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# Police Department Begins Pedestrian And Bicyclist Safety Campaign

Citizen concerns regarding pedestrian and bicyclist safety at intersections, parking lots, and crosswalks have grown considerably within the last few years. As vehicle traffic volumes increase throughout Central Florida, people have become apprehensive about being able to cross the street safely. Complaints have primarily centered on motorists not yielding to pedestrians in crosswalks when turning at intersections, as well as not yielding to pedestrians in midblock or unmarked crosswalks.

In the City of Winter Park from 2010 to 2011, motor vehicle collisions involving pedestrians and bicyclists increased 36 percent, from 11 in 2010 to 15 in 2011, according to reports filed with the Winter Park Police Department. In addition, to the actual reported collisions, there are many incidents of pedestrians experiencing "near misses" or intimidation by aggressive motorists.

To better address this issue the Winter Park Police Department has been awarded a Pedestrian and Bicyclist Safety Enforcement Campaign Grant by the Florida Department of Transportation (FDOT). The campaign began April 21, 2014 and the Winter Park Police Department has been implementing proven techniques to enhance pedestrian safety and provide a safe walking environment. The methods used include the distribution of educational materials to motorists, pedestrians and bicyclists - improving their knowledge of traffic laws and methods of safe walking; presentations to school age children; use of social networking; and targeted enforcement of violators.

Creating a safe and efficient walking environment has long been an established goal and integral part of the City of Winter Park. By enhancing pedestrian safety we hope to ensure that the City of Winter Park will continue to be the best place to live, work and play in Florida for our residents and visitors.



### **Motorists**

- You can encounter pedestrians anytime and anywhere — even in places where they are not supposed to be found.
- When you stop for a pedestrian in a crosswalk, stop two cars back so that drivers in the other lanes can also see the pedestrian in time to stop.
- Don't assume that pedestrians see you or that they will act predictably. They may be physically or mentally impaired, or even intoxicated.

### **Pedestrians/Bicyclists**

- Cross the street at marked crosswalks or at intersections, and observe traffic-control signals.
- · Yield to motor vehicles and bicyclists when you are not in a crosswalk or are not crossing at an intersection.
- Be observant be seen be safe: avoid cellphone use when walking in congested areas or crossing busy streets; wear bright colors and walk in well-lighted areas at night; don't step into the street from behind an obstruction.

# **Protect Yourself From Heat Exhaustion**

The Florida Department of symptoms of heat exhaustion Health in Orange and Seminole and heat stress especially if symptoms of heat exhaustion and heat stroke. Among the most susceptible to heat exhaustion and heat stroke are the elderly, people with underlying medical conditions, and people working or exercising in hot weather.

"Be aware of the signs and

also be cautious when enjoying summer activities, making sure the children stay hydrated," said Dr. Swannie Jett, a health officer for the Department of Health in Seminole County.

weakness or fatigue, dizziness/ confusion, nausea, clammy/moist Counties are urging residents you work outdoors or in hot skin, pale or flushed complexion, to be aware of the signs and environments. Families should muscle cramps, slightly elevated body temperature and fast/ shallow breathing. Symptoms of heat stroke include extremely high body temperature above 106°F, hot and dry skin, profuse sweating, hallucinations, chills, throbbing headache, confusion/ dizziness, and/or slurred speech.

Continued on page 10.



Symptoms of heat exhaustion include heavy sweating, extreme

Among the most susceptible to heat exhaustion are the elderly. Please don't forget to drink plenty of water to stay hydrated.

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# Publisher's Message

Softball In Winter Park Is Alive And Well!

As I'm writing this month's message I'm enjoying some summer fun in the booming metropolis of Lake City, Florida. We are in town for the 2014 Florida State Babe Ruth Softball Champion-

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ships and Winter Park has taken Lake City by storm as we have teams represented in the 8U, 10U, 12U and 14U age groups. It's like a sea of orange and black everywhere you look and not only at the fields, but around the city and certainly at our designated team motel. Yes, I mean motel. I haven't stayed in one of these in years, but must say that staying in a motel always makes for better stories that will last a lifetime.

Over the past few years softball has become quite a powerful bond within our community, and it's really even grown into a family affair. Most of these girls have known each other for years. A majority of the 8U players are siblings of older players in the other age groups. And let me say, there's nothing quite like seeing a team of older players on the sideline cheering for the younger hometown team, and vice versa. I certainly can't make this statement as it relates to politics, however, when it

comes to softball, Winter Park is very much united.

As a parent of one of these players, I can't express how important this type of program, and sense of community, is to our children. My hat's off to all the parents who support their child's desires to compete, and I greatly appreciate all the coaches who volunteer their time, and invest knowledge and effort to make a positive impact on our children. In addition, I would personally like to thank all of the Winter Park families and local businesses who sponsor our teams' softball adventures each season. It's not always easy, but it is always much appreciated. The Winter Park Babe Ruth League would also like to express a special thank you to Wilson Mc-Burney for volunteering his time during the district tournament that was hosted in Winter Park making sure all of the fields were ready for play.

After the first day of play all four Winter Park teams won their games and are starting out with the coveted advantage of being seeded in the winner's bracket. We have four more days of play and I'm looking forward to us following up on their success in next month's issue. Go Winter Park!

