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## Summer BreakSpots Offer Free Summer Meals For Kids

Learning doesn't end when school lets out, and neither does the need for good nutrition. Summer BreakSpots – a federally funded nutrition program administered by the Florida Department of Agriculture and Consumer Services – provides free, healthy meals for kids 18 and under. For the eighth consecutive year, Second Harvest Food Bank of Central Florida is participating in this service, which helped feed more than 300,000 children in Florida last year alone.

This year, more than 3,600 Summer BreakSpots will open throughout the state. All locations will be operated by schools, churches, non-profit organizations, day-care centers and city recreation programs.

"Childhood hunger doesn't take a summer break," said Dave Krepcho, president and CEO of Second Harvest Food Bank of Central Florida. "In fact, low-income families face an even greater struggle over the months when school is out because so many rely on free lunches during the school year as a key part of their child's nourishment. And when they aren't receiving those meals because school is out for the summer, it's our job to step up and help ensure these kids get continued access to healthy food."



**Second Harvest**  
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For the first time, Second Harvest's chefs and culinary students will prepare around 5,200 meals every day for the program – more than triple the amount from last year – in its Darden Community Kitchen. Meals will then be packed and distributed to the 59 Summer BreakSpots managed by Second Harvest.

**SUMMER  
BREAK SPOT**  
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The program runs from June 8 to Aug. 21. Since 2008, Second Harvest has provided nearly 395,000 summer meals to children in need through this service.

For more information please visit [www.Feed-HopeNow.org](http://www.Feed-HopeNow.org).

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## Publisher's Message



Rick Cable

If cotton is the fabric of our lives, then, as it relates to Central Florida, I-4 is certainly the interstate of our lives. I've often referred to I-4 as the aortic artery that feeds to the heart of Central Florida for both tourist and locals. Currently a 21-mile section (starting West of Kirkman Road and ending at State Road 434) is in the beginning stages of a \$2.3 billion overhaul. This is one of most heavily traveled sections of interstate in the United States, as it cuts right through the middle of the #26 ranked Metropolitan Statistical Area (MSA). For years, it has not been uncommon that this section of the major artery, when congested, can put Central Florida into a state of cardiac arrest. As many of you have recently noticed, first with the clearing of trees and then with the permanent closure of the Ivanhoe and South Street exits, this artery is in the beginning stages of some serious bypass surgery. And this dreaded procedure is forecasted to last until 2022.

The effort has been aptly named the I-4 Ultimate Project. It has been in the forefront of discussion for years and much of the plan is based on studies of traffic patterns that were conducted more than a decade ago. I sure hope they've done some additional projecting based on the most recent and expected continued growth.

It is complex construction that needs to be done, while the interstate continues to be heavily relied upon. The project team has a comprehensive traffic management plan and they are committed to minimizing the impact to motorists. Their goal is to maintain the same number of travel lanes during peak travel times as we have today. Lane closures will be limited to mostly nighttime hours from 8:30 p.m. and continuing as late as 7:00 a.m. Two temporary bridges will be added to help maintain traffic flow during some of the construction phase.

Even at this stage of the project, we can see that "The City Beautiful" is taking a bit of a cosmetic hit. However, when it is all done, they plan to spend nearly 23 million to beautify and replace the trees and landscape.

The project team is required to provide a 28-day notification for full ramp and road closures, as well as long-term closures lasting more than 24 hours. For more information please visit [www.i4ultimate.com](http://www.i4ultimate.com). Also, the following link is to a video that helps to show and explain what the major artery of Central Florida will become: <https://www.dropbox.com/s/kb7dn7nwj8gnby2e/I-4%20Ultimate%20Drive%20Through.mov?dl=0>

In closing, 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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# Love Will Keep Us Together

By Tricia Cable

Lately, as a result of current events, I have been more aware than ever of the differences of opinion between people. Everyone has an opinion, there's nothing wrong with that, but the varying degrees of right and wrong seem to have taken its toll on society as a whole. No longer is right and wrong, black and white. I don't know, maybe it never has been, but why does it seem to me like unless we are in complete agreement with someone every step of the way, we can't seem to get along. Are we really at a point where we have to agree with someone on anything in order to be kind to one another?

I get it, it's not easy to temper your emotions at times when engaging in an active debate on a specific topic; especially if it is one that you are incredibly passionate about. However, I have been witness to many a conversation of late, where lines are drawn in the sand and longtime friends venture past the point of no return. Look, America is called a melting pot because most of us came here from somewhere else. The country was founded on the great differences of our citizens. What has changed?

Can we learn to celebrate our differences? Maybe it is my role in sales that has me excited to meet new people and learn new things. I have just as much respect for differing cultures and traditions as I have for my own. My pride in who I am and where I come from is strong. Therefore, I presume that you too have pride in who you are and where you come from.

Our paths, unless you are one of my siblings, have been different.

Maybe this issue seems to be more apparent now because there is more subject matter up for discussion. Gone are the days where public conversations regarding politics and religion are ta-

one and everyone. Not simply those who believe and think the same way that we do.

Is it easier to side with someone who sees things exactly as you do? Sure, but that's no fun. I say, branch out of your comfort zone. Focus on what makes us similar, not different. Concentrate on all that you love and admire about someone, not just on what drives you nuts. A very wise friend of mine schooled me a very long time ago by saying this about a mutual friend, "Yes, she is insecure and unreliable, and that drives people like us right over the edge. But, that is not all that she is. She is also incredibly kind and generous. Let's focus on the good."

"But, in order to keep the peace and bridge the gaps that are currently dividing us, we have to show compassion and consideration for anyone and everyone."

And with that, a shift in my way of looking at people and our differences occurred. It's not always perfect and it doesn't work in every situation, but 95% of the time, it works for me. Don't throw the baby out with the bath water, put on your rose-colored glasses and be kind to everyone. Focus on what make us the same, find a common bond with someone that you otherwise may have nothing in common with. Live and let live, make love not war, and all we are saying, is give peace a chance!



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# City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

It may be a hot season here in Orlando, but there is a lot going on around the City.

As we celebrate our country's independence this month, I hope everyone gets a chance to take a quick moment to show their gratitude in some way for the opportunity to live in this great country. Working as the executive director of a not-for-profit that helps the most vulnerable in our community, I certainly know that we are far from perfect and many times it seems that our severe ideological differences may be our downfall... but we are resilient. Admitting that we aren't perfect is the first step in making a change.

As we talk about changes, I wanted to let you know of a grant opportunity that the City is pursuing. As Mayor Dyer shared in a recent blog post, we are looking toward ways to pursue the idea of complete streets in our Main Street commercial districts. Complete Streets is a mindset and policy that allows us to ensure that our road network is built not just for cars but for all forms of transportation and provides safe routes for both pedestrians and bicycles. Edgewater Drive, following its change years ago from a four lane road to a two lane road, has received national recognition for its layout as a compete street. The City of Orlando has now applied for a grant to create a Complete Streets demonstration project along Corrine Drive.

The Corrine Drive (and Virginia Drive and Forrest Avenue) corridor has enormous potential to be an economic and cultural focal point for the Audu-

bon Park Garden District. This roadway was originally configured based on the need to move heavy equipment from the Naval Training Center to US 17-92. That need has long been gone but the road remains relatively unchanged.

This \$30,000 grant will be a test case for future projects and a way to show Complete Streets principles in action. This is a first step in creating a long-term vision and plan for the corridor. The plan will involve our stakeholders in and around the corridor including nearby business, residents the neighborhoods, and the Main Street organization. The plan would guide any additional capital improvements needed on the roadway and outline strategic growth planning.

Another change is occurring with our Orlando Police Department. Under the leadership of Chief

that we can further decrease crime in our community which is already down 20% since 2007, while increasing trust with our residents.

Join OPD, Mayor Dyer, and his dog Sammy, on July 16th from 5-7 p.m. at the Park of the Americas (201 Andes Avenue) with your favorite four-legged friend for Yappy Hour. This event will raise awareness of a new program entitled Dog Walker Watch, where OPD is training our residents to be extra eyes and ears on the streets as they walk their dogs around the neighborhood.

Also, this month, head to Lake Eola for Movieola on Friday, July 31st for a free movie on the East Lawn. This month the movie is "Spider Man 2." Activities begin at 6 p.m. with the movie starting at 8 p.m.

For our golfers out there, Dubsdread will be the Orlando location for the World's Largest Golf Outing, a nationwide fundraiser benefitting the Wounded Warrior Project. The event will take place on Monday, August 3rd with an 8 a.m. shotgun start. You can register as a single, twosome, or foursome or just donate to this great cause. So even if you aren't Jordan Spieth, come on out for a fun day. They always say a bad day golfing is better than a good day working, right? Visit [worldslargestgolfouting.com](http://worldslargestgolfouting.com) for more information.

As always, thanks for your continued support of our Orlando Police Department and our community. I look forward to seeing you around our Great City this summer.



