \$20 million.

"To bring the UCF Downtown campus vision to reality we will once again use our community's unique formula for partnerships that has resulted in projects like SunRail and the commu-

nity venues," said Mayor Buddy Dyer. "We are grateful to the DeVos family and Orlando Magic for being the first private sector partners to make a commitment to help us advance this catalytic project which will benefit our city and our entire region."

The Magic's gift, the first private donation, joins other commitments from public partners. Orange County commissioners voted unanimously last month to contribute \$3 million toward the project. Valencia College's Board of Trustees announced plans to contribute \$2 million toward the construction of the new academic building that the college would share with UCF. Additionally, the value of in-kind contributions of land and infrastructure by the City of Orlando and the developers of Creative Village is approximately \$75 million.

Winter Park Chamber Names Patty Maddox Citizen Of The Year

On January 29, 2016, the Winter Park Chamber of Commerce will host its annual Membership Awards Celebration presented by Orlando Health and Rollins College. The evening is a tribute to the members and volunteers who make the organization and community so remarkable.

The event will be held at The Alfond Inn beginning at 6:00 p.m.

"The Membership Awards Celebration is an opportunity for us to pause and reflect on the

previous year," said Patrick Chapin, president and CEO of the Winter Park Chamber of Commerce. "The highlight of the evening is recognizing the members and volunteers who have

made significant contributions to the Chamber for her leadership, passion and public service. and the community."

The evening will honor Patty Maddox, president and CEO of the Winter Park Health Foundation, as the recipient of the Lydia Gardner Citizen of the Year Award. The award was in-

> stituted in 1985 as an opportunity for the Winter Park Chamber of Commerce to recognize an outstanding member of the community whose leader-

ship and service has made a significant impact to the economic, educational and/or civic wellbeing of the area. In 2013, the award was renamed posthumously to honor Lydia Gardner

The event will also recognize Chamber members and volunteers in the following categories: Business of the Year, Small Business of the Year, Ambassador of the Year, Volunteer of the Year, Chairman of the Year, Community Organization of the Year, Winter Park Champion of the Year and Chamber Hero.

Reservations are required by Friday, January 22. The cost is \$75 for individuals and includes a cocktail reception, formal dinner, and program. Corporate table sponsorships are also available for \$700 and include preferred seating for eight guests, table signage, and recognition in the event program. For additional information or to reserve a seat, call (407) 644-8281 or visit www. winterpark.org.



From Page 1

child with hearing loss is identified, amplified and receives appropriate services, the more opportunities the children will have to succeed. This gift will really allow us to serve children and families and prepare our students."

Oladipo still has \$15,000 left to donate to another charity from the Community Enrichment Award grant. While he hasn't yet decided which organization to assist next, Oladipo knows he will soon be helping more people live healthier lives.

"I feel like it is our duty to be able to give back to people less fortunate than us," Oladipo said. "I'm just going to continue to keep doing that."

Tobias Harris was the other co-winner of the award. He recently made his donation to Nap Ford Community School and the Orlando Community & Youth Trust to assist in intellectual and social tools to improve education and mentoring initiatives for Parramore-area youth.

Each year, the Orlando Magic honor a player (or players) who has dedicated his efforts off the court for the purpose of enhancing others' lives. The award is handed out each year at the Orlando Magic Youth Foundation Black Tie & Tennies Gala.



The Park Press | JANUARY 2016

NEWS

Moonstone Music Festival Set To Debut

The inaugural MOONSTONE Music Festival will debut April 30 and May 1, 2016 in Orlando. Produced by international event specialists Incognitus, the multi-stage, live music celebration will feature six unique performance areas with more than 100 acts.

"Expect a collision of great music, comedy, art and great food, with just the right amount of wrong," says co-producer Paul Lovett.

The outdoor weekend-long event is timed to take advantage of the perfect weather that Florida offers at the beginning of the U.S. festival season. From the minute attendees enter the festival site, they will be engaged in a stimulating layout offering a variety of entertainment options featuring rock music of all genres, comedy, side show attractions and live art, and a variety of food offerings and an eclectic market place.

The name MOONSTONE projects that you can expect that this festival will stimulate the soul, while delivering positive emotions, passion, party and celebration for festival goers all while paying homage to the Rock Gods.

Additional details including the lineup, location, and on-sale information will be revealed in the coming weeks. For the most up-to-date information, please visit moonstonemusicfestival.com.



1923

HEAD

Crossman Continues Family Legacy Of Giving

John Crossman, president of Crossman & Company and son of the late Rev. Kenneth C. Crossman, is continuing his family's legacy of giving and educational philanthropy with a new endowed scholarship for students at Bethune-Cookman University.

The renewable scholarship will be an annual award for qualified students entering the B-CU real estate program or business with real estate concentration. Crossman's overall goal is to maintain a \$100,000 balance for the Crossman & Company Endowed Real Estate Scholarship.

Crossman has already started his search for donors and contributors, and is actively seeking community partners to help him reach his goal and start their own B-CU endowment scholarship.

"There is a genuine need for African-American students who seek a career in commercial and residential real estate and we want to help achieve that," Crossman said.

"I was thrilled to hear that John Crossman has developed the first ever scholarship for real estate studies. With this donation, B-CU will be able to provide yet another path to success for its students interested in business career, specifically, in the areas of housing and real estate," said Congress-

woman Corrine Brown.

Crossman is no stranger to the B-CU campus or giving back in the name of education; and he is eager to continue his journey. He and his family launched an endowment fund in 2004 in memory of Reverend Kenneth C. Crossman and donors have contributed more than \$132,000 over the years. The Rev. Kenneth C. Crossman Endowment Fund gives renewable, annual contracts and has helped many students.

"John Crossman is an outstanding Florida leader. His passion for real estate, and for supporting the study of real estate in our universities, is remarkable. The students of Bethune-Cookman are blessed to have an advocate and patron like John Crossman," said Sena-

tor George LeMieux.

Crossman is heavily involved in several industry organizations and serves as a board member for the University of Florida's Bergstrom Center for Real Estate, Florida State University's Center for Real Estate Education, and is a t rustee for Valencia College. He is also a five-time appointee

to U.S. Senator Marco Rubio's Service Academy Nomination Board.