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

Rick

**Rick Cable** Founder/Owner

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Rick Cable



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# Only The Good Die Young

By Tricia Cable

About ten years ago, when my girls were both very young, we put together a list of the top ten places that we would all like to see before either of them left home to head off to college. Everyone submitted 10 of their own and we merged the list together to create the final draft. Although there are some international locations, we decided, for the most part, to stick to the 50 states before crossing any ponds.

If I had my way, we would track down a 1960s version of the gold metallic Chevrolet station wagon that my family loaded up and toured these great United States in some 40 years ago. Twin mattresses in the back for sleeping between stops and all...largest ball of twine and Rock Mountain, here we'd come!!

My list was a total walk down memory lane: Niagara Falls, the Grand Canyon, Mount Rushmore, and the Hoover Dam, with stops in Chicago, New York and St. Louis for some Midwestern big city flare. I find it incredibly therapeutic to know that we would take the same routes as my father had when I was a child with my kids whining "are we there yet" every 45 minutes of the twelve-hour drive.

I read a quote the other day that really got me thinking about this summer and prioritizing the list of things to do. The quote read, "Your life consists of two dates and a dash, so make the most of the dash!" Isn't that the truth? Your start date and your end date separated by a dash...

No matter how little time or how much time in between those two dates, some know how to really live and some flounder a bit. What does it



take to wake us up? For me, it took the passing of a good friend's mom who quite frankly only had a few years on me. While attending her services, I listened to her family, co-workers, and friends tell stories about how thirsty she was for life. No good time passed without her participation, and many times she was the instigator of getting the party started in the first place. She would throw caution

> to the wind and enjoy all that was presented to her. She made the most of her dash.

> Interestingly enough, she died young. I wonder if somehow, she knew her time was more limited than most? She made the very best of her short 62 years. Every day was a gift and an opportunity for her to help someone and have a good time. That was it. If she could do something for someone to make them smile, help out in a difficult time, or ease a burden, she would jump to it. And in the process, she felt her purpose and was happy. A life very well lived.

> Maybe Mr. Joel is correct, "Only the good die young"...peace out Uma and thank you for the blessing of your family and your message to so many of us who you touched along the way.



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# City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3

With school out and summer



in full swing, July is a month where much is going on in the City of Orlando. And while the heat, humidity and afternoon thunderstorms sometimes limit us in our outdoor endeavors, I want to take a minute to remind you of all of the fun indoor activities happening around town.

Robert F. Stuart

The Orlando Science Center, located in Loch Haven Park, has many fun, educational exhibits and activities for residents of all ages. Right now, there is an interesting traveling exhibit entitled "Sportsology," that allows visitors to test their athletic abilities while seeing how their bodies function. For our younger citizens, Curious George helps kids know that being curious about everything around us is a great way to learn. Also, if you have a preschool-aged child, the Orlando Science Center Pre-School offers a hands-on PLAY based environment for ages 3-5 and is a VPK provider. Check out osc.org for more information.

Also this summer, District 3 is home to many family-friendly (air-conditioned) theater opportunities. The Orlando Shakespeare Theater (orlandoshakes. org) is performing Rapunzel through July 27 and the Orlando Repertory Theatre (orlandorep.com) is running The Amazing Adventures of Dr. Wonderful (and Her Dog) July 23- August 1.

Speaking of theater, we are all eagerly awaiting the opening of the first phase of the new Dr. Phillips Center for the Performing Arts in November. Last month, I attended the press unveiling announcing all of the great shows coming to the Center. From jazz, to family shows, to Broadway, the theater's inaugural season is impressive... and tickets are now on sale. Check out drphillipscenter.org and orlando. broadway.com for details and information including ticket purchasing options.

July 28 is the voter registration deadline for the August primary, which takes place on Tuesday, August 26. With so many important decisions being made at the state and federal level that affect our community, please take the summer to learn about all of the candidates running for offices for which you are able to vote. From county mayor to governor, it isn't too early to start researching all of the candidates, not just the ones whose faces you see gracing your television screen, as well as their position on issues that matter to you. For those who live in Baldwin Park, two seats were open on the Urban Orlando Community Development District Board of Supervisors. Two individuals, Mr.

Thomas Hewitt and Mr. Christopher Geiger, have qualified to run for those seats and each is unopposed. For more information about voting, candidates and amendments, visit dos.state.fl.us or ocfelections.com.

Last but not least, please join us for the 31st annual National Night Out (NNO) taking place on August 5, 2014. NNO is a unique crime/drug prevention program where involved citizens join the Orlando Police Department in



taking a stand against crime by holding community events throughout the City. If you are part of a Neighborhood Watch and would like to sign up to host a party, or if you are new to the program and would like to learn more about crime prevention in your area, visit cityoforlando.net/police and click on the Community tab. In addition, to prepare for this year's National Night Out, we are hosting a Women's Self Defense Summit on July 24 from 6-9 p.m. at the James R. Smith Center (1723 Bruton Blvd). If you host a party, OPD is offering free women's

self-defense and free CPR training classes for you and your neighbors. The City's Green-Up Division also offers free trees to be given out to neighbors who attend a block party. For more information, please visit the website or call our Neighborhood Watch Division at 407-246-2369.

As always, thanks for your continued support of our community and our Great City!

-Robert





Photo 1 – View of the Loge boxes being constructed in the 2,700 seat Walt Disney Theater. Photo 2 – View from the Mezzanine. Photo 3 – View from the large community room at the performing arts center.