John Mina, the city council heard a workshop last month entitled "Community Policing," which outlines a strategy to engage residents with our police, fostering a long-term collaboration between our officers and the community. By increasing their interaction with the community as a whole, through their transparency, and their training, it is the belief

ROBERT F. STUART | COMMISSIONER, DISTRICT 3, CITY OF ORLANDO  
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[ROBERT.STUART@CITYOFORLANDO.NET](mailto:ROBERT.STUART@CITYOFORLANDO.NET)



# Winter Park Mayor's Message

Mayor Steve Leary



Steve Leary

Since 2011 leaders at the local and state level have been working on a plan to underground the unsightly transmission and distribution lines along Fairbanks Avenue from I-4 to Harper Street (just east of U.S. Highway 17-92, bordering Walgreens). On June 8, the City Commission approved the agreements and resolution solidifying \$11.5 million in funding for this project.

City Manager Randy Knight and I discussed the possibility of this project in 2011. In addition, this project had been a strategic initiative and legislative priority of the City Commission for years. Since that time we have been aided by many people at many levels. Former Speaker of the House

Dean Cannon initiated the conversation at the state level and laid the groundwork. Senate President Andy Gardiner continued to shepherd this project along. Our state lobbyists Peebles and Smith provided insight and guidance. And Governor Scott and his office were very supportive. All of these folks demonstrated their commitment to our community and deserve our gratitude.

Since 2012 our city staff -- particularly the Electric Utility staff -- and the Florida Department of Transportation (FDOT) have been working together

## Fairbanks Avenue Electrical Undergrounding Project – Approved!



to overcome many hurdles and challenges. Randy Knight and Electric Utility Director Jerry Warren have been relentless in their efforts to reach an agreement with the FDOT and Duke Energy. A special thank you to FDOT Secretary Jim Boxold and his en-

*Continued on page 18*

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# Maitland Mayor's Message

Mayor Dale McDonald



Dale McDonald

## A Roundup Of June's Meeting, Next Steps For Festival Street

### City Council Meeting Of June 8, 2015

The City Council and the CRA Board met at 6:30 p.m. on June 8 in the City Hall Chambers. Below is a synopsis of that meeting.

The City Council listened to two presentations. The first was an annual report and update of the police/fire pension plan from Doug Lozen, an actuary from Foster & Foster. Dr. Jeff Flowers, president of the Performing Arts of Maitland, gave a report about the National Commission for Certifying Agencies.

#### Public Hearings included:

- Ordinance – Chicken Keeping City Code Section 4 – 5.2
- Ordinance – Petition No. 2015-03 (ALU) 9000 Summit Centre Way (The Estates at Maitland), City of Maitland

The Council meeting recessed and the Community Redevelopment Agency Board meeting convened.

#### The Consent Agenda was approved as presented:

- The minutes of the Community Redevelopment Agency Meeting Minutes of May 11, 2015 and the CRA/CRAAB Workshop Meeting Minutes of May 26, 2015

#### Decision Items:

- Public Land Use Change – Requested by Councilwoman Reponen
- Approval of Design/Development Plans for Festival Street – Dix Hite & Partners

The CRA Board meeting recessed and the Council meeting reconvened.

#### The Consent Agenda was approved as presented:

- The minutes of the May 11, 2015, Council meeting.
- Receipt of the April 16, 2015, Planning & Zoning meeting minutes
- Receipt of the April 15, 2015, Lakes Advisory Board meeting minutes
- Lake Sybelia Stormwater Project Agreement – Villages Construction, Inc.
- Minnehaha Road Stormwater Improvements – Central Florida Environmental Corporation

- Utility & Telecommunications Charges Audit Service – Troy & Banks
- Piggy back contract for tree trimming and removal – A Budget Tree, Inc.

There was a public period where residents wished to be heard.

#### Decision Items:

- Appointment – Transportation Advisory Board. Matthew Lamb was appointed to the Transportation Advisory Board.
- Lift Station No. 4 Diversion Project Award to Young's Communication Company, Inc.
- Seneca Trail Sidewalk Construction Award to Castille Company

#### Next Steps for Festival Street

The City of Maitland took another significant step toward creation of an attractive, active, pedestrian-friendly downtown.

On June 8, the CRA Board approved advancement of plans to create a "Festival Street" for Independence Lane between Packwood Avenue and Horatio Avenue in conjunction with the new Maitland City Centre project. The Festival Street will finally provide a true focal area for community activities, including music events, outdoor dining, food-truck events, art festivals, etc. Now that the City's design consultant has been approved to prepare design development plans and to get pricing, the stage has been set for an exciting new era in Maitland's long-planned downtown development.





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## County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



Ted B. Edwards

I hope you are your family are enjoying your summer. Orange County is a sub-tropical paradise. In fact, our climate is one of the many reasons why over 62 million people visited our region last year. Summer is a great time to engage in outdoor activities and enjoy the many recreational amenities Orange County has to offer. This month, I would like to update you on some of these recreational amenities available to you throughout Orange County.

Summer is the perfect time to spend a weekend camping at an Orange County park. Our Parks and Recreation Division manages five campsites countywide. Four of these parks, Clarcona Horse Park, Kelly Park/Camp Joy, Magnolia Park, and Trimble Park, are located in northwestern Orange County. The fifth park, Moss Park, is located east of the Orlando International Airport. Clarcona Horse Park includes RV and tent campsites in addition to extensive equestrian facilities. Campers staying at Kelly Park or Camp Joy, a property adjacent to Kelly Park, can enjoy the cool waters of Rock Springs which remain at a constant temperature of 68 degrees. Magnolia Park offers campers convenient access to Lake Apopka as well as hiking trails and sports facilities. Trimble Park is located between Lakes Carlton and Beauclair on Orange County's western border with Lake County. Scenic lakefront campsites are available. Campers at Trimble Park can enjoy boating, picnicking, hiking and wildlife watching during their stay. Moss Park is also set between two lakes, Lake Hart and Lake Mary Jane. In ad-

dition to activity pavilions, basketball courts, and boat dock, campers can explore the nearby Split Oak Preserve through a hiking trail connecting the two properties. District 5 residents looking for campsites a little closer to home can visit the Hal Scott Preserve, a 9,500 acre property jointly owned by the St. John's Water Management District and Orange County. The preserve straddles the Econlockhatchee River and includes a group campsite and two primitive campsites. This park is the perfect location for hiking, fishing, bicycling, or horseback riding.

Recreational opportunities also exist at state parks located in Orange County. Over 30,000 acres of pristine natural lands await at Tosohatchee Wildlife Management Area in East Orange County. This wildlife manage-



Moss Park photo by Jill Shargaa

ment area has equestrian facilities, fishing areas, over 60 miles of hiking trails, limited hunting, and campsites available for use. Visitors to Wekiwa Springs State Park can beat the heat by enjoying the cool waters of the Wekiwa River and Rock Springs Run. Available activities include snorkeling, inner tubing, kayaking, and hiking. The Charles H. Bronson State Forest in northeastern Orange County is a great place to bird watch, hike, picnic, fish, or hunt.

Get active this summer by taking advantage of a programming at your local Orlando Magic Gym. These gyms were built by the Orlando

Magic but are operated by Orange County's Parks and Recreation Division. These gyms are located at Barnett Park, Goldenrod Park, Meadow Woods Park, Silver Star Community Park, South Econ Community Park, and West Orange Recreation Center. The Goldenrod Recreation Center in District 5 hosts a wide variety of programs for young people and adults. Children ages 5-17 can participate in the Junior Magic Basketball League. This league is offered every summer, fall, and winter. The summer league



Wekiwa River, Rock Springs Run

is already underway; it runs from June to August. However, registration for the fall league is now open. Registration in the league costs \$50 per player and includes a jersey, certificate, and an opportunity to attend an Orlando Magic game. Boxing and karate classes are also available for young people. In addition, children ages 8-17 can qualify for free youth membership at the Golden Recreation Center, which allows access to the onsite gym and game room, typically from 2:00-5:00 p.m. on weekdays. The Goldenrod Recreation Center hosts adult programming as well, including Zumba, Jazzercise, boxing, and yagalates. Adults can also access the park's onsite fitness area equipped with exercise equipment and a weight room. For more information about any of these programs at the Goldenrod Recreation Center, please call 407-254-9025.

Orange County has other recre-

ational opportunities available this summer. County boat ramps offer access to many scenic bodies of water, including Lake Jessamine, Lake Conway, Lake Apopka, and the Butler Chain of Lakes. Boaters in District 5 can access the St. John's River through a ramp located on East State Road 50. Orange County residents owning horses can spend the summer exploring horse trails on several county-owned properties. As mentioned above, Clarcona Horse Park includes extensive facilities including horse stalls, show rings, and trail access. Other properties with horse trails include Horizon West Park, Split Oak Forest, and Isle of Pine Preserve. In addition, the West Orange Trail has equestrian access. As previously mentioned, horseback riders in District 5 can take advantage of the Hal Scott Preserve's extensive trail network. Adults inter-

ested in searching for buried treasure can request a metal detector use permit from Orange County Parks and Recreation. If granted, those with permits can search for objects buried up to six inches deep in the ground. All found items must be reported to park staff and any items deemed to be lost, stolen, or historic in nature may be kept by the park. For more information on metal detecting on county park property or to request a permit application, please call 407-836-6205.