If you desire to support the Crossman & Company Endowed Real Estate Scholarship, please visit https://collegeadvancement.cookman.edu/sslpage.aspx?pid=178.

From Page 5

perform their duties more effectively.

John contributes as a member of the Special Weapons and Tactics Team, representing the city in individual events at this year's International SWAT Roundup. He is always willing to help others as has been evidenced by his volunteering to assist the Fraternal Order of Police in its Christmas giving program, benefitting members and their families as well as civilian staff and contracted custodial staff.

Officers like John Coop are what makes our city one of the safest cities in the country.

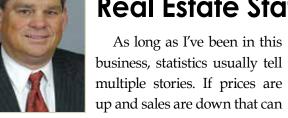
Congratulations, John, for being named The City of Winter Park's Officer of the Year!

When you see these three outstanding city employees, or any of our other dedicated city employees, please take the time to thank them for their service and for helping to make Winter Park the amazing place we love. We will be recognizing Reba, Ryan, and John at the Winter Park Chamber of Commerce's luncheon where I deliver my annual "State of the City Address" Friday, January 15, at The Alfond Inn. Congratulations to all three Employees of the Year!



real estate in the parks by Scott Hillman

Real Estate Statistics Often Reveal Various Market Trends



business, statistics usually tell multiple stories. If prices are up and sales are down that can mean a number of things. And

when pending sales and inventory are down as well, that reveals even more once you break down the numbers.

This is exactly the scenario that existed this past October when existing home sales in Orange and Seminole counties were down 3% over the previous October and median prices soared 13% to \$180,000, according to the Orlando Regional Realtor Association (ORRA). In fact, prices were up for the 51st consecutive month and up a robust 55.84% over July 2011.

At the same time ORRA reported pending sales were down 17.23%, which when taken at face value, is somewhat misleading. While total pending sales were down due to distressed properties lagging behind and taking longer to close, this October's pending sales were actually up 3% over last October which is a good sign. In the big picture, a large number of distressed properties have been moved

off the books this October, which is reflected in part by a 34.39% decrease in short sales and a 30.71% decrease in foreclosed properties, thanks to banks streamlining the closing process. This enabled many of the backlogged contracts to be sold while newer contracts were closing in much less time and at a much faster rate. Despite a 31% decrease in Orlando area foreclosure filings for the first half of 2015, we shouldn't be satisfied until we get distressed properties down to or below 5%, a level

we haven't seen since 2007 when they accounted for only 3% of all existing home sales.

While the market continues to correct itself as we emerge from a five-year housing recession, it signals a return to a more balanced market. On the other hand, sellers need to be careful not to get caught up in the rising price tide and overprice their home. Overpriced homes have a tendency to stay on the market longer and inevitably end up being labeled troubled properties, often selling for less than what they would have had they been priced at a competitive fair market value when originally listed. Plus, buyers are often reluctant to make offers on unreasonably priced properties because they don't want to negotiate with what is perceived as an unreasonable seller.

> Overall the numbers for October, November and the first two weeks of December were good and we currently find ourselves working towards a balanced market as the economy continues to improve. When combined with the current sales pace there still exists more than a healthy four-month supply of homes and new

pending sales are on the rise. This bodes well as we enter the New Year.

Scott Hillman is president of Fannie Hillman + Associates, a 35-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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Orlando Business Journal

The Park Press | JANUARY 2016

fiscal fitness by John Gill

Taking Credit

Happy New Year! I hope the holiday season was a positive and joyous affair and that 2016 brings prosperity and peace to your life.

As a new year begins, many of us take stock of our financial situation. Family budgets are reviewed or created. Tax preparation activities are started if a refund is coming and delayed if a payment will be due. The bills for the holidays are also beginning to arrive in the form of credit card statements in our snail mail or email boxes.

The beginning of the year is also a good time to look at your credit situation by ordering and reviewing your credit report. The credit report is the foundation of the evaluation system that supports individuals applying for and receiving all types of loans, mortgages, credit cards and other forms of credit and consumer-related activities relying on the extension of credit. Reviewing credit reports annually can also be an important first line of defense in periodically checking for credit fraud and identity theft.

In the United States, consumer credit reports are compiled and maintain by private credit reporting organizations. Federal and state governments do not maintain a credit reporting function. There are a number of entities that engage in credit reporting, but the three major

EQUIFAX
TransUnion organizations involved in credit reporting are Equifax, TransUnion, and Experian.

Credit reporting organizations collect, maintain, and disseminate information about your credit history that feeds into and creates your credit report. wThe credit report contains information about your respective credit accounts and your payment history from various financial institutions including banks, credit card companies, mortgage lenders, and other credit providers. There are additional organizations like utilities, cable TV, phone companies, and other service providers that report information to credit reporting companies, although they generally only report negative information or late payments.

Consumers are allowed one free copy of their credit report each year from each of the credit bureaus. This is a great way to see what is on your report and to make any changes that are needed. If mistakes or inaccuracies are discovered on the report, there are rules which dictate how quickly the credit bureau must respond to the request for a review or change. There are strategies about ordering a report from each organization, every four months versus once a year from all of them at the same time. The point is to do something on a periodic basis



to review your credit.

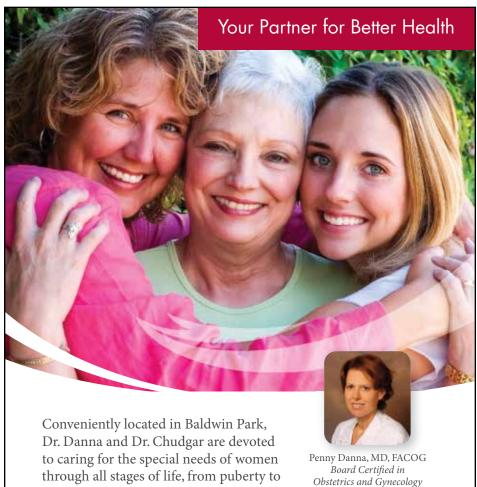
A periodic review will not only let you see what is in your credit report and fix any issues that may be present, it will also let you see unknown credit accounts opened in your name which may indicate identity theft.