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





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Ken Bradley

Winter Park Mayor's Message Mayor Ken Bradley



The City of Winter Park has some of the finest recreational places in Florida. From our playgrounds, sports fields to our pools, Winter Park remains the best place to "live, work and PLAY" in Florida!

One of the things families love best about living in Winter Park is the beautiful Central Florida weather. It doesn't matter if it is June or December, we can always enjoy the outdoors, and most certainly our pools and playgrounds, during the hot summer months. Winter Park

is fortunate to have seven playgrounds, two pools and one Splash Park for all ages. As you look for things to do this summer, here are some great places for you to enjoy right here in our city limits.

### Azalea Lane Playground - 1045 Azalea Lane

Where in the Winter Park can you find a huge lady bug, a kid-sized log cabin, a crazy cup large enough to sit in, and a train with a dining car just for children all in one fun place? Azalea Lane Recreation Center playground is designed primarily for children under 6 years old but also has fun things for older children to do and play on as well. After all, no matter what age, we all are kids at heart. And for tennis enthusiasts, Azalea Lanes has eight of Central Florida's finest clay tennis courts.

### Cady Way Playground - 2525 Cady Way

Cady Way Playground was built in partnership with KaBOOM!, a national nonprofit whose vision is to build a great place to play within walking distance of every child in America. Cady Way Playground was built entirely by volunteers and the playground itself was designed by children. The playground is inviting to children for all ages and features slides, climbing apparatus and swings.

### Community Playground - 255 S. Denning Drive

Often referred to as the "castle park," the Community Playground in Martin Luther King, Jr. Park is a large wooden structure that allows imaginative play activities. Designed by nationally-known playground designer Robert Leathers, this playground is quite unique and has many climbing features as well as swings and a slide.



# Pools And Playgrounds – Perfect Fun!

# Fleet Peeples Park Playground - 2000 S. Lakemont Ave.

Fleet Peeples Park Playground is Winter Park's newest playground and was built in partnership with KaBOOM!,. More than 150 volunteers and residents, including the Friends of Fleet Peeples Park, joined forces to build a new, safe playground at Fleet Peeples Park.

### Howell Branch Preserve Playground - 1205 Howell Branch Road

For those nature lovers, the Howell Branch Preserve offers a beautiful setting with a playground as its centerpiece. This magnificent

pools and several lakes

Winter Park Community Center Pool – 721 W. New

Winter

features a multipurpose

includes a zero-depth

entry, lap lanes, spray play

with recreation area, and

facility

Park

Center

which

to swim or play in.

England Ave. The Wi

Community

pool

playground offers a climbing wall, slide, and much more. A padded artificial turf underlayment aids in providing safe play for children.

### Phelps Park Playground - 1200 Phelps Avenue

Looking for two playgrounds in one spot? Then Phelps Park is the place for you. Two playgrounds offer many play options including climbing, swings, slides and more. The tree canopy environment and awnings over the play area make this a great place to cool off and have fun.

### Ward Park Playground - 250 S. Perth Lane

Ward Park playground is surrounded by several active park areas including basketball courts, youth baseball fields, soccer fields and more. This playground is never at a loss for energy and activity. Whether fans are cheering for their favorite soccer team or friends are playing a game of chase, laughter and squeals of delight are heard daily.

After working up a sweat, there's nothing more refreshing than jumping into a cool pool. The great news is that Winter Park has two



Winter Park Community Center Pool offers lots of activities.

changing rooms. The pool serves as one of the highlights of the center, which was the first city-owned LEED certified green building that opened in 2011. Private swim lessons are offered and many activities are planned for the community to enjoy.

### Cady Way Pool - 2525 Cady Way

The recently renovated Olympic-size Cady Way Pool is operated by the Winter Park YMCA and offers a variety of activities including regularly scheduled "dive-in" movies for the entire family. Cady Way Pool is one of only three 50-meter pools in the greater Orlando area, which allows for competition events to happen here. The seasonal pool is open from June to October and provides a fun, safe place for young children to perfect their strokes, compete in tournaments, or simply learn to swim.

NEWS

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### Hannibal Square Spray Ground - 721 W. New England Avenue

If you don't want to be completely immersed or are not a big swimmer, the Hannibal Square Spray Ground is the perfect spot for you. Visitors can enjoy a myriad of animated water spurts, playful sequences of dancing water, and a light mist of fog cascading across their feet. This Spray Ground is a special addition to the Winter Park Community Center and pool.

Again in 2014, Winter Park was named one of the most playful cities in America. We are one of 212 cities throughout the United States. This distinction is due to our outstanding, nationally accredited Parks & Recreation Department and many of the amenities just described. As you can see Winter Park is filled with opportunities to swim and play. Please visit cityofwinterpark.org for more information on our pools and playgrounds.

This summer: play hard, play safely, play together and enjoy Winter Park!

Kemeth W, Bradley Kenneth Bradley, Mayor

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

# Maitland Mayor's Message

Mayor Howard A. Schieferdecker



As we all know here near the tropics, occasionally we receive unwanted visitors. No, not your long lost cousin and his fifteen kids going

to a theme park -we're referring to hurricanes or tropi-

cal storms. The season officially runs from June 1 to November 30 every year and can cause quite a stir when we experience an active season.

Here in Central Florida we all know we're not immune to the effects of hurricanes and when such storms threaten, we do need to take appropriate actions and precautions. Even a well-designed and custombuilt home can still be damaged by flying debris and falling trees.