I hope you will take advantage of some of Orange County's outstanding recreational opportunities this summer. These amenities are just one of the many things that make Orange County a great place to live. As always, if you have any questions about recreational activities available through Orange County Government, please do not hesitate to contact me or my staff, Edgar Robinson and Lynette Rummel. We can be reached at 407-836-7350 or by email and district5@ocfl.net.

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Protection And Service

The Winter Park Police Department

Hot Weather Safety

It's that time of year again when the weather has become much warmer and we begin to see heat-related injuries. The Winter Park Police Department wants to wish everyone a Happy Summer and hopes to help keep everyone safe by providing some tips on how to stay safe during the months characterized by elevated temperatures.

General Hot Weather Safety Tips:

- Drink plenty of fluids. (Alcoholic and caffeinated drinks cause dehydration)
- Limit exposure to sun during mid-day hours.
- Put sun block on body parts exposed to the sun.
- Wear light colored, loose fitting clothing.
- Shade children and seniors from prolonged direct sunlight with hats or umbrellas.
- Provide shade and plenty of water to outdoor pets.
- BEWARE hot foods and/or heavy meals add heat to your body.

General Hot Weather Vehicle Safety Tips:

- NEVER leave a pet, child or senior in a parked car, even for just a few minutes.
- Slightly opening the windows on a parked car provides NO HELP in heat reduction in the interior of the vehicle.
- At 90+ degrees, the interior of a car can reach as high as 132 in less than one hour,

even with the windows slightly opened.

- At 104 degrees - The body starts to shut down
- At 107 degrees - DEATH occurs
- TEACH your children NOT to play in cars
- Make sure to lock your vehicle, including doors and trunk, when you're not using it. Keep keys and remote entry fobs out of children's sight and reach.
- Teach kids that trunks are for transporting cargo and are not safe places to play.
- If your child is missing, get help and check swimming pools, vehicles and trunks.
- If your children are locked in a car, get them out as quickly as possible and dial 911 immediately. Emergency personnel are trained to evaluate and check for signs of heatstroke.
- Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you're not following your normal routine.
- Take action if you see a child alone in a car. Call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

General Pool Safety Tips:

- When swimming, assign an adult, not another child, to watch children in or near water.
- Never leave children alone in or near water; not even for a minute.
- Utilize barriers (four-sided fencing at least five feet high, self-closing and latching gates and door and window alarms) to keep children from accessing water.
- Be prepared by knowing basic first aid, CPR and by having a phone near in case of an emergency.

Consider Visiting The Following Websites For More Information:

<http://www.safekids.org/content/heatstroke>  
<http://www.safekids.org/tip/heatstroke-safety-tips>  
<http://www.waterprooffl.com>

The Winter Park Police Department provides information regularly via Facebook [facebook.com/WinterParkPD](https://www.facebook.com/WinterParkPD), Twitter @WinterParkPD, our website. [www.wppd.org](http://www.wppd.org), and our Smart Phone App.



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# New Orange County Park To Honor Fallen Hero

With numerous community leaders and the law enforcement community on hand, Orange County’s Parks and Recreation Division recently broke ground on the Deputy Brandon Coates Community Park.

The park was officially dedicated to the memory of Orange County Sheriff’s Deputy First Class Brandon Lee Coates, who perished in the line of duty in December 2010. Virginia Coates Ricks, the widow of Deputy Coates, greeted people as they arrived at the ceremony.

“I am so grateful this park was dedicated to my husband. This is now a place where kids can come and ask their parents who was Brandon Coates, and when they answer, his heroic story will live on,” she said. “Let us never forget any of the law enforcement officers who have paid the ultimate sacrifice.”

Deputy Coates’ mother, Debbie Griffin; Sheriff Jerry Demings of Orange County, and many deputies who worked with Coates attended the ceremony. Coates also served two tours in Iraq with the U.S. Marine Corps prior to joining the Sheriff’s Department.

“This 27-acre site will be a beautiful and very special addition to our parks system,” said Mayor Teresa Jacobs of Orange County. “By naming this park in tribute to Deputy Brandon Coates, it will serve as a place of remembrance for his family. It will also serve as a permanent reminder



L-R) The ground breaking for the Deputy Brandon Coates Community Park was attended by Orange County Sheriff Jerry Demings, District 4 Commissioner Jennifer Thompson, Virginia Coates Ricks, Debbie Griffin and District 1 Commissioner Scott Boyd.

to our citizens and visitors of Deputy Coates’ dedication, and of our profound gratitude for the ultimate sacrifice he rendered while protecting the citizens of Orange County.”

The mile-wide property is situated in Orange County District 1, along the border of District 4, south of the Deerfield community, with John Young Parkway on the west and Orange Blossom Trail on the east.

District 1 Commissioner S. Scott Boyd approached the Orange County Parks’ Advisory Board and garnered the support of Mayor Jacobs and the Board of County Commissioners to

name the park after Coates. “It was an honor to initiate the request to memorialize Deputy Coates in this way, and the park will be an enduring reminder of our gratitude for his service and sacrifice,” Commissioner Boyd said. “This park will be a lasting tribute to a dedicated professional who was recognized for his teamwork and ability to lead others while serving and protecting the citizens of Orange County.”

The county budgeted \$3.2 million for the project and expects completion in January 2016. Amenities will include two multi-sports fields, a playground, walking path, exercise

course, concrete skate spot, picnic pavilions, restrooms, and paved parking. A copy of the park’s conceptual plan can be found at <http://bit.ly/1RG4mWM>.

“Orange County’s newest park will have amenities ranging from pedestrian paths to playing fields and will please any park enthusiast,” District 4 Commissioner Jennifer Thompson said. “It is also fitting that it will be named after one of Orange County’s heroes, Deputy Brandon Coates. I look forward to the opening of this needed park and am thrilled for the residents who will enjoy it.”

# Mayflower Health Center Receives Five-Star Rating

The Mayflower Health Center recently earned a five-star rating from the Centers for Medicare and Medicaid Services (CMS), the federal entity that provides funding and oversight for healthcare programs.

The Mayflower Health Center is the only five-star-rated, Gold Seal nursing home facility in Winter Park. It is among only three percent of licensed long-term care facilities statewide to hold the Governor’s Gold Seal distinction, awarded by the Florida Legislature’s Panel on Excellence in Long-Term Care.

About 23 percent of all nursing homes in Florida earned an overall five-star rating from CMS for their performance in health inspections, nurse staffing and quality of medical care. The Health Center is

also ranked among U.S. News and World Report’s list of Top Nursing Homes.

As a continuing care retirement community, The Mayflower offers a full continuum of on-site short- and long-term healthcare options. Through a relationship with Florida Hospital’s Family Practice Residence Program, residents have regular, on-site access to physicians. Services include a geriatric clinic,

rehabilitation, at-home care, assisted living, and skilled nursing.

“The Mayflower takes pride in meeting our residents’ individual healthcare needs in an environment that promotes well-being and independence,” said Jana Ricci, The Mayflower’s marketing director. “Our standard of excel-

lence is woven into everything we do, and we’re proud to receive this recognition for quality care.”





# Edyth Bush Charitable Foundation Invests In Florida's First Milk Bank

The Edyth Bush Charitable Foundation has committed \$50,000 to assist Mothers' Milk Bank of Florida, Inc. to set up its state-wide headquarters and processing laboratory for a human milk bank – the first of its kind in Florida, and one of only 15 in the U.S. The mission of Mothers' Milk Bank is to promote health and healing by collecting, processing, and distributing donor human milk, by physician prescription, to premature and ill hospitalized infants whose mothers aren't able to meet their needs.

Currently, donated milk is shipped to a milk bank in Colorado. When hospitals in Florida need milk, it is shipped overnight from that bank back to Florida. The Mothers' Milk Bank of Florida will enable hospitals across the state to ship donor milk to, and request milk from, Orlando. Florida can also supply other states that do not have milk banks, including Georgia, Alabama, and Louisiana.

"Having donor milk available will demonstrate the value of human milk, encourage mothers to breast feed, provide needed milk until the mother's milk is available, and improve the health of babies from infancy and beyond," said the Milk Bank executive director, Karen Kesler.

"Helping to meet nutritional and medicinal needs is invaluable," said David Odahowski, president of the



EDYTH BUSH  
CHARITABLE FOUNDATION



Edyth Bush Charitable Foundation, "but the economic impact is also significant. Donor human milk can help prevent disease that is not only life-threatening, but can increase the length of a pre-term baby's hospital stay by several weeks, with an additional cost of \$128,000 to \$238,000. The milk bank will help Florida have healthier babies who leave the NICU sooner."