It is a good idea to get a report from each bureau because they collect slightly different information. There are two ways to order a report, either online at Annual Credit Report.com or by phone at 1-877-322-8228.

The Annual Credit Report site and customer service line were created by the federal government to facilitate the annual credit report availability system. The site ensures free credit reports. Other sites may say 'free' but then have a service fee or try to sell you other services. The Annual Credit Report site will not sell or promote any other service or product.

An annual review of your credit is a key to your fiscal fitness.

If you have questions, comments, or an area of financial interest you would like to see discussed in The Park Press, please call John at 407-353-0594 or send email to FiscalFitness@ymail.com.



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pop culture detours by George McGowan

Re-connecting To One Of My First TV Loves

One of my favorite shows from the 1970s was "Emergency!" Why do I tell you this bit of trivia this month? Well, I was doing one of my favorite things, jumping all over the music streaming service Spotify and listening to artists who are listed as similar to the artists I already listen to. I was just trying to see if these more obscure artists may have made a hit that I would remember. Whilst doing this silly thing, I was introduced to a singer named Julie London. Julie made an extraordinary number of albums (32!) in the '50s and '60s with one big hit - "Cry Me a River" in 1955. Her voice reminds me a great deal of one of my favorites, Diana Krall. I would call Julie a female crooner in the style of Sinatra. She recorded standards and would sprinkle in her versions of some of the more popular favorites, such as "Light My Fire" or "Mighty Quinn." All this and she was gorgeous,

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too! She began a film and TV career, mostly playing character parts and always looking gorgeous while doing so.

What's the connection with "Emergency!" you say? It's an interesting story. Julie was married to Jack Webb for several years. Jack Webb, of course, played Sgt. Joe Friday on the famous early TV show, "Dragnet." Jack also later produced "Adam 12" and "Emergency!" – casting Julie as Nurse Dixie McCall. At that point, Julie was remarried to Bobby Troup, a jazz musician. Bobby was also cast in "Emergency!" as Dr. Joe Early.

So why is this interesting? Well, after catching up on the life and times of Julie London, I also started reading about the "Emergency!" series. I remember making time to watch every episode, beginning at the tender age of nine in 1972. I remember the series being exciting and interesting, with

thought-provoking stories and characters such as heroic Johnny Gage and Roy DeSoto of Fire Station 51 and the doctors and nurses of Rampart General Hospital. But most interesting is the fact that the series depicted the brandnew paramedic service.

Wikipedia notes that the producers "Emergency!" of wanted to make the show as realistic as possible so they got their story ideas from the actual logbooks of California fire houses. I recall watching horrific car crashes, fires, and heart attacks. These real-life stories showed the paramedic

service as it was in those days and absolutely helped to grow this new public service across the country.

In order to get more insight, I reached out to a friend who was once a paramedic and he told me that being a fan of "Emergen-

cy!" and watching the show regularly led to his interest in joining the paramedic service. I can imagine that his story is representative of many others. For me, the show led to a lifelong interest in dramatic television series which continues for me to this day. And finding the connection between "Emergency!" and Julie London and her music career and Jack Webb and early TV just made me smile in wonder.





theater in the parks by Barbara Solomon

Nine New Plays For A New Year

Many of my readers are not aware that we have a local playwriting group in town called the Playwrights' Round Table. Not only do they help new playwrights learn their trade at their monthly meetings, they also produce many of the plays written by their members, of which I am one. Each January they present a launch for the new year, consisting of several 10 minute plays—this year we get to see nine of these, mostly comedies.

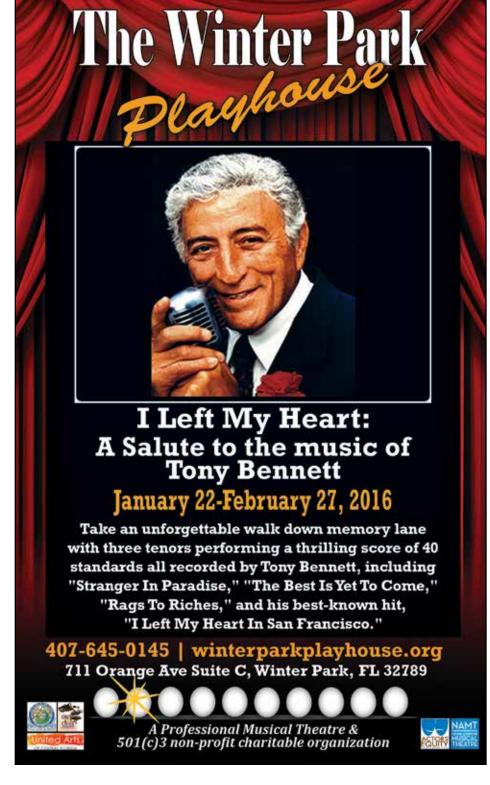
I was allowed to view three of these short plays in rehearsal. My favorite was "The Husband," directed by David Strauss and starring Hayes Schardt and Domino Thomas. This comedy, written by Paul Rudnick, is about a very dominating Jewish mother and her gay son. In a nutshell, she wants to keep up with her friends, whose children are all getting lavishly married. It is hysterically funny, especially if you know someone like this "Mama Rose."

Buddy Fales directs "Recess," written by Terence Hughes and starring Carol Palumbo and Justin Aldridge. This comedy with serious overtones takes place during recess in a Catholic schoolyard. While keeping an eye on their charges, two

teachers talk over the pros and cons of their profession. I found many insightful thoughts about teaching in one of his monologues, especially since I spent seven years after college in that situation. The female teacher is hoping their friendship will extend past the schoolyard, but an ironic twist at the end might make that difficult.

The third play I saw was actually a slice of the Playwrights' Round Table (often called PRT) life. It is about a group of writers who meet every month to share their work. Written by Ken Preuss and directed by Bee-Jay Clinton, this comedy stars April Tubbs. The other four actors are Jay Glass, Nathan Jones, Joey Mayberry, and Traci Cough. Luckily, this is a gross exaggeration of PRT, for everyone is stealing the plots and characters from each other.