It is very important to secure any items which could become airborne in a storm inside the house or tied down. Items such as trash cans, lawn furniture, swing sets, or just yard waste like tree branches can become very damaging and deadly missiles in high winds. Some items which are not affected by water could even be sunk in your swimming pool to keep them from becoming projectiles.

You may want to have any large trees on your property inspected by a reputable tree service. Tree service employees are familiar with the signs of weakness in trees such as rotten or weak limbs. They can also prune the trees of any overgrowth in a tree

canopy which has become too thick. When tree canopies have become too thick they can act like a sail or umbrella causing excessive stress on the tree's root system and possibly causing the tree to topple.

A house is designed as a whole unit which includes the entire envelope of walls, roof, windows, and doors. If any part of the unit fails, the entire unit can fail, which is why so much stress has been put upon wind load designs for structures in the last few years. The largest opening in a home is normally the garage door. If you are not sure if your garage door will stand up to hurricane-force winds, you can add some stability to it by simply backing your car up tight against the door in an emergency. Door reinforcement kits are available for purchase through supply houses.

The next most vulnerable openings in a house are the windows. These could be covered with commercially available shutters or you could use plywood. APA-The Engineered Wood Association does have a set of guidelines available for the design of such shutters that may be found at http://www.apawood.org.

Along with preparing your home for storms, you should remember to prepare your family or business through education and development of an emergency plan. Such a plan is essential and should include procedures for personal or business disaster recovery. Planning information may be found at the following website and addresses:

# Time To Prepare As Storm Season Approaches

**Helpful Websites for Hurricane Preparedness** 

http://www.fema.gov/ - The Federal Emergency



# County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



Ted B. Edwards

On November 4, Floridians will vote on Amendment 2 to the state constitution. If passed, the amendment would allow the use of medical marijuana for conditions for which a physician believes the medical use of marijuana would likely outweigh the potential health risks for the patient. The amendment language also calls for the state Department of Health to institute a medical marijuana identification card program for patients and their caregivers as well as regulate the sale of medical marijuana and its related products. In other states

be brought to the board for a work session in late July. Public hearings on the ordinance would be held as early as September.

Many local governments across the state have begun to prepare for the amendment's passage. The cities of Maitland, Edgewood, Mount Dora, Cocoa Beach, Palmetto, Flagler Beach, and the Town of Ponce Inlet have each prepared draft ordinances addressing medical marijuana in their communities. These ordinances share several core components. They limit medical marijuana dispensaries to a single zoning district, restrict medical marijuana cultivation, prohibit loitering in and around dispensaries, ban drive through service, limit hours of

which have adopted similar amendments, medical marijuana has been prescribed primarily for stress and pain ailments.

Amendment 2 is similar to ballot initiatives that legalized medical marijuana in other states. In 1996, Proposition 215 made California the first state in the nation to legalize medical marijuana. Proposition 215 gave doctors the ability to recommend marijuana for the treatment of a list of ailments including "any other illness for which marijuana provides relief." While some local governments moved quickly to implement limits on medical marijuana-related businesses, others, most notably the City of Los Angeles, waited too long to implement regulations with disastrous results. In 2005, Los Angeles was home to four medical marijuana dispensaries. By 2007 that number had grown to approximately 186. Over the next five years, the number of dispensaries in Los Angeles skyrocketed. By 2012, an estimated 700-1000 dispensaries were operating within city limits. While the city has tried several approaches to limit the number of dispensaries operating within its borders, to date they have been ineffective.

At my urging, Orange County is taking proactive action to prepare for the potential passage of Amendment 2. In May, I requested that the Board of County Commissioners discuss the potential issues that could arise should Amendment 2 pass. The board discussed the topic during our meeting on June 3, including prohibiting use of medical marijuana in public and regulating the growth and sale of medical marijuana. County staff is working on an ordinance which will

operation, and forbid alcohol on premises. They also include separation distances from facilities such as pain clinics, schools, churches, day cares, public parks, and other medical marijuana dispensaries.

I hope that an Orange County ordinance will incorporate good ideas from other municipalities' draft ordinances as well as limit the public consumption of medical marijuana, particularly in our important tourist corridor. While bans on tobacco and alcohol consumption exist in state statute and the county code, no such ban on the consumption of medical marijuana exists. Denver, Colorado attempted to pass such an ordinance in 2013 but failed to do so due to public outcry. Our proactive action will ensure that Orange County does not face the problems that have plagued local governments in other states.

I will do everything that I can to prevent the potential passage of Amendment 2 from negatively impacting our community. If you have any other questions or concerns about medical marijuana or any other issue facing Orange County please feel free to contact me or my staff, Edgar Robinson and Lynette Rummel. We can be reached at 407-836-7350 or by email at district5@ocfl.net.

led B. Church

Ted Edwards Orange County Commissioner District 5



# **Representative's Message**

Karen Castor Dentel, PhD, Florida House of Representatives

As a state representative, I have the honor of participating in many important events such as listening to constituents, meeting with

city leaders, speaking to civic

Karen Castor Dentel, PhD

groups, visiting businesses within my district, and welcoming SunRail. I celebrated the opening of the Healthy Eatonville Place, the ground breaking of Altamonte Springs' A-First Water Facility, and the Winter Park Christmas parade.