The Edyth Bush Charitable Foundation was founded in 1973. Since its creation, it has been enriched by the Richard J. Conlee Fund and the H. Clifford Lee Fund. To date, the Foundation has issued more than 3,500 grants to over 830 organizations, primarily in Central Florida, totaling upwards of \$105 million. Board members are Gerald F. Hilbrich, chairman; Herbert W. Holm, vice chairman; David A. Odahowski, president; Matthew W. Certo, corporate secretary; Elizabeth A. Dvorak; Deborah C. German, M.D.; Harvey L. Massey; and Glenn "Doc" Rivers. For more information on the Edyth Bush Charitable Foundation, please visit [www.edythbush.org](http://www.edythbush.org).



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# New Program To Enhance Stability For Military Families

Heart of Florida United Way recently launched Mission United, a critical initiative that connects military members and their families with resources in the areas of education, employment and legal assistance.

For the thousands of veterans who call Central Florida home, civilian life can be challenging. Forty four percent report difficulties finding employment, accessing and completing education and connecting with legal assistance.

Recent research shows that many of the issues veterans face arise not from a lack of assistance programs, but from a lack of collaboration, coordination and collective purpose between myriad government and community organizations. Veterans struggling to reintegrate into civilian life can access a wide range of support networks, but these networks are frequently fragmented, leaving the veteran with a complicated and difficult-to-navigate system.

To address these issues, United Way convened several community partners to support its new initiative, Mission United. These cross-sector partners include Holland & Knight, Career Source Central Florida, Legal Aid Society of the Orange County Bar Association, Valencia College, Lockheed Martin, the U.S. Department of Veterans Affairs and more. The volunteer effort is led by Mission United co-chairs Tommy Boroughs, partner with



Local veteran Kyle Evans.

Holland & Knight, and Major General Doug Metcalf (ret.).

Through the 24/7 Crisis Line 2-1-1, Mission United will create a centralized point of entry for veterans and their families to access services specific to their needs, including mentorship, navigating GI Bill education benefits, receiving health care, assistance with legal issues and connecting with potential employers. By fostering an environment of collaboration and communication among community support networks, Mis-

sion United will also simplify system navigation and expedite service delivery in the Central Florida community.

Once involved in the program, returning veterans receive a personalized plan and one-on-one case management. 2-1-1 call specialists are available 24/7/365 to assist veterans by phone, chat, or text message (text MISSION to 898-211).

“Mission United is a game changer. It brings together many support programs for veterans in our com-

munity that were previously scattered,” said Robert H. (Bob) Brown, president/CEO for Heart of Florida United Way. “Using 2-1-1 as a one-stop shop enables us to streamline existing resources and connect our military families to the critical services they need and deserve.”

Lockheed Martin, host of the Mission United launch event, also presented a \$10,000 donation to kick start the program.

To learn more about Mission United, dial 2-1-1 or visit [www.hfuw.org](http://www.hfuw.org).

# Cornell Museum Acquires Old Master Painting



Francesco Solimena (1657-1747), Saint Francis Xavier Baptizing the Indians, ca. 1680-85, Oil on canvas, Cornell Fine Arts Museum. Purchased by the Michel Roux Acquisitions Fund, in honor of Kenneth Murrah.

at the beginning of the 20th century.

Francesco Solimena was Francesco De Mura’s teacher, whose Visitation (ca. 1750) is part of the Cornell Fine Arts Museum collection. De Mura is the subject of a major exhibition which will open at the Cornell in fall 2016 and will subsequently travel nationally; the connection between the two painters was one of the many reasons for this

acquisition. Moreover, this painting fills a gap in the Museum’s holdings of works by artists representative of the Baroque style in Europe.

The painting was purchased by the museum in honor of Kenneth Murrah, former chair of the Board of Visitors, steadfast friend, and generous supporter. It underwent conservation in New York City and will be the subject of a lecture by Dr. Rangsook Yoon, Dale Montgomery Fellow at the Cornell Fine Arts Museum, on Friday, June 26 at 11 a.m. The lecture is free and open to the public.

For more information please visit [www.rollins.edu/cfam](http://www.rollins.edu/cfam)

The Cornell Fine Arts Museum at Rollins College in Winter Park, Florida, announces its first Old Masters painting acquisition in more than a decade. Saint Francis Xavier Baptizing the Indians by Francesco Solimena (1657-1747) is a previously unpublished early work (ca. 1680-85) by the master whose dramatic frescoes and altarpieces were among the most famous and highly regarded in the first half of the 18th century in Naples. “In the 1930s, when serious fine art collecting started at Rollins College, it was spurred by gifts of very significant Italian Renaissance paintings,” said Ena Heller, Bruce A. Beal Director of the museum. “Ninety years later,

Old Master paintings continue to be a differentiator for our museum’s collection, and this acquisition reaffirms our continued commitment to building that part of the collection.”

Saint Francis Xavier Baptizing the Indians beautifully illustrates Solimena’s early work, in which the influence of Piero da Cortona and Luca Giordano is evident. The scene represents the Spanish missionary Francis Xavier (1506-1552), who traveled to Mozambique and later to islands off of South Africa and Japan to draw converts to Christianity. He disappeared while on the way to China. He was canonized in 1622 and declared patron of all foreign missions by Pope Pius X

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# 2015 FAAE Leadership Awards

The Florida Alliance for Arts Education (FAAE) recognizes leaders who work in various capacities to ensure that arts education is available in all Florida schools and communities and that arts education is of the highest quality. Leadership in the areas of education, administration, and community are recognized.

The 2015 FAAE Leadership Award recipients were honored at the annual awards reception on June 12, at the Dr. Phillips Center for the Performing Arts, Orlando. The Orange County Public Schools School Board was selected for the 2015 Florida Alliance for Arts Education School Board Leadership Award by a statewide panel of experts. This award recognizes an outstanding Florida school board for its exemplary support of high-quality arts education through its policies and practices within its district. Dr. Mary Palmer, FAAE founder and arts advocate, presented the award. She applauded the Orange County School Board and shared some of the Board's accomplishments.

The Orange County School Board ensures that all students in Orange County



Public Schools will have access to high quality arts education, including equitable access for students across all socioeconomic classifications. Even during a challenging economy, this School Board maintained its commitment to arts education by strenuously campaigning for a one-mill increase on property taxes. This special tax, specifically earmarked to protect arts programs, was overwhelmingly passed by voters in 2010 and again in 2014. During the past six years, OCPS has increased the number of arts educators annually and now boasts over 600 arts educators. Under the guidance and support of the School board, 66.9% of OCPS

students, over 130,000, are now enrolled in visual and performing arts courses. For over 20 years, the school board has supported a program where every second grader attends the Ballet and every third, fourth, and fifth grader attends a concert with the Orlando Philharmonic Orchestra. In addition, all schools in Orange County have access to the Journeys Into Arts and Culture program which provides transportation and entrance fees to arts and cultural institutions throughout the county. As a result of their leadership, OCPS was named a Partner in Education with the Kennedy Center for the Performing Arts.

Two Orange County schools, Howard Middle School Academy for the Visual and Performing Arts and Lake Nona Middle School, have recently been recognized by FAAE and the Florida Department of Education as Florida Arts Model Schools. Individually and collectively, the members of the Orange County School Board have demonstrated an unwavering and highly successful commitment to providing students with the social, emotional, and academic benefits of high quality arts education. For further information, visit [www.faae.org](http://www.faae.org).

## Bringing House Calls Into The 21<sup>st</sup> Century

By Jan Chalhoub

As a mom of five school-aged children, I sometimes wish we could go back to a simpler time.....a time when doctors made house calls. Wouldn't that make things so much easier? Between getting everyone ready and out the door, travel

time to the doctor's office, sick waiting rooms, and long wait times with cranky kids, it can be a real headache! (Pun intended.) What if the doctor came to you and you knew exactly when they were coming, down to the minute? Well, house calls are back! There's a new app called Mend, that's bringing house calls into the 21st century. How it works is simple.....you download their app to your phone or tablet. Then enter your location and they find providers closest to your home, office, or other preferred location. You will choose from a list of local board-certified, pre-screened, healthcare providers that you want to come to you. Next, you'll describe your symptoms for the best treatment options. They'll also collect insurance, payment, and other necessary info. Yes, they take most insurance, and there is a small fee for the visit. You'll then get a real-time quote of when they will be there....usually within 30 minutes. That's less time than it takes me to get my kids out the door! There is also an option of Tele-Medicine. It's just what it sounds like.....they can diagnose and prescribe medication for many common conditions over the phone. Now that's simple! Mend was started by local Baldwin Park resident, Matt McBride, who saw a need for this in his own family. He has a background in healthcare technology and used his knowledge and experience to create a user-friendly and high-quality experience. "We carefully screen and do thorough background checks on all of our healthcare professionals. They are coming into your home, so we want people to feel comfortable with who they are selecting," said McBride. They are currently serving the Baldwin Park and Winter Park areas, and looking to expand to more areas in the future. They treat all ages from 6 months to adults. They even have a "Mend-Mobile" that some of their healthcare providers use for the house calls. So the next time you or someone in your family is sick or injured, download the app and contact Mend, then sit back, relax, and let the healthcare to come to you.