If you want to see all nine short plays, save one of the last weekends in January. PRT's Launch 2016 is playing January 15 through January 31 at The Shakespeare Theatre in Loch Haven Park, Princeton Avenue. For more information visit Playwrights' Round Table on Facebook. HAPPY NEW YEAR TO ALL AND TO ALL A GOOD NIGHT!



BARB'S BEST BETS FOR JANUARY: "I LEFT MY HEART: A SALUTE TO THE MUSIC OF TONY BENNETT" AT THE WINTER PARK PLAYHOUSE, "DANCING LESSONS" AT ORLANDO SHAKES, AND "ART" AT THE MAD COW THEATRE.

in the garden by Stephen and Kristin Pategas



Stephen & Kristin Pategas

A Natural Looking Water Feature

Look to nature for inspiration when trying to emulate naturally flowing water features. This sounds obvious, but unfortunately

it is relatively rare to find a manmade one that truly looks natural. Where does the water in a waterfall in nature come from? Except for geysers when they first erupt from the earth, water in nature follows the rules of gravity. Water flows downhill as it travels from a watershed area and upon reaching a sharp drop in elevation - plummets. This creates a waterfall, whether with the grandeur of Niagara's Horseshoe Falls at 167 feet in height or the much more subtle but highest in Florida, 73 foot waterfall in Falling Waters State Park in Chipley in Florida's panhandle.

Most homes in Central Florida, unless around a lake where there may be substantial elevation change, are on relatively flat land. This creates a challenge for creating the illusion that water is running downhill from a higher elevation. Provide a mound

of earth and use vegetation to cover the slopes or retaining walls. This hides the water source and creates the illusion that the water is emerging from "somewhere" upstream. A bit of mystery goes a long way for stimulating the imagination.

Water has amazing erosive powers. Natural areas where water has flowed for a long time exhibit wellworn rocks with smooth and rounded edges. Smaller

stones residing in a streambed are tossed about and wear even faster. The stone in newly constructed waterfalls and stream beds where water passes over them should not have sharp angular edges.

All of the stone should be relatively similar in character. Stone yards have a wide diversity of stone from various part of the country and water features with stone from the Southwest mixed with stone from North Carolina is a visual disconnect. Refer to im-

ages of a favorite waterfall found in nature and if possible, help select stones that are sympathetic in look. Provide a variety of stone sizes ranging from the size of a golf ball to - if the space allows and the scale is appropriate - the size of a convection oven.

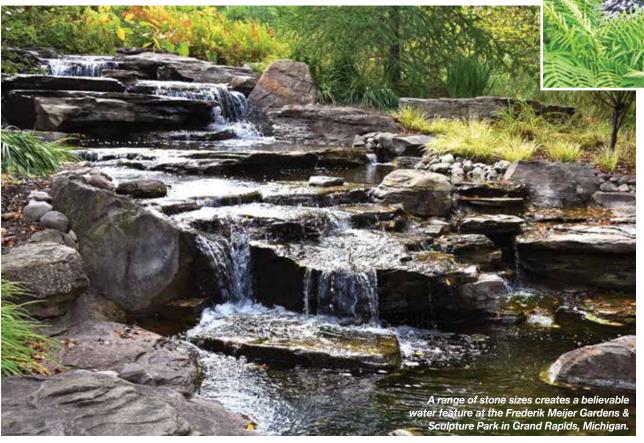
To maximize the sound of the water falling, raise the height of the spillway. When space is restricted and limits the ability to hide the source,

instead of adding height, increase the width of the waterfall so water hits the surface over a wider area.

If conditions do not allow the water feature to look natural, then go another direction and make it structured in appearance and remove naturallooking stone from the equation. When it comes to water features, deceiving the human eye is as difficult as fooling Mother Nature.

At left: A well-hidden water source adds to the mystery.







Photos by Stephen G. Pategas/Hortus Oasis

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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"I just feel like I'm in a wonderful place," she says. "I can have my privacy when I need it, and I can go out and do any number of things."

From the comfort of her apartment's customized meditation room. Audr

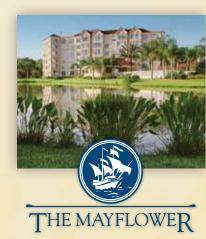
From the comfort of her apartment's customized meditation room, Audrey is able to practice techniques that produce physical, mental and spiritual benefits. She also has access to a fully equipped Fitness Center, heated pool, group exercise classes and beautifully landscaped walking paths.

"I appreciate how The Mayflower takes a holistic approach to health," Audrey says. "Living here truly stimulates the body, mind and spirit."

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

14

Welcome 2016...

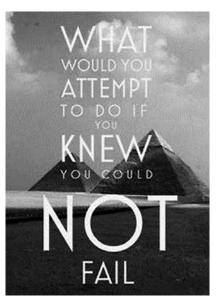
So, January is THE month that brims with the promise and possibility of humanity... January's very claim to fame is that the ending of one year touts the clean slate and new

beginning for another.

January, as a beguiling mistress, begs the questions...

What do you really want? With whom will you build the stories of your life? Is this really your life's purpose? What comes next...?

No doubt 2015 offered you countless opportunities to celebrate, mourn, cheer, and comfort those



around you. It was a time of power and pain, triumph and defeat and growth and change.

But 2016 offers yet another stab at the opportunity for the very best parts of whom we are to expand, actualize and become a reality.

I probably have as many mindful meanderings as the next girl, and though I'd like to believe I offer quite a lot of solutions and responses, I will never be able to impart the kind of wisdom that those before me have offered. As such, I'll take my little corner of the literary world and reprint the insight that colors each of my days when I walk into my office. May it offer you the words and truths that allow you to craft the kind of 2016 for which you and those you love are worthy.

Desiderata

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

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

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

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

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

Take kindly the counsel of the years, gracefully surrendering the things of youth.

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

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be.

And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

Max Ehrmann 1927

Happy January, my dear ones. May 2016 not only bring you all of that which you are poised to experience, but also the opportunity to do so with a grateful, joyful and humble heart.

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.