But the events that warm my heart the most are ones that recognize students! I've been fortunate to have chaperoned the Maitland Middle School Symphony Orchestra when they performed in New York City. I taught Civics to fifth graders during Lake Sybelia Elementary's annual "Teach In." Attending Winter Park High School's graduation ceremony however, may just be my favorite school event so far. I had the chance to be on stage at the Amway Center as 774 Wildcats received their well-deserved diplomas. It turned out to be a special full-circle moment with a number of "my kids"! Eleven of these amazing grads were my fifth-grade students when I taught at Dommerich Elementary! It was a thrill exchanging hugs and seeing how they've grown. What a privilege to witness my young students begin the next chapter of their lives. Congratulations and best of luck to all 2014 graduates!

Jaren

Karen Castor Dentel, PhD Florida House of Representatives

### Right column

Top photo: Rep. Dentel with Emily Wallace Middle photo: Katie Cornelieus, Rep. Dentel and Clara Correa Bottom photo: Olivia Barton with Rep. Dentel

### Left column

Top photo: Karen Castor Dentel with her 2006-2007 Dommerich Elementary 5th grade class Bottom photo: Rep. Dentel with Phillip Madison



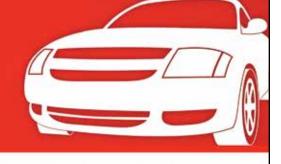




Congratulations and best of luck to all 2014 graduates!



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# Shakespeare Theater Marches Into 26th Season

Orlando Shakespeare Theater in Partnership with remains Los Angeles' longest-running Phantom. UCF is pleased to present Les Misérables from September 10 - October 12, 2014 in the Margeson Theater. Directed by DJ Salisbury and Musical Director Ken Cliffton, the production will headline Orlando Shakespeare Theater's upcoming 26<sup>th</sup> season.

Based on Victor Hugo's classic novel, Les Misérables is a magnificent and uplifting story about the survival of the human spirit in 19th century France. Winner of three Tony Awards and a Grammy Award for Best Musical Cast Show Album, "Les Mis" shines as the world's longest-running musical. Complete with a live 10-piece orchestra and a cast of 27 actors, the production will be the largest musical in Orlando Shakespeare Theater's history.

"We are really excited to be presenting Les Misérables," said Artistic Director Jim Helsinger. "After the success of last season's The Life and Adventures of Nicholas Nickleby, Parts I & II, we knew that both our audiences and our creative teams were ready to embrace another huge endeavor."

Davis Gaines, an Orlando native and graduate of Edgewater High School, joins the cast as Police Inspector Javert. Best known for playing the title role in The Phantom of the Opera more than 2,000 times in New York, Los Angeles, and San Francisco, Gaines



Other Broadway and National Tour credits include Hello, Dolly! (with Carol Channing), Camelot (with Richard Burton), and The Best Little Whorehouse in Texas. Gaines' voice can be heard in over 30 cast recordings and compilation albums, as well as two solo CDs, Against the Tide and All My Tomorrows: Songs of Sammy Cahn. For additional credits visit http://davisgaines.com/.

Raised in South Florida and a graduate of Florida State University, Michael Hunsaker plays opposite Gaines in the role of Jean Valjean. Broadway and National Tour credits include Steven Schwartz's Children of Eden (Original Cast Recording), Chess, Chance



At left, Orlando native and Edgewater High School graduate, Davis Gaines. Above, Michael Hunsaker, will perform with Gaines in Les Miserables this fall at the Orlando Shakespeare Theater.

and Chemistry, and Ragtime. He originated Off-Broadway roles in Listen to My Heart, The Tragic and Horrible Life of the Singing Nun, My Deah, and The Odyssey, and participated in the BMI Lehmen-Engel Workshop and the Musical Writer's Playground. Hunsaker is currently pursuing a master's degree in film production from Full Sail University. For additional credits visit http://michaelhunsaker.com.

"After a national casting search, we are thrilled that these two brilliant artists grew up right in our own backyard," said Helsinger. "We want our 26th season to be incredible, and having Davis and Michael's awesome vocal power and Broadway following is a great way to kick it off!"

Additional casting will be announced at a later date. The Orlando Shakes artistic team includes Kat Conley, set designer; Bert Scott, lighting designer; and Denise R. Warner, costume designer.

Les Misérables is presented through the support of the Bryce L. West Foundation. Additional supporters include John & Rita Lowndes, Ken & Trisha Margeson, Albert & Lisa Prast, Kathryn Chicone Ustler, David & Lyn Berelsman, Suzanne Gilbert, Harriett Lake, and Frank Santos & Dan Dantin. Corporate supporters include Massey Services, UCF College of Arts & Humanities, and UCF Office of the President.

Single tickets to Les Misérables are available now by calling (407) 447-1700, visiting www.orlandoshakes. org, or in person at the John and Rita Lowndes Shakespeare Center (812 East Rollins Street).

Orlando Shakespeare Theater is supported by United Arts of Central Florida, host of power2give. org/centralflorida, and the collaborative Campaign for the Arts. Orlando Shakespeare Theater is also sponsored in part by the State of Florida, Department of State, Division of Cultural Affairs, and the Florida Council on Arts and Culture.

# **Central Florida Foundation Awards Funding To Youth Orchestra** For New Instruments

The Central Florida Foundation recently awarded the Florida Symphony Youth Orchestra \$7,200 in grant funding to purchase violins for low-income youth and provide resources for associated maintenance.

"We are extremely appreciative of the Central Florida Foundation and their support," said Heide Evans Waldron, the FSYO executive director. "This grant will allow the FSYO to assist students that may not otherwise have the means or opportunity to participate in music programs."