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John Gill

fiscal fitness by John Gill

## Not The End – A Thank You For Reading Fiscal Fitness

This is my annual recap column. Let me start by saying this is not a

farewell column. This is actually the 84th column that I have written for The Park Press. I like to look at where we've been and to let Park Press readers know that I appreciate them reading the columns that I write.

It's hard to believe that I have been writing for Rick Cable and The Park Press for seven years. This has been a great experience and I am still excited and honored to have the opportunity to write for you the readers and for the Park Press organization. There are some months when I struggle to come up with a topic that I think is interesting. There are other months when a subject presents itself and the column comes easily.

My goal is to be interesting, topical, and educational, all in the same column. The popularity of the Park Press creates the audience, but the content of the paper and the columns keep you, the reader and



the consumer coming back.

Over the past year I have written about the importance of life insurance, college funding tools, investing, hurricane preparedness, the price of oil, disability insurance, and basic savings. On the political front I wrote about the interconnectedness of the world, Federal Reserve Chair Janet Yellen, and interest rates.

As I begin my eighth year I would like to hear from more of you about

items that are affecting you or topics that you would like to explore or learn about.

I believe one of Rick's goals is to have this publication continue to grow in its leading role as the town square of "the Parks" and surrounding communities. To support that goal, I want to address items of a financial nature that affect all of us.

Over the next year I plan to touch on the impact of rising interest rates and the potential changes to the

economy when the Federal Reserve begins raising interest rates. I want to explore alternative loan providers and investment vehicles.

Other issues to be considered are occurring internationally such as the Greek financial crisis and the continued rise of the Chinese economy. I want us to understand how those issues affect the citizens of Central Florida. There will be a column or two on the debt and deficit (can you ever get enough?), entitlements and the federal budget. Throw in a column on life insurance and that totals approximately six or seven columns. That leaves five or six open months, so if there is something that you would like me to investigate or comment on, please send an email, text, tweet, or snail mail and let me know.

THANK YOU for sharing your time with me. With so many work and personal obligations, activities, miscellaneous options and other competition for your time, I appreciate your willingness to share your time with me and the Fiscal Fitness column. It is a privilege to write for and to you!

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@gmail.com](mailto:FiscalFitness@gmail.com). Follow John on Twitter, @john\_gill1.



Jim Hasley

critical mass by Jim Hasley

## Liability Protection – It's Too Late After You Hear The Crunch!

In the course of business, folks approach us with a diverse number of questions

with regard to protecting their family, saving for college, saving for retirement, or just wanting to organize their finances. Many are surprised when in the course of our due diligence we ask them about their automobile and homeowners insurance.

"Why do you want to know about my car insurance?" they ask, wondering why we're thinking about their car when they want to discuss saving for a vacation home in the mountains. The answer is simple: we're worried about litigation resulting from an unforeseen accident leading to the confiscation of their savings, investments, and other unprotected assets.

Too often people learn about how much liability insurance they have in place after they call their insurance agent to explain that they have been involved in an accident or to explain that someone got hurt in their home. When reviewing automobile insurance for people with six or even seven figure investment

accounts it isn't uncommon to learn they only have \$50,000 to \$100,000 of bodily injury insurance included in their policies. It's also not uncommon for the same policy to have a deductible of only \$100 or \$250.

We'll then ask if receiving \$39,250 rather than \$40,000 would influence the purchase of a replacement vehicle if their car was totaled in an accident. Most often we hear "No."

In this common scenario people

realize they can increase the liability coverage in their policy to \$500,000 and offset most or all of the cost for the added protection by accepting a slightly higher deductible. Arguably smart if paying for automobile insurance liability protection is the most important part!

Exposure to liability risk is very real. Occasionally we receive questions from people asking to shelter assets after they or a loved one they are responsible for hurts another person. After the accident it is too late to add protection and attempting to hide assets may come with civil or criminal penalties.

Speak with your insurance agent about how inexpensive liability protection can be. Often a personal liability umbrella policy providing \$1 million of protection above the liability limits included in automobile and homeowners insurance can be secured for a few hundred dollars annually. Those with significant assets should speak with a qualified attorney to learn how assets can be sheltered from liability with the use of limited liability entities or by moving some assets to foreign shores.



We'll ask the person if they would file a claim for \$400 of damage to their car to collect \$150 from their automobile insurance. Commonly the answer is "No" with an explanation the person is concerned about their future rates increasing or indicating the hassle isn't worth the reward.

are paying premiums for a low deductible they often won't use, at the expense of carrying adequate liability limits, thus exposing their assets to the risk of confiscation to satisfy a suit arising from an accident. While there is nothing wrong with maintaining a low deductible, many don't

James M Hasley, CFP is a financial services industry speaker and has been recognized by the LIFE Foundation with a realLIFEstories Client Service Award. For questions, Jim can be reached at [jhasley@financialguide.com](mailto:jhasley@financialguide.com) or 407-661-2289.





Champ Rawls

family business perspective

by Champ Rawls

# Win The Right To Be Heard: Successor Prep For The New Generation

Picture this, a 57+ year-old business owner who has worked tirelessly for 20+ years to build a successful business. His kids are in their mid to late 20's and are ecstatic about entering the family enterprise. They've completed the necessary education, attended industry trainings and developed an "understanding" of operations from "growing up in the business." As a result, they have created their own opinionated vision of the future, coming in with guns blazing full of ideas and innovative concepts to, in their opinion, make the business better.

The perspectives of both the "new" and seasoned generation are important to the ongoing success and ultimate growth of the business. Without the enthusiasm and innovation of the new generation (of which I am a part), processes and procedures can become ineffective to the changing world. But, the existing generation has put their blood, sweat, and tears into creating the successful business of today. Problems arise when the experience of the established owners is challenged by the unbridled enthusiasm and drive of the new generation. Often times the

new generation is met with the stern reality the "owner" doesn't share the same vision, creating conflict in the family and business.

So, how does the experienced business owner tell an overzealous successor to shut up, listen, and learn? Simply, successor candidates need to first "Win the right to be heard!"



For those of you who are needing to "win the right to be heard," this means developing a work ethic that shows you are constantly seeking opportunities to expand your business knowledge and are ready to be counted on when needed most. The reality is, "winning the right to be heard" is not complicated, it just takes hard work and patience.

There are many different personalities to navigate as a family business successor candidate. First, your direct managers; they can be jealous of your name or opportunity, or supportive of your move into the company. Regardless, being patient and winning their respect by getting down in the trenches, fully educating yourself on what you talk about, and thus "winning the right to be heard", gets them on your side.

Second, other family members; those who are your competition, parent, or boss. Each case takes a different approach but follows the same formula. Your competition will respect you when you are confident and able to back up your thoughts and ideas. For

example, before unleashing an idea on your fellow employees, know the total company-wide impact of your idea and how to seamlessly implement into the company.

Lastly, your family-member boss (Blood Boss) can be the hardest to crack, but the most fulfilling to work with when you have "won the right to be heard." When you find your enthusiasm for a new idea is met with a blank stare, you have work to do in terms of "being heard." Your blood boss is likely letting you talk, but they are using the time for more productive things such as mentally calculating this month's profit.

Winning the right to be heard, means doing the work. If you have the best idea that is going to triple profits, transform communication within the business, or put a man on Mars, do the work! Ask the appropriate questions, identify the strengths, weaknesses, threats, and opportunities, and earn respect among your team. However, those rewards come with risk, and learning your craft, knowing your idea, and communicating it effectively, will serve you best in preparing to be a successor. The best compliment will come in one simple form; when you are the one being asked for advice!

Being a part of his own family's business, Champ has a unique insight into the difficulties, challenges, and triumphs families face when combining family and business. Champ Rawls has been officially associated with The Rawls Group since 2012, although it could be said he became a part of the team in 1984, when he was born into the family business. For more information visit [www.rawlsgroup.com](http://www.rawlsgroup.com).


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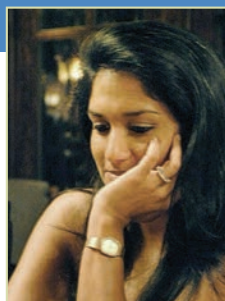


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Ayesha G. Bullock

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

## Celebrating Independence...

When thinking about July, we harken back to long, hot days, the steady hum of air conditioning, sweet lemonade stands, and salty beach vacations. If you close your eyes, you can almost hear the onomatopoeia of fireworks and smell the sulfur in the night air.