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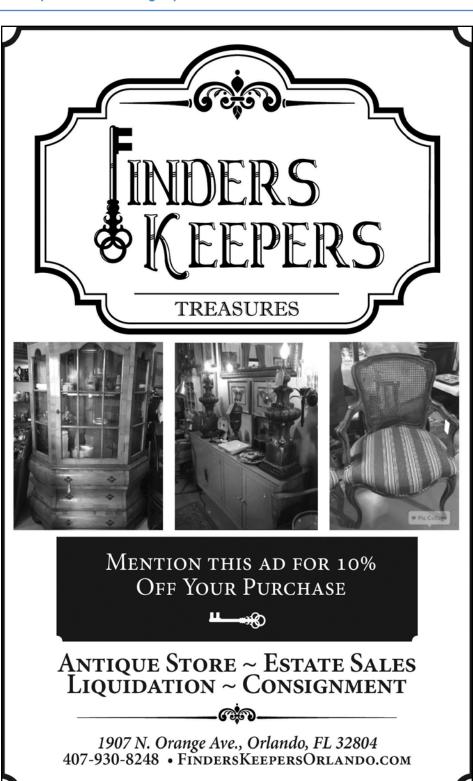
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ADVERTISER SPOTLIGHT

What Do The Mayans And A Compounding Pharmacy Have In Common?

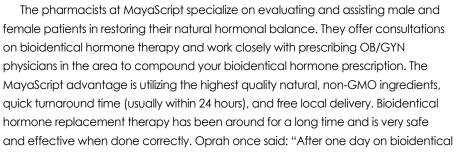
Compounding is the art and science of preparing customized medications to provide patients with a pharmaceutical product that fits their unique needs when a standard marketed drug fails to do so. Compounded medications are ordered by a licensed physician, veterinarian, dentist, or other prescriber, and mixed from bulk ingredients in a careful, safe and controlled environment by a licensed compounding

pharmacist. A Compounding Pharmacist has had extensive training in the specialized art of medication compounding.

At one time, all pharmacies were compounding pharmacies. It was common for a pharmacist to use his or her knowledge in preparing medications for a specific patient, in a specific form that met their unique health needs, using the highest standards that were available at that time. Modernization at this time meant production of mass-marketed medications, and the compounding pharmacist role quickly died and became simply that of a dispenser. Today, the "one-size-fits-all" nature of many manufactured drugs doesn't meet some patients' unique needs.

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- Medications for pets



estrogen, I felt the veil lift. After three days, the sky was bluer, my brain was no longer fuzzy, my memory was sharper. I was literally singing and had a skip in my step."

We cannot forget about our furry, four-legged friends. At MayaScript they are always thinking outside the box and want to be the top pharmacy destination for your pets' medication needs as well. They specialize in compounding meds for special needs. For example, the ultra-smart Siamese cat that won't take her oral medication, no matter how it is disguised. The pharmacy compounded a transdermal cream to be applied to the outer ear. The owner reports that the cat loves her ear rubbing moments. Happy pet=happy owner.

MayaScript pharmacists are all about customer service and go the extra mile for their patients. It is common for them to close a little later just to make sure they finish dispensing that antibiotic for the baby, or to finish a last minute compound.

So what do the Mayans and the pharmacy have in common? The Mayans used ancient mortar and pestle tools to compound medicinal products. At MayaScript pharmacy they use the latest technology and utmost quality ingredients to customize unique preparations that will help the patient feel better...naturally.





MayaScript Compounding Pharmacy and Wellness Center is an independent pharmacy founded by Drs. Ricardo and Aileen Bannatyne in Winter Park. Both founders are also pharmacists with over 40 years of combined experience in pharmaceutical services, antiaging and preventive medicine. They are located at 1141 Orange Ave., Winter Park, FL 32789 and can be reached at 407-740-6292. For more info, please visit their website at www.mayascript.com.



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Audubon Park Elementary just completed the selection process for the second induction class of their National Elementary Honor Society. This included 89 applicants from fourth and fifth grade. Before they could apply they had to be nominated by a staff member and students had to fill out an application with several areas of specific information about themselves. Some of the qualities that the students had to exemplify included past service or a desire to serve their community, good grades in all subjects and behavior, and involvement in extracurricular activities.

Throughout the year these students will complete service projects around the school and community. They will hold meetings where they will discuss leadership traits and how to become more involved in making a difference. Any fourth- grade students accepted last year will continue in the society this year along with 41 new members being inducted. We are so proud of all the students who applied and look forward to watching this group grow!



The students at Brookshire have been hard at work in December! Audubon Park Elementary and Brookshire Elementary teamed up for a student orchestra performance. Under the guidance of Mr. Frank Torchia, students performed holiday-themed songs for the community to enjoy. The fifth-grade students also presented their Holiday Musical. Promoting the performing arts is a great way to foster creativity in young minds. Brookshire is lucky to have Mrs. Denise Lentz to help instill a love of music and performing in our students.





Happy New Year! We are so excited to welcome students, teachers and families back to an exciting 2016 at Lake Silver! In December, we were so thankful for all of our generous families and community friends who were able to donate to our Angel Tree fundraiser, providing students with holiday gifts that they may have otherwise done without.

We were so proud of our Tiger Pack Dance Team who performed in the Annual Winter Park Christmas Parade. Thank you to Mr. Shivers for preparing this young group of dancers to perform and represent Lake Silver!

Fourth-grade students at Lake Silver are learning how to code movies digitally. Teachers wrote a grant to the Lake Silver Foundation to purchase the Source Code B46 program. The program is geared for elementary level students, who are taught to code movies by dragging and dropping pictures to a scene and manipulating a camera. They are truly bringing their stories to life using code.

The Lake Silver Foundation's Reada-Thon Fundraiser raised over \$20,000 in November. All of the money raised will go directly back into Lake Silver classrooms. We are so thankful for our sponsors!

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We look forward to hosting our Literacy Curriculum Night on Wednesday, January 20 from 5:30 – 7:00 p.m. Parents and students are invited to join us for literacy stations, games, and food and beverages. Additionally, our second Report Card Conference Night will coincide with Literacy Night. Students and families are encouraged

Lake Sybelia Elementary PRINCIPAL DR. JULIE PARADISE

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

The brand new year is full of resolutions and commitments to be the best we can be for 2016. Our teachers and students are wrapping things up for the first semester and are eagerly looking forward to the second half of the school year. This time of the year, our teachers are intensely focused on every child learning every day. We are a tight knit, well-oiled machine by the time we reach midyear.