In addition to purchasing the violins, including bows and cases, the funds will be used to buy Etude violin outfits with shoulder rests and support programmatic needs for instrument care.

This project was funded by the Central Florida Foundation's Community Investment funds.

"Our Community Investment funds are targeted at increasing the capacity of nonprofit organizations," said Michelle Chapin, the vice president of community investment. "We are happy

to partner with FSYO to support the expansion of its services to low-income youth."

The Central Florida Foundation is a public grant-making foundation headquartered in Orlando that serves as a trusted philanthropic home for more than 400 charitable funds established by generous individuals, families and corporations. The Foundation manages and invests funds, offers personalized service and expert giving advice, connects donors

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with charitable organizations about which they feel passionate, and empowers them to make informed decisions that make a difference in the community. The Foundation works with individuals, families, businesses, professional advisors and nonprofits. For more information on the Foundation, please visit www.cffound.org.

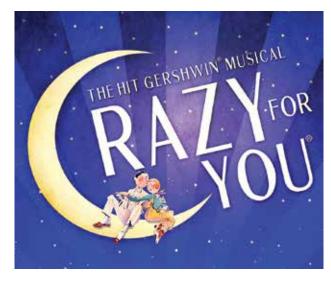


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# Summer Family Fun At The Rep

Orlando Repertory Theatre presents The REP's Summer Celebration Series for Central Florida families. With three exciting shows between July 18 and August 3, the productions are *Crazy For You, The Amazing Adventures of Dr. Wonderful (and Her Dog!),* and *Leslie and Lolly Make Stuff Up!* Join them on the weekend of July 26 - 27, when all three shows are playing along with activities and fun.



The REP Youth Academy performs *Crazy For You* on July 18 - August 3. This Gershwin hit is filled with foot-tapping musical and dance numbers that help enhance an already entertaining and hilarious story. Carefree New Yorker Bobby meets spunky Polly in Deadrock, Nevada, where they quickly fall in love. Populated with Follies girls, cowboys, socialites, and plain folk, this Tony-Award winning musical is packed with classic Gershwin tunes including "Nice Work If You Can Get It," "Embraceable You," "They Can't Take That Away From Me," and "I Got Rhythm." Things are looking up! *Crazy For You* 



features music and lyrics by George and Ira Gershwin and a book by Ken Ludwig.

After a statewide tour of Florida, The REP is happy to bring back by popular demand, *The Amazing Adventures of Dr. Wonderful (and Her Dog!)* with book and lyrics by Lauren Gunderson and music by Brian Lowdermilk; presented July 23 - August 1 and a co-production with Miami's City Theatre.

Fly through the solar system with Dr. Wonderful and her amazing adventure team of Newton (the dog) and Ben (the human) in this musical as Dr. Wonderful and her team receive an important call causing them to leap into action from their laboratory/ bedroom into outer space. Saving a super star from disappearing is no small task; especially when the star is 1.3 million times the size of Earth



and 93 million miles away. With a couple of butterscotch candies and a rock song from Mom in the mix, the mystery solvers are amazed by their final discovery.

The REP is thrilled to present Leslie and Lolly Make Stuff Up! featuring Leslie Carrara-Rudolph, a 2014 Daytime Emmy Nominee for Outstanding Performer in a Children's Series for her work on Sesame Street, where she is best known as Abby Cadabby. Join Leslie and her sock puppet sidekick, Lolly Lardpop, for a show full of music, joy, and laughter on July 26-27. This show is also a homecoming for Leslie, as she has appeared

in many shows throughout the years here, beginning in the 1990s.

Mark your calendar for the weekend of July 26 - 27 for The REP's Birthday Celebration! Single tickets for *Crazy For You* are \$15, and *The Amazing Adventures of Dr. Wonderful (and Her Dog!)* and *Leslie and Lolly Make Stuff Up!* are each \$10. Multiple Show Summer Passes are also available - Two

Show Summer Passes are just \$20, and Three Show Summer Passes are \$25. Please call the Box Office to receive your Summer Pass and save up to 20%! This offer is not available online.

For tickets or more information, please cal 407-896-7365 or visit www.orlandorep.com.

# <section-header>

# Rollins College Students Awarded Fulbright Grants



Eight Rollins College students were recently awarded Fulbright scholarships for the 2014-15 school year. Since receiving its first Fulbright Award in 1951, Rollins has produced 57 scholars – 32 of them since 2006.

This year, the students will travel to eight countries on two continents to teach English as a foreign language. The scholars and their respective visiting countries include:

- Matthew Berman '14 Malaysia
- Rachael Bogdan '14 Taiwan
- Princess Dickens '14 Germany
- William Glass '14 Thailand
- Jennifer Jokl '14 Macau
- Allen Kupetz '14 Germany
- Nadia Ramirez '13 South Korea
- Samar Shaukat '14 Indonesia

The students will join nearly 40,000 individuals participating in U.S. Department of State exchange programs each year. Sponsored by the Bureau of Educational and Cultural Affairs of the U.S. Department of State, Fulbright is the nation's largest international exchange program.



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# 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

John Gill

farewell column. This is actually the 72<sup>nd</sup> 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 six 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, investing, hurricane preparedness, long term care and basic savings. On the political front I wrote about political gridlock and the lack of leadership, the Federal Reserve's bond buying program, and the sacred importance of voting.