July welcomes a remembrance of our independence... as a nation, as a people, as a society and perhaps even as individuals.

It turns out, I've had quite an 'independent' day today myself. Ordinarily I would have solicited help for a number of the things that I did this week on my own. Though my back may not be reveling in my newly rediscovered 'independence,' I have to say, I've been quite delighted by it myself. One of my teachers used to call me a 'mere speck of a girl' when I was young. I was always on the smaller side and the imminence of middle age hasn't really changed that. What it has changed however, is my hesitation before doing things. At this point in life we don't have the reckless abandon that once used to accompany young bones and the elasticity of adolescence. Things don't snap back into

place quite like they used to, and invincibility isn't really a thing anymore. For better or worse, reservations (perhaps fear?) have settled in where the arrogance of youth once resided.

Nonetheless, when I found myself feeling as though I was at the mercy of other people to accomplish a set number of items on my agenda, the dependence made me feel uncomfortable and perhaps a bit feeble. As a result, I made a decision to at least just try to accomplish some of these looming tasks myself. If it turned out that I was unable, I always had the option of asking for help and would be no further behind than I was to begin with.

If I could have captured the 'eureka' moments I experienced when accomplishing a few (less than) herculean tasks around my house this week, I would have bottled it. (I will resist the urge to describe said tasks at this moment for the sake of my pride and so as to enjoy the more-than-likely-undeserved-credit you are giving me whilst reading about my mysterious accomplishments.) But suffice it to say, I was proud of myself. I was able to set my mind to something and accomplish it. Without the fear of the possibility of having to ask for help eventually, it turns out I didn't need to...

So, what's the lesson here? It's sort of a multifaceted one for me:

1) Turns out I am not quite as 'mere a speck of a girl' as I once was hailed to be.

2) I am finally at a point where I am unafraid of failing in the face of at least giving my best attempt.

3) Accepting that there is no shame in having to ask for help, freed me to move forward regardless of the outcome.

4) I am both capable of being independent and being interdependent at this point in life and neither needs to take precedence or priority.

...Wait a second, sounds like she just slipped some therapeutic/relational mumbo-jumbo in there.

(I totally did; You didn't think this whole article was going to be about moving furniture, did you?)

So what's this independence vs. interdependence of which I speak?

So glad you asked.

We spend a lot of time throughout life swinging wildly between being 'needy' and being proud. We have difficulty asking for help while still inevitably needing it and feeling resentful when we don't get it. We work so hard to become independent that we almost isolate ourselves from those

most important to us. So, what's the answer? Perhaps it's a pursuit of mastering the delicate balance between independence and interdependence.

We are wired for connection; we need people, we love people, we partner with people and, ideally, we trust people. But we are also whole and sentient beings and we are capable of being complete in and of ourselves. We must come to a psychological place in which we are able to understand and respect where we end and others begin. In its best form, we are able to accept and embrace the dichotomy of both being whole on our own and yet more through our relationships. We may only live and love others fully by living and loving ourselves completely. It is both our right and our mandate to continuously balance what it means to be independent in concert with what it means to be truly and deeply connected.

So... all that to say:

This July - watch some fireworks, move a mattress, ask for help, believe in the divine wholeness of yourself and celebrate it by sharing it with those who are worthy of a such a profound gift.

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](mailto:ayesha@livemeaningfully.net) or 407-796-2959.



## nature in the parks

Photos by Richard Johnson

One of the more common birds that I see around Baldwin Park is the northern mockingbird. As a water-bird lover I didn't pay much attention to these gray colored birds but as I've come to learn more about them I have come to admire them greatly. Mockingbirds of course are amazing mimics, not only can they imitate other bird calls, they have been known to imitate the sounds of insects, amphibian sounds, even mechanical sounds such as car alarms. On top of that, the mockingbird can sing up to 200 different songs. The mockingbird is the state bird of five states, including our own, and they have a solid place in modern American literature. Keep all of that in mind the next time you spot this gray little bird sitting in a tree or a bush near you.

Richard Johnson is a professional photographer. See more of his work at [www.RichardEarlPhotography.com](http://www.RichardEarlPhotography.com)







Stephen & Kristin Pategas

in the garden by Stephen and Kristin Pategas

Transition Plants – Bridging Light Levels

Our garden designs are created to flow across the landscape without abrupt starts and stops. When using masses of plants within bed lines we weave them together to create a unified look. In order to create a coherent and seamless garden design in gardens with sun and shade we look to what we call the “transition plants.” These plants will take full sun and part shade.

Our calculations for where these plants are needed are determined by where and when sun or shade will fall on the plants. These are shifting areas as the sun tracks lower (cool months) or higher (warm months) in the sky. The winter solstice around December 21st has the fewest daylight hours with the sun at its furthest south. The summer solstice around June 21 has the most daylight hours. The sun is so high in the sky its rays kiss the north side of structures. The tricky part is at the edge of roof overhangs or tree canopies. As the sun angle in the sky changes from low to high during the year, plants once in shade get sun, or vice versa. Plantings required on the north side of the house will experience months of total shade (winter), with months of full sun (summer), unless there is also shade from tree canopy. Note that tree canopies may grow wider as the tree matures or less dense as it declines - sun or shade creep.

If there are evergreen trees, they provide continuous shade. But if they are deciduous and lose their leaves, the plants underneath must be able to take full sun until new shade-producing foliage emerges. When it comes to plants, all sunny areas are not cre-

ated equal. Afternoon sun is hotter than morning sun, walls and stone mulch reflect heat onto plants, and the summer sun is more intense and lasts longer.

When trees come down suddenly without the typical aging process of slowly losing limbs and foliage, plants underneath will get scorched, but transition plants will adjust to the change in light levels and rebound. While transition plants will grow well in different light levels, they may look slightly different. In shady locations: they may bloom less, grow more slowly, have leggy growth, and not be as dense.

When we design within and between the light and the dark spaces, transition plants are valuable tools in our plant palette.

A partial list of full sun (six to eight hours) to part shade (typically not mid-day sun) transition plants (please determine water and soil needs and growth characteristics):

Small trees:

- Ilex vomitoria - Yaupon holly cultivars
- Magnolia grandiflora ‘Little Gem’ - Little Gem magnolia
- Viburnum obovatum - Walter’s viburnum

Hedge/screening:

- Illicium parviflorum - yellow anise
- Justicia spicigera - Orange plume
- Myricanthes fragrans - Simpson’s stopper
- Podocarpus macrophyllus - Japanese plum yew
- Viburnum obovatum ‘Select’ - Select Walter’s viburnum
- Viburnum odoratissimum - Sweet viburnum

Shrubs/shrublike/groundcover/vines:

- Camellia hiemalis ‘Shishigashira’ - Shishigashira camellia
- Gelsemium sempervirens - Carolina jessamine
- Hamelia patens - Firebush
- Ilex vomitoria ‘Schellings’ - Schillings dwarf yaupon holly
- Liriope ‘Emerald Goddess’ - Emerald Goddess liriope
- Lomandra longifolia ‘Breeze’ - Breeze spiny mat rush
- Sabal minor - Dwarf palmetto
- Serenoa repens - Saw palmetto
- Trachelospermum asiaticum - Dwarf Asian jasmine
- Trachelospermum jasminoides - Confederate jasmine
- Viburnum obovatum (dwarf cultivars) - Whorled Class, Mrs. Schillers Delight
- Zamia pumila - Coontie
- Zephyranthes atamasco - Rain lily




Above, Firebush is a wildlife friendly native.



From left to right: Orange plume blossoms throughout the year; Coontie is a durable native cycad; Breezy spiny mat rush is drought tolerant and very low maintenance.



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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A theater aficionado who traveled the world, Bob has embraced all aspects of The Mayflower – including the community’s exclusive lifelong-learning partnership with Rollins College. “I love the exchange and conversations with students,” he says. “And I’ve also enjoyed getting to know the other residents. You can’t help but make new friends here!”

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## pop culture detours by George McGowan

### I Didn't Cry While Watching "Inside Out"

Usually, I am a sucker for a good movie cry. There are many benefits of just letting go and getting all blubbery. Heck, it usually happens in a darkened theatre (so no one else needs to see) and shows that I have a sensitive side (to my wife and family during a home viewing). I'm not so macho to not give in to my feelings, and some of my relatives and friends know that I cry pretty darn easily for a grown man. One of the surest ways to make me cry is a good Pixar movie. Toy Story 3? When Andy says, "You think you can take care of them for me?" Toy Story 2? Just start humming "When She Loved Me." The first four minutes of "Up?" There are many others.

But I didn't cry at the most recent Pixar movie, "Inside Out." In fact, when I felt a bit of emotion coming on, I consciously did not give in to myself. Why, you may ask? Well, I have to admit that I was rebelling against the movie's obvious marketing plan to adults like me. I actually for the first time

felt that I was being manipulated by the filmmakers into crying. I hate to admit it but I gave into cynicism instead. I can't tell you this was the right way to react, but it is how I reacted during the movie.