Our students are busy preparing for our Waves of Wonder (WOW) science event on February 4. Students choose an area of interest to investigate and prepare a project to share with students and parents. We'll start the evening off with a family dinner at 5:30 p.m., followed by a special guest who will inspire the crowd with funky, fun science. Afterwards, the families will spend lots of time visiting the students' tables, playing with the experiments, and getting all their questions answered by our budding scientists. It always turns out to be an incredible night of sharing and learning.



Happy New Year! We're starting the New Year off with a renewed concentration on achieving academic excellence. Our teachers and students will continue to focus on achieving benchmark standards in all core subject areas, and also enjoy the benefits of participating in our outstanding special area classes. Our after-school enrichment clubs will continue, too, as we move into the second half of our school year.

We would like to congratulate a few staff members who have recently received special recognition. Mrs. Lindsey Abernethy, fourth-grade teacher, was recognized by Orange County Public Schools as a Stellar employee due to a letter of praise written by one of her parents. Another fourth-grade teacher, Mrs. Melissa Milburn, was nominated by a former parent and received an award from SENG, a nationwide nonprofit organization for meeting the emotional needs of the gifted. One of our fifth-grade teachers, Mrs. Jennifer Basalari, has been selected by The Northrop Grumman Foundation and the National Science Teachers Association as one of 25 Teacher Fellows in the 2015-2016 Northrop Grumman Foundation Teachers Academy. Mrs. Basalari will participate in a yearlong immersion in a host of science, technology, and engineering-related activities and professional learning opportunities. We are proud of Lakemont Elementary's teachers and staff!

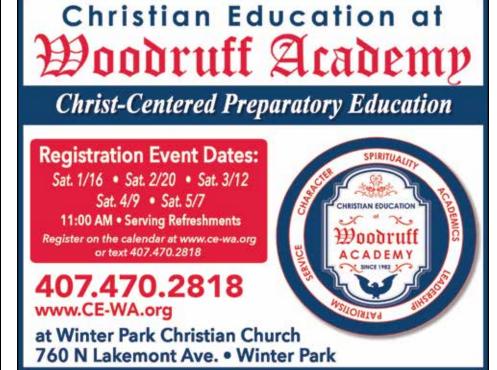


Maitland Middle School athletics have had an amazing volleyball season as both of our volleyball teams placed in the top five of the OCPS playoff rounds. Our athletes have exhibited pure talent on the courts and have worked very hard this season to become undefeated cluster champions.

Our band, chorus, and orchestra have had a busy season of concerts. You may have had a chance to hear our talented musicians during the Season of Light at Lake Lily, which is always a highlight of the year for our students!

Recently, Maitland inducted eighteen new eighth graders and twentyfour new seventh-grade students into our National Junior Honor Society.





schools

The ceremony was very memorable with a strong message being delivered to the members of having a servant's heart through their leadership. The members put this message to work as they, in partnership with our PTA, collected 1,354 items of canned goods to assist twenty-five families during the holiday season.

We want to thank our Partners-In-Education who participated in our school wide Teach-In day on November 18th. Students were exposed to a variety of careers that sparked great new interest in our future career leaders of tomorrow.

We would like to also thank our PTA for the generous Thanksgiving pies that were hand delivered to every staff member on campus. This act of kindness was greatly appreciated by our staff.



Our annual PTA fundraiser, MonteSoirée, was held at the Winter Park University Club where our parents attended a music-filled, silent auction-loaded, and raffle prize-excited evening. Silent auction and raffle items included theme park tickets, college football opener seats, opportunities for a child to Principal for a Day, art work, adventures with teachers, health care, and exciting themed baskets put together by the classrooms. This event has become an annual favorite that all staff and parents thoroughly enjoy!

Amazing Animals came to visit and brought a tank with ocean animals for students to touch and learn about.

A highlight for the students every year is our Pioneer Days. Students learn how to do things that early pioneers did in everyday life: filling a mattress with straw, peeling apples and making applesauce, churning butter, making mallets, weaving with the Weavers of Orlando, broom-making with Wizard Brooms, canning fruit, making ink from berries and using it to write with a quill pen, making pinch pots, and square dancing. Classrooms were also set up like one-room school houses. The weather cooperated beautifully for our three days of outside pioneer activity.

After Thanksgiving we set our sights to auditions for the school musical, the Science Fair, a theater visit, an entertainer, and finally, Winter Break.

🌉 Park Maitland School **HEAD OF SCHOOL CINDY MOON**

Maya Angelou once said, "When we give cheerfully and accept gratefully, everyone is blessed." Nothing is more heartwarming than watching a young child serve food to the homeless, create crafts with the elderly and lonely in a nursing home, take their time to "use their very best handwriting" to create a handmade card for the sick or our Veterans, or to write a special note to a friend or family member. Just this week, I helped one of our second graders deliver a small bag of toys that he purchased from his own piggy bank for Toys for Tots! He had been saving this money by doing his chores at home. At Park Maitland, we feel charity and service are so important that we offer many ways for our students to practice and learn gratitude by participating in activities like the ones I mentioned above.

Let's face it. We live in a consumer-oriented culture. Taking a walk through any retail store during the last quarter of the year might lead a young child (or an adult) to believe that the holiday season is all about getting, not giving. We even encourage our children to make a list of the exciting, cool, and "can't live without" gifts they would like to receive.

Michigan State University Extension recommends encouraging children of some simple ways that families can integrate a "giving" attitude into their daily routine and way of life.

- Start by including conversations about giving at your dinner table.
- Involve children in the process by letting them choose a toy or participate in an act of service. Encourage very young children with the gift of service by helping

- with yard work or making a card or picture for a long-distance relative.
- Choose a charity, discuss what they do, and how they are
- Model the behavior you want to see from your child. Talk about

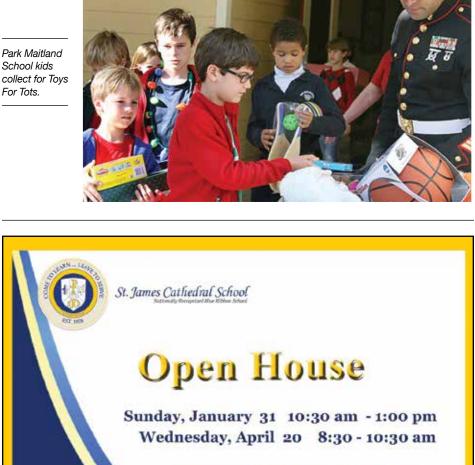
who might use the things you no longer need. Encourage them to do the same with an overflowing toy box and make a plan to deliver the items.