As I begin my seventh 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 ends its bond buying program. I also plan to touch on college funding and the price of everyday items. For example, one of my most popular columns was written several years ago and focused on the components of the price of gasoline.

I will also touch on some of the issues occurring internationally and how those issues affect us in 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@ymail.com. Follow John on Twitter, @john\_gill1.

### From page 1

### Important heat exhaustion/heat stroke prevention tips:

- Drink lots of water
- Drink cool, non-alcoholic beverages
- Get lots of rest
- Take a cool shower or bath
- Seek an air-conditioned location when possible
- Wear lightweight and light colored clothing
- Do not engage in strenuous activities

"Citizens are also encouraged to be good neighbors and check up on elderly or shut-in neighbors, transporting those with signs of heat exhaustion or heat stroke to an air-conditioned location. In the event of an emergency, dial 911 immediately," said Dr. Kevin Sherin, director of the Florida Department of Health in Orange County. Heat exhaustion and heat stroke become more common in very humid environments. High humidity reduces



the effectiveness of sweating and cooling the body. Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature. Heat exhaustion is a milder form of heat-related illness that can develop after days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

For more information, visit http://www.cdc.gov/niosh/topics/heatstress/



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# **Business In The Parks**

Karen Kolin joins CNS Healthcare, as a director of strategic relations from Kolin Research Group, where she ran a successful private practice and research site for Winter Park psychiatrist, Irving S. Kolin, M.D. Karen graduated with a degree in psychology from Washington University in St. Louis and is a former Emmy Awardwinning producer of Health News for CNN.

Nikki Lopez, an adjunct professor at Rollins College and a Winter Park/Maitland resident for nearly 10 years, has become the latest real estate agent to join the firm of Fannie Hillman + Associates. Lopez

graduated from John Jay College in New York with а Bachelor of Arts degree, earned а Masters in Fine Arts Theater from Brooklyn



Nikki Lopez

College in New York, and is currently a member of the Dommerich Elementary School PTA in Maitland.

Homebuilder Taylor Morrison recently hired Theresa Tilton as vice president of sales and marketing. In this role, she will responsible be



Theresa Tilton

for implementing strategy to positively position sales for the North Florida division. "Theresa will bring a wealth of knowledge, experience and passion to Taylor Morrison," said Maurice Johnson, president of the North Florida division. "We are pleased to have her join our team." Tilton's 25-plus years of experience in the homebuilding industry includes new home sales, sales management, new home marketing, strategic planning, and community and brand development. She most recently served as vice president of sales and marketing for Beazer Homes a position she had held since 2001. Tilton attended the University of North Alabama.

network, interact, collaborate, and build relationships with state and national bar leaders, develop and enhance leadership skills important to a future in the legal profession, and get an insider's look at The Florida Bar. The one-year program will culminate with a graduation service to be held at The Florida Bar Annual Convention in June 2015. Davis practices in bankruptcy law, including Chapter 11 reorganizations and complex Chapter 7 liquidations. He represents commercial lenders, landlords, corporate debtors, trade creditors, asset purchasers, and other interested parties in large bankruptcy cases throughout the state. In addition to his bankruptcy practice, Davis handles commercial litigation matters, typically involving creditors' rights, including commercial foreclosures, construction lien foreclosures, and contract disputes.

Hold-Thyssen, Inc., a real estate services firm based in Winter Park, is expanding to include a maintenance division. Anthony Fisher, vice president of Hold-Thyssen in the Orlando region, said he plans to expand the department significantly over the next 24 months. "Our goal is to improve the level of service to our clients by greatly reducing the need for thirdparty vendors. The creation of this department will not only allow for quicker response time but will also effectively mitigate maintenance costs for our clients," said Fisher. Hold-Thyssen Real Estate Services currently manages more than 20 properties in the Central Florida area that total just over one million square feet of retail, office and industrial space.

Baker Barrios has been named the architect of record for the 800 North Orange building, a \$5.1 million, 17,124 square-foot office building. The project, which has recently begun construction, will be the newest boutique office project in downtown Orlando's "North Quarter" area. Downtownbased Ustler Development is the developer and Moss & Associates is the general contractor for the new, fully-leased, four-story office building.

social media specialist for Orlando's Downtown Development Board and as communications specialist at the University of Central Florida's College of Sciences. She earned her

bachelor's degree in advertising/ public relations from the University of Central Florida. She resides in Lake Mary.

. . . . . . . . . . . . . . . . .



Fisher & Phillips LLP announced that five of the firm's Orlandobased attorneys have been named to the 2014 Super Lawyers list. Caryn Diamond Shaw has been named among the list's Rising Stars. She was also named a Rising Star in 2013. David V. Kornreich posthumously has been named to the Super Lawyers list. He has been named to the list every year between 2006 and 2014. Jeffrey E. Mandel has also been named to the Super Lawyers He has

list. been named to the list every year between 2006 and 2014. **Benton** N. Wood has also been named



Lawyers list. He has been named to the list 2006 through 2010 and again 2013 and 2014. David A. Young has



Jeffrey E. Mandel David V. Kornreich



McKenna. For Mr. Martin, this is the fourth year he has received the Super Lawyer Rising Star honor.

Stephen B. Hatcher, president of the law firm of Zimmerman Kiser Sutcliffe, P.A. (ZKS), recently was named Alumnus of the Year by Lifework Leadership. Lifework Leadership is a national Christian leadership program founded in Orlando by Ralph D. Veerman, of Veerman

& Associates; and Larry Kreider, president of The Gathering USA, Inc., with programs now established in Atlanta, Cleveland,



Jacksonville, Stephen B. Hatcher New York City, South Florida and Tampa Bay.