The movie has a lot to recommend it. It is inventive and smart. It

emotional life of a young girl who experiences her first "real" disappointments in her life. The movie presents the core of her young personality traits very specifically crumbling as she reacts to her family's move from her home in Minnesota to a new home in San Francisco. She reacts in a

pected to and since I was attending the movie on Father's Day, it could be easily explained away as getting sentimental on a day made for sentimentality. I guess the only way to explain it is that the approach to the movie, by delving into how the emotions (presented by Joy, Anger, Disgust, Fear and Sadness) may work in the physical brain, made the movie more of a mechanical exercise than an emotional exercise to me. As the viewer is pulled into this little girl's brain to see her anthropomorphized emotions operate her brain console, for me the movie removed emotions from being somewhat ethereal things to something else entirely. An intellectual exercise rather than an emotional one.

Even though it didn't succeed in making me cry,

I can recommend the movie for some enjoyable summer viewing. I just can't agree with some critics that describe the movie as a cathartic experience or genuinely heartbreaking or transcendent and touching. Its good, but not that good.



Above, the characters from the movie "Inside Out."

has a female protagonist. It presents the subject in an entertaining way. It has laughs for both young and old. But for some reason, the sum of the parts didn't add up for me. As you may know, the movie examines the

way that I could relate to directly (she attempts to run away from home – which I did around her age – I made it to the end of my block – she makes it a bit further).

Yet, I didn't get choked up. I ex-

## theater in the parks by Barbara Solomon

### You're Misbehavin' If You Miss This Show

**AIN'T MISBEHAVIN'**  
**MUSICE BY FATS WALLER**  
**CONCEIVED BY RICHARD MALTBY JR.**  
**AND MURRAY HORWITZ**  
**DIRECTED BY JUAN CANTU**

The joint is jumpin'! Right down to the smoky atmosphere, this high energy show features five great voices-Shauna Lee Alexander, Mimi Fanai, Clinton Harris, Shonn McCloud, and Monique Midgett. There is no story line, just songs, but 29 of the best of Fats Waller. Most of the songs are about love, some are soulful, some are comical, but all are vibrant.

My favorite performer was Clinton-can that guy move! He's got rhythm and the strong voice to match. His rendition of "The Viper's Drag" was my favorite in the show. Monique comes in a close second, showing off her prowess in "Cash for Your Trash." Mimi's facial expressions were something to behold, as was her tap dancing near the end of Act I. I was waiting for some tap, and was finally rewarded. Shonn was adorable in "Your Feet's Too Big," and Shauna rocked the stage in "Squeeze Me."

A few of my other favorites were "Tain't Nobody's Business If I Do", "Ladies Who Sing With the Band," and "Fat and Greasy," which was the most fun of this thoroughly enjoyable show. Pati Sayers' musical direction was certainly spot on. The show ends with some familiar songs for me – "I'm Gonna Sit Right Down and Right Myself a Letter," "Two Sleepy People," "I Can't Give you Anything but Love," and "It's a Sin to Tell a Lie." It's no lie when I tell you not to miss this show.

And a bonus to boot is "Dinner With Friends" in the black box right next door. This play couldn't be more different from "Ain't Misbehavin'." It is a drama, with some very funny lines thrown in for good measure, about the ups and downs of marriage and friendship. Becky Eck plays Beth, and her acting is so good that you can tell from the onset that her life has been turned upside down. Ame Livingston and Brian Brightman ably play her best friends, trying to console her, although there are some rocks in their marriage as well. Will they stay together in the end? Come see "Dinner with Friends" and find out.

Both playing at Mad Cow Theatre, 54 West Church Street. "Ain't Misbehavin'" plays through July 12 and "Dinner With Friends" plays through July 19. For more information call 407-297-8788 or visit madcowtheatre.com.

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Scott Hillman

real estate in the parks by Scott Hillman

Existing Home Market Back On Track And Gaining Momentum

The existing home market in Orange and Seminole counties, which had been derailed by a challenging economy for eight years, is back on track and gaining significant momentum.

When comparing the first five months of 2015 to the same period last year, the number of homes sold and median prices were up, and homes stayed on the market, went to contract and closed in shorter periods of time than they did the previous year.

When we break down statistics in eight local zip codes (32751, 32789, 32792, 32801, 32803, 32804, 32806 and 32814) sales were up 22.3% collectively, with Colonialtown (32803), downtown Orlando (32806) and east Winter Park (32792) showing the biggest gains. Maitland (32751) had the largest spike in median price, up 17.8% to \$259,000, followed by College Park (32804), up 11.8% to \$253,875.

Overall, homes stayed on the market an average of 4.5 days less this year than last. College Park (32804) and Winter Park (32789) showed the largest decreases of 18 and 16 days, respectively,

while homes went to contract nearly two days sooner with College Park (32804) and Winter Park (32789) having decreases of 19 days and 13 days, respectively. The time between contract and closing was down an average of five days year-to-year with Maitland (32751) and Colonialtown (32803) narrow-



ing the gap by 20 days and 13 days, respectively. The numbers get even better when you just compare May 2015 with May 2014 in the eight zip codes.

Days on the market were down 41%, days to contract were down 34%, and days contract to closing were down 20%.

The overall numbers would have been even better had Baldwin Park (32814) been removed from the equation. Although sales were up, the community's median price was down 4.6%, days on the market was up 44%, and contract to closing was up 17.6%. This is a perfect example of how a couple of sales high or low can skew the overall figures. Although prices are not necessarily down in Baldwin Park, the five month figures are somewhat of an anomaly as most of the product sold was lower priced (townhomes and condos) that took a little bit longer to sell. I expect those numbers to improve considerably the remainder of the year.

The statistics also revealed the continued decrease in the amount of distressed properties (bank foreclosures and short sales). The distressed property inventory is the lowest it's been in five years, down 32.6% year-to-year as banks have fine-tuned the contract process for dealing with these properties, some of which were backlogged as many 18 months or more, and expedited the closing of more recent contracts.

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

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schools

**Audubon Park Elementary**  
PRINCIPAL TREVOR HONOHAN

**Principal's Message from Anna Ferratusco**

Audubon Park Elementary finished yet another successful year. Thank you to our PTA and Falcon Fund for all your activities that make APE a true family. We look forward to welcoming everyone back for the 2015-2016 school year at our Meet the Teacher on August 21st from 11:00 a.m. – 1:00 p.m.

Campus will be open for current students to take Accelerated Reader tests each Tuesday from 9:00 a.m. – 3:00 p.m. Keep reading, Falcons! Have a fantastic summer!

**Dommerich Elementary**  
PRINCIPAL DR. JUNELLA HANDLEY KREIL

We hope you are enjoying Summer Break! Dommerich offers many opportunities for students to keep their brains active during the summer and start their year prepared for maximum learning. Parents, please consult the Summer Learning Packet that came home or call us for more details! Please mark your calendar for the following Dommerich events and dates: Media Center open from 11a.m.-3p.m. on June 17, and July 8, 15, 22, and 29; Chess Club from 2-3p.m. on

Media Center days; Kindergarten Popsicles on the Playground on August 15; Meet the Teacher from 3:30-5:30p.m. on August 20; and First Day of School on August 24. As the summer days breeze by, don't forget to read every day to achieve your "Read like a Hero for Eight-Zero" (80 day) Reading Challenge, Chiefs!

**Lakemont Elementary**  
PRINCIPAL DR. BRENDA CUNNINGHAM

Several students representing Lakemont Elementary recently received a perfect score in the last of three meets for this year's WordMasters Challenge, a national vocabulary competition involving nearly 150,000 students annually. This challenge is an exercise in critical thinking that first encourages students to become familiar with a set of interesting new words (considerably harder than grade level), and then challenges them to use those words to complete analogies expressing various kinds of logical relationships.

Competing in the very difficult Gold Division, third graders Antonio Brown, Claire Clark and Josh Hoeckendorf earned a perfect score of 20 in the recent meet. Nationally, only 29 third graders achieved a perfect score. Other students at Lakemont Elementary who achieved outstand-

ing results in the first meet include Macy Hoeksema, scoring 19. Additionally, third grader Josh Hoeckendorf achieved individual Highest Honors in the overall competition with cumulative scores that placed him among the top ten students nationwide within the division. The students were coached in preparation for this challenge by Lisa Huddleston, Gifted Resource Teacher. We are proud of our Lakemont Leopards!