We all adore our children and want to show it by giving them everything

> they desire. The biggest gift we can give them is the gift of gratitude, charity, and generosity. Let your child practice the spirit of giving and feel the joy that comes from that experience.



Park Maitland School kids collect for Toys



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SCHOOLS The Park Press | JANUARY 2016

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St. Charles Borromeo Catholic School

St. Charles Borromeo students performed a Christmas Program in December. Special songs were performed by Pre-K, Beginning & Concert Bands and the Voices of St. Charles while the K-2nd graders presented "The Christmas Story." The concert was a wonderful way to celebrate the most joyous of seasons.

CONGRATULATIONS to Keila Barrera and Alexa Gillette who were selected by audition to sing in the Florida Elementary All-State Chorus. The chorus is made up of 200 students from Florida and will perform at the Florida Music Educators' annual conference.

SCBCS offers an after-school band program which includes a beginning band and concert band. The students are fitted for a musical instrument and practice twice a week. The bands perform a Christmas Concert and Spring Concert in addition to opportunities to perform at school masses.

Voices of St. Charles is the school chorus and they perform in the community. The Voices learn to read and sing two-part music which creates beautiful harmonies as they sing.

SCBCS offers to middle school student's elective classes each trimester. Students can join choir chimes where they have the opportunity to learn how to read and perform using hand chimes.

The music program for all students PreK3 - 8th grade incorporates singing, music-reading skills, using the soprano & alto recorders, and Orff percussion method. Under the direction of Ms. Lillie Gelfand, the Bulldogs have amazing musical talent that is showcased throughout the year.

St. James Cathedral School PRINCIPAL MRS. GERRI GENDALL

St. James Cathedral School's production of the musical, Lion King Jr. was an amazing performance that incorporated advanced acting, theatre production, and technical theatre skills. Students identified what makes performances believable and explored the tools used to create, articulate, and execute each scene.

The audience witnessed the African savannah come to life with Simba, Rafiki and an unforgettable cast of over 35 students as they journeyed from Pride Rock to the jungle and back again in this inspiring coming-of-age tale. Under the direction of our drama teacher, Ms. Christi Willard, our 5th-8th grade students went above and beyond to create the play, Mrs. Susan Fay and Mrs. Carrie Bailey worked with the art and music classes to create beautiful costumes, props, and set pieces for the performance. When asked, "What is the point of The Lion King?" our students decided as a group, the point is to remind each and every person that we are all a part of the circle of life. Every person has a purpose that they might never fully understand, for it is bigger than us all. We are grateful for the many wonderful parents who donated their time and talent to the performance ... Hakuna Matata!

For further information about our PreK-8th grade school, join us for our Open House on Sunday, January 31 at 10:30 a.m., call for a personal tour 407-841-4432, or visit our web site www. stjcs.com. Happy New Year!

The Christ School HEAD OF SCHOOL JASON POWELL, ED.D.

The 2015-2016 school year is an exciting time for The Christ School as we celebrate 20 years of TCS. Our celebration was highlighted as Mayor Buddy Dyer of Orlando proclaimed

November 20, 2015 The Christ School Day in Orlando. We thank Orlando City Commissioner Robert Stuart, who is also a TCS granddad, and Chief John Mina of the Orlando Police Department, for joining us in chapel that morning to present the message and the City of Orlando Proclamation.

Our school has grown in many ways over the past 20 years and I am excited to serve as we prepare for further growth in the next 20 years. It is also important to note that while we have grown, we have continued to maintain the principles on which The Christ School was founded. We have always held tightly to our mission and our vision to shape the hearts and minds of children for the kingdom of God. The educational experience that was envisioned for our students when the school opened- one with a solid Christian foundation- has remained. We are serious about the work of integrating faith and learning and seek to clearly execute on our commitment to academic excellence each day. Additionally, throughout our 20 years, the close-knit community that is a distinctive of TCS has remained strong since day one. It is and always has been a community of welcoming, supportive and dedicated families. Our strong sense of community is a core value of The Christ School.

We are honored to partner with the City of Orlando, First Presbyterian Church Orlando, and The Christ School community as we enter into our next 20-year journey. We wish our Central Florida community a Happy New Year!



Orange County Public Schools is leading the way with technology! Our school district has been moving forward to reach the goal of making our schools one-to-one device schools. With this initiative, each student is provided an electronic device to bring back and forth between home and school every day. I am excited to share with you that Winter Park High School

will become a one-to-one device school beginning in August of 2016!

District planning and preparation is well under way, and important work will begin to take place in establishing and implementing all that is needed to be a one-to-one device school. Most likely, the device to be purchased will be a laptop style computer. As a result, students will be able to access on-line textbooks and many other sources of information. The district will soon begin assessing the needed enhancements for network capability at the freshman campus and the main campus.

One of the reasons our district is a leader with this initiative is the community support that has been provided. In the past few years, our community has voted to continue the sales tax and also voted to increase the millage tax rate for school funding. These two sources provide valuable dollars for our school district and the ability to support operations. To sum up how we are becoming a one-to-one school, it is because of you, the supportive citizens of our community. Thank you very much for your support.



Christmas is often referred to as "the most wonderful time of the year." While there is no doubt Christmas is indeed the most wonderful time of year, we realize it is because society, overall, becomes less self-absorbed. Although some report the highest suicide rate is in January following the holiday let down, we, in the community, can make a concerted effort to give hope to those on our path by means of quality experiences. We especially think of the responsibility we have to the precious children of ALL ages in our charge.

To ensure almost 100% of our graduates continue to go on to higher education, we are adding to our academic and creative program the following: 1) Teachers of 1st-5th grades weaving Latin into the daily courses of study 2) Preparing for an end-ofthe-year track and field competition 3) A 2nd round of auditions on Wednesday, January 6th, at 1:00 PM for home school students wanting to perform in the community with the CHILDREN OF LIGHT Musical Theatre Troop. Please note: Audition appointments for home school students are available throughout the school year. Text or call 407-470-2818. Performers begin rehearsals on Wednesday, January 13th, at 1:00 PM. The CHILDREN OF LIGHT Musical Theatre Troop schedules free community performances by calling or texting: 407-470-2818.

January's school calendar includes: Basketball as our coming sport, monthly field trips, and service projects as a community exposure for the kids enrolled with CHRISTIAN EDUCATION at Woodruff Academy.



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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.

January 15-April 15 Harry P. Leu Gardens presents David Rogers' Big Bugs – The exhibit will feature 10 larger than life insects made from all natural materials such as wood, bark and twigs. Harry P. Leu Gardens is located at 1920 N. Forest Avenue. For more information please contact the Leu Gardens at 407-246-2620 or visit www.leugardens.org.

January 5 Florida Native Plant Meeting - 7:00 p.m. at Harry P. Leu Gardens located at 1920 N. Forest Ave. For more information, please call 407-647-5233.

January 21 "Greg Miller and His Big Year" by Greg Miller - 7:00 to 9:00 p.m. at Harry P. Leu Gardens located at 1920 N. Forest Ave. This free program is sponsored by the Orange Audubon Society. For more information, please visit www.orangeaudubonfl.org, or call 407-637-2525.

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 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.

January 7 The Orange County Retired Educators Meeting - 10:00 a.m. at College Park United Methodist Church, 644 W. Princeton St. Anyone who has worked in education is invited to join. For more information please call 407-677-0446.

February 16 Out of Darkness Suicide Prevention Walk - 7:30 a.m. across from 2400 Lakemont Ave. in Baldwin Park. To join in a nationwide effort that supports the American Foundation for Suicide Prevention please visit www. outofthedarkness.org, or call 407-646-2227.

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.

January 23 8th Annual Princess Ball - 7:00 a.m. to 9:00 pm. at the Roth Family JCC. Come one, come all to this magical evening for princessess (ages 3+)! Dance with your princess to pop hots, channel your inner artist, and nosh on some yummy cake. We will be dressed in royal attire and hope you are too! For more information please visit www.orlandojcc.org.

Winter Park Events

Ongoing Events

Every Monday "Sit-to-Be-Fit" Chair Exercise Class – 9:30-10:30 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 and 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 – At 11:00 a.m. and 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 Friday - Now through April Friday Nights At The Morse - Free admission 4:00 to 8:00 p.m. at The Charles Hosmer Morse Museum of American Art located at 445 N. Park Ave. For more information please visit www.morsemuseum.org.

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.

Now through January 10 Winter In The Park - Holiday ice skating in Central Park's West Meadow. Monday-Thursday, 3:00 p.m. to 9:00 p.m.; Friday 3:00 to 10:00 p.m.; Saturday 10:00 a.m. to 10:00 p.m.; Sunday noon to 8:00 p.m. For more information please visit www.cityofwinterpark.org.

January 7 - 10 Park Avenue Sidewalk Sale – The Park Avenue Merchants Association will host a sidewalk sale at participating stores in downtown Winter Park in the Park Avenue area. Shop early for savings from 50-75% off. Details at www.experienceparkavenue.com.

January 14 CoffeeTalk featuring Police Chief Brett Railey – 8:00 to 11:00 a.m. at City Hall. For more information, please visit www.winterpark.org.





RADICAL RAPTORS - January 20, 10:00 a.m. at the Winter Park Garden Club, 1300 S. Denning Drive. Audubon Center for Birds of Prey will present "Radical Raptors," an educational demonstration. For more information, please call 407-644-5770.

January 14 Popcorn Flicks In The Park – 7:00 to 9:00 p.m. in Central Park featuring the showing of "The Public Enemy." For more information, please visit www.winterpark.org.

January 15 2016 State of the City Luncheon – 11:30 a.m. at The Alfond Inn. For more information, please visit www.winterpark.org.

January 16 2016 Metropolitan Opera National Council Auditions/ Vocal Competition - Florida District - 10:00 a.m. to 5:00 p.m. at Trinity Prep located at 5700 Trinity Prep Lane. Up to 40 young, classically trained singers will compete for the opportunity to sing on the stage of the Metropolitan Opera in New York. This event is free and open to the public, however donations are welcome. For more information please visit www. metauditionsflorida.org, or call 407-922-4688.

January 17-18 14th Annual Unity Heritage Festival – This day and evening long-event is held in Shady Park in Hannibal Square. For more information, please visit www.winterpark.org.

January 19 AARP Winter Park Chapter – Start the new year off with something new! 11:30 at the Rachel D. Murrah Center located at 1015 Morse Blvd. All are welcome to attend the meeting which includes a presentation by Kidney Smart. For more information, please visit www.kidneysmart.org, or call 407-415-36775.

January 20 Radical Raptors – 10:00 a.m. at the Winter Park Garden Club located at 1300 S. Denning Dr. Michael Goldman, Education Manager for Audubon Center for Birds of Prey will present "Radical Raptors" (extreme birds of prey) and will be bringing several raptors from the Center for an educational demonstration. For more information regarding this event, please call 407-644-5770.

January 23 Seasons 52 Park Ave. 5.2k Presented by Florida Hospital - 7:30 a.m. at Central Park located at 251 N. Park Avenue. This event also includes a free kids' run. Proceeds benefit the Boys and Girls Club of Central Florida and the Track Shack Foundation. For more information please visit www.trackshack.com or call 407-896-1160.

January 29 Winter Park Chamber Membership Award Celebration – 6:00 p.m. at The Alfond Inn located at 300 E. New England Ave. Cost is \$75 per person. For more information, please visit www.winterpark.org.

February 13 Run 4 Love 4 Mile Presented by Florida Hospital - 7:30 a.m. at Showalter Field located at 2525 Cady Way. This event includes a free kids' run, best outfit contest, and SoulMate Challenge. For more information please visit www.trackshack.com or call 407-896-1160.





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