**Maitland Montessori**  
DIRECTOR'S MESSAGE FROM ADELE FONDO AND MURIEL OWENS

Maitland Montessori Schools have had a busy final month of school as we celebrate all of our successes. The Pre-Ballet class had a lovely final performance for their families with all ballerinas dressed in their pink leotards, tights and ballet slippers. Our preschoolers, pre-kindergarteners, and kindergarteners had a fabulous month including an exciting visit from the Insect Lab with all kinds of local bugs being shown around. This was followed by a special Scottish Day where one of our fathers, who is Scottish, donned his kilt, sporran, and Prince Charlie jacket while members of staff, who are involved in Scottish arts, played bagpipes and drums and demon-

strated Highland Dancing. The children loved learning special Scottish dance steps! Our biggest event was the end-of-year musical, "The Little Mermaid." All of our graduating eighth graders were starring members of the cast supported by students from the rest of the school. The show was performed to rave reviews! The Student Choir and Band gave us their final performances; the Middle School had a fantastic Talent Show with proceeds going to help those in the Nepal earthquakes; our graduating eighth graders had a Leaver's Lunch; and our graduating kindergarteners matriculated with a stirring ceremony. Congratulations to Enzo Cunan, who graduated from our fifth grade last year and moved to Trinity Prep, for winning the 2015 National History Bee for the Elementary Student Division! He recorded the highest score among all participants in knowledge of Ancient Civilizations. We go into summer wishing everyone a wonderful, fun and relaxing vacation as we say farewell to all of our students who are moving to other schools. We hope they keep in touch!

From Page 4

tire team, who stood alongside us the entire time and without whose support this project could not be completed. In 2013, the city completed its \$10.8 million Fairbanks Avenue Improvement Project that involved the installation of a new gravity sewer system, repaving and restriping, installation of decorative street lights, replacement of two signalized intersections, and improving pedestrian crosswalks. Five Fairbanks facing billboards have been removed and the Fairbanks Business Façade program has been established to incentivize exterior improvements of businesses. At the same June 8 meeting, the City Commission also agreed to a Joint Participation Agreement with the FDOT which provides funding for decorative street lights along this corridor and beyond. All of these investments will improve aesthetics and long-term economic development of this important corridor. Construction should begin in early 2016. I am extremely proud of how we combined the individual strengths of our local and regional partners to benefit the City of Winter Park. The individuals and groups mentioned above have done a great service to create a more stable and aesthetically pleasing gateway to Winter Park, and we thank them for their commitment to Winter Park. Sincerely, Mayor Steve Leary



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# COMMUNITY CALENDAR

## Audubon Park Garden District Events

### Ongoing Events

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

## Baldwin Park, College Park and Orlando Area Events

### Ongoing Events

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

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

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

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

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

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

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

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

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

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

**July 5 - Independence Day Bash** - 5:30 to 9:30 p.m. at Harbor Park in Baldwin Park.

**July 9 Charter Review Commission (CRC) Meeting** - 4:00 p.m. at the Orange County Administration Building located at 201 S. Rosalind Ave. The public is invited to participate and provide input relating to the Orange County Charter and the county government's constitution. For more information please call 407-836-5430

**July 16 Dining In The Dark** - 6:30 to 9:30 p.m. at the Second Harvest Food Bank of Central Florida located at 411 Mercy Drive. Guests will enjoy cocktails, passed hors d'oeuvres, a three-course gourmet meal, and live music in total darkness. The Orlando Police SWAT team will serve guests using night-vision equipment. Proceeds from the event will help support essential programs involving both hunger and vision rehabilitation services in the area. For more information and to purchase tickets please visit [www.DiningInTheDarkOrlando.com](http://www.DiningInTheDarkOrlando.com)

## Maitland Events

### Ongoing Events

**Every Sunday Maitland Farmers' Market** at Lake Lily

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

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

## Winter Park Events

### Ongoing Events

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

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

**Every Tuesday – June 30 through July 28 Family Tours at the Morse** – a 45-minute guided tour through several galleries on five Tuesdays: June 30, July 7, 14, 21, and 28. The program includes an activity to take home with all the supplies needed for an art project inspired by collecting. Registration begins May 1. All children must be accompanied by a parent or guardian. A \$5 refundable deposit per child is requested when securing a reservation for this program. Call 407-645-5311, ext. 136, to make a reservation or request more information, or visit [www.morsemuseum.org](http://www.morsemuseum.org).

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

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

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

**Every Tuesday and Thursday Curator Tours of Louis Comfort Tiffany's Laurelton Hall** – From 11:00 a.m. to 2:30 p.m. at the Charles Hosmer Morse Museum of American Art located at 445 N. Park Ave. Space is limited and free with museum admission. To learn more about this event with Curator Donna Climenhage please call 407-645-5311 or visit [www.morsemuseum.org](http://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](http://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 - July 3 through July 31 Friday Family Films at the Morse** - A short film, gallery tour, and art activity inspired by collecting on five Fridays: July 3, 10, 17, 24, 31. This program lasts about 90 minutes. Registration begins May 1. All children must be accompanied by a parent or guardian. A \$5 refundable deposit per child is requested when securing a reservation for this program. Call 407-645-5311, ext. 136, to make a reservation or request more information, or visit [www.morsemuseum.org](http://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 are asked to come at 9:30 a.m. to learn the basic steps. For more information please call 407-592-7835.

**Every Sunday Music at the Casa** – This free event featur-

## JULY HIGHLIGHT



**July 4 - Hunter Vision Watermelon 5k**  
**7:00 a.m. at 251 Park Avenue South.**  
For more information, 407-898-1313 or please visit [trackshack.com](http://trackshack.com)

ing 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](http://www.casafeliz.us).

**July 4 - Hunter Vision Watermelon 5K** - 7:00 a.m. at Park Avenue located at 251 Park Avenue South. This annual family-friendly 3.1 mile run/walk benefits the Track Shack Foundation. For more information and to register please call 407-898-1313 visit [www.trackshack.com](http://www.trackshack.com).

**July 7 - Market to Park (lunchtime)** - 11:00 to 1:00 p.m. at Shady Park at Hannibal Square located at 721 W. New England Ave. For more information please visit [www.cityofwinterpark.org](http://www.cityofwinterpark.org).

**July 9 - Coffee Talk** - 8:00 to 9:00 a.m. featuring Commissioner Greg Seidel at the Winter Park Welcome Center located at 401 S. Park Ave. For more information please visit [cityofwinterpark.org](http://cityofwinterpark.org)

**July 9 - Popcorn Flicks** - 8:00 p.m. to 10:00 p.m. featuring the showing of "Muscle Beach" in Central Park.

**July 10 - Good Morning Winter Park** - 7:45 a.m. networking with program featuring Joshua Vickery, Founder & Executive Director of Central Florida Community Arts at 8:15 a.m. at the Winter Park Welcome Center located at 151 W. Lyman Avenue. This free event that is open to the public is hosted by the Winter Park Chamber. For more information please visit [www.winterpark.org](http://www.winterpark.org).

**July 10-12 - Park Avenue Sidewalk Sale** - 10:00 a.m. to 6:00 p.m. the Park Avenue Merchants Association will host a sidewalk sale at participating stores in downtown Winter Park along Park Avenue. For more information please visit [www.experienceparkavenue.com](http://www.experienceparkavenue.com).

**July 11 - First Time Homebuyers and Veteran Education Workshop** - 9:00 a.m. to 4:00 p.m. at the Winter Park Community Center located at 721 W. New England Ave. For more information please visit [www.cityofwinterpark.org](http://www.cityofwinterpark.org).

**July 23 - A Salute to Business: Celebrating the Legacy of Business in Winter Park** - 5:30 p.m. at the Rachel D. Murrah Civic Center located at 1050 W. Morse Blvd. Enjoy hors' d'oeuvres, drinks entertainment and more. Free for Chamber members, \$10 for guests. For more information please call 407-644-8281, or visit [www.winterpark.org](http://www.winterpark.org).

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

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### Where and how you'll live

- Overlooking beautiful *Lake Baldwin*
- Spacious apartment home with granite countertops, stainless steel appliances and more
- On-campus casual dining café, outdoor heated pool and state-of-the-art fitness center

### Who and what we are

- Developed and managed by financially strong, not-for-profit *Westminster Communities of Florida*
- Two-campus Continuing Care Retirement Community includes brand-new *Westminster Baldwin Park* and well-established *Westminster Winter Park*

### What you can only get from us

- Lifelong learning opportunities on both campuses and at Rollins College

- Scheduled shuttle transportation included to *Westminster Winter Park* and Rollins College
- Exclusive My W Life program featuring *Eight Dimensions of Wellbeing* with fitness venues, wellness programs and more
- Baldwin Park, with more than 200 acres of parks, and miles of paths and trails for walking and biking

### How we assure your future

- Access to assisted living and skilled nursing at *Westminster Winter Park*, if ever needed
- On-campus *Rapid Recovery Rehabilitation* at *Westminster Baldwin Park* to help maintain an active lifestyle



No other senior living option can quite capture the lifestyle available at *Westminster Baldwin Park*.

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*Make your personal appointment to see the model apartment and finishes.*

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