Winter Park law firm Murrah, Doyle & Wigle, P.A., recently announced the appointment of David Torre as a part-

ner in the Firm. Torre will focus on the Firm's esplanning, tate probate, and trust administration work. Additional firm practice areas include real es- David Torre



tate, taxation, and corporate law. Torre graduated from Rollins College with a bachelor's degree in international affairs. He earned his law degree from the University of Florida Levin College of Law and has completed coursework in the Executive MBA program at the Crummer Graduate School of Business and in the Philanthropy and Nonprofit Leadership Center at Rollins College. Torre was also recently appointed to the Board of Directors of the Partnership for Philanthropic Planning of Greater Orlando.

**Heidi W. Isenhart**, a partner with the law firm of ShuffieldLowman, was recently selected as a 2014 Florida Super Lawyer, which represents this award for the fourth con-

secutive year. She practices in elder Medicaid law, planning, guardianship, probate and trust administration, probate



to the Super

Winderweedle, Haines, Ward & Woodman, P.A. shareholder Ryan E. Davis was recently selected as an Academy Fellow of The Florida Bar Leadership Academy. Davis

completed competitive process to join this select group of attorneys from around the state who will be provided the opportunity to



The Winter Park Chamber of Commerce is pleased to announce Kristen Quinones recently joined its staff as event marketing coordinator. In this new position, Quinones will coordinate logistics and marketing for the Chamber's monthly events and programs, such as Good Morning Winter Park and Business After Hours. She will also provide support for annual community events including the Winter Park Autumn Art Festival, Christmas Parade and Taste of Winter Park. Quinones previously served as

Benton N. Wood

David A. Young

also been named among the list's Rising Stars. He was named to the Rising Stars list in 2009 and 2011 as well.

Robert H. Dellecker, Brian T. Wilson, Samuel P. King, Kenneth J. McKenna, William E. Ruffier, Tony Sos, and W. Doug Martin, civil trial lawyers at the Orlando-based law firm Dellecker Wilson King McKenna Ruffier & Sos, have all been selected to the 2014 Florida Super Lawyers list. This is the ninth year Mr. Wilson has received this distinction, the eighth year for Mr. Dellecker, Mr. King and Mr. Ruffier, the sixth year for Mr. Sos, and the fifth year for Mr.

Heidi W. Isenhart and guardianship

litigation, estate planning and specialneeds trusts. Isenhart is a graduate of the University of Illinois, Urbana-Champaign with a B.S. and Regent University School of Law, Virginia Beach, Virginia with her J.D.



Ryan E. Davis



# real estate in the parks by Scott Hillman

# Affordability Remains A Concern As Existing Home Prices Rise

Earlier this year two national real estate surveys, one by the National Association of Realtors (NAR)

realtor.com, ranked metro

Orlando among the five most affordable existing home markets in 2014 for first-time buyers, based on the median price of homes. Although encouraging, that ranking would appear to be in jeopardy as existing home prices in Orange and Seminole counties continue to escalate. That's good news for sellers but it's not so good news for first-time buyers and young adults seeking homes at an affordable price point, typically those priced under \$300,000, which tend to get snapped up quickly.

According to the NAR, metro Orlando was one of 37 markets nationwide with first quarter double digit price gains. The Orlando Regional Realtors Association reported the median price for existing single-family and multi-family homes in the 4-county area in May was \$165,000, a 13.68% increase over May 2013 and up 43% since July 2011. The May year-to-year median price for singlefamily homes was up 9.62% while the median price for condos was up 4.4%.



Unless there is a significant shift in market conditions, prices look to continue their climb through the summer months and very possibly beyond. According to geographic services provider Ersi in its Update Demographic survey (2013-2018), many zip codes in Orange and Seminole counties will experience double digit median price increases by 2018. Among them are Maitland (32751) 17.8%, Orando (32801) 19.5%, College Park (32804) 15.5%, Colonialtown (32803) 13%, Orlando (32806) 17.6%, and East Winter Park (32792) 17%.

What does all this mean? As prices continue to rise, sellers are more confident about listing their homes because rising prices help them gain equity and in some cases pull out of negative equity. It also means many buyers who've been sitting on the fence are more apt to pull the trigger now before prices climb even higher and while mortgage interest rates remain well below 5%. Since sales traditionally peak during the summer months we're liable to see inventory continue to thin out, especially in the lower price ranges. And when home supply is low, it can often spark bidding wars in which investors and buyers with higher incomes can price out first-time buyers.

For sellers, we advise they work with a realtor who will help them price their home at fair market value thereby often attracting more interested buyers. And for buyers, namely firsttimers seeking an affordably priced home, we recommend they be prepared to move quickly by being pre-approved for a loan which makes their offer more viable and more likely to be accepted.

Bottom line: the overall health of the local existing home market continues to improve and that's good news for buyers and sellers.

Hillman

ASSOCIATES

*Fannie* Hillman Hillman

Scott Hillman is president of Fannie Hillman + Associates, a 33-year-old Winter Park-based residential real estate company that has for the past 15 years produced The Hillman Report, a detailed look at residential real estate in Orange and Seminole counties. View the report at fanniehillman.com or call (407) 644-1234 for a free copy.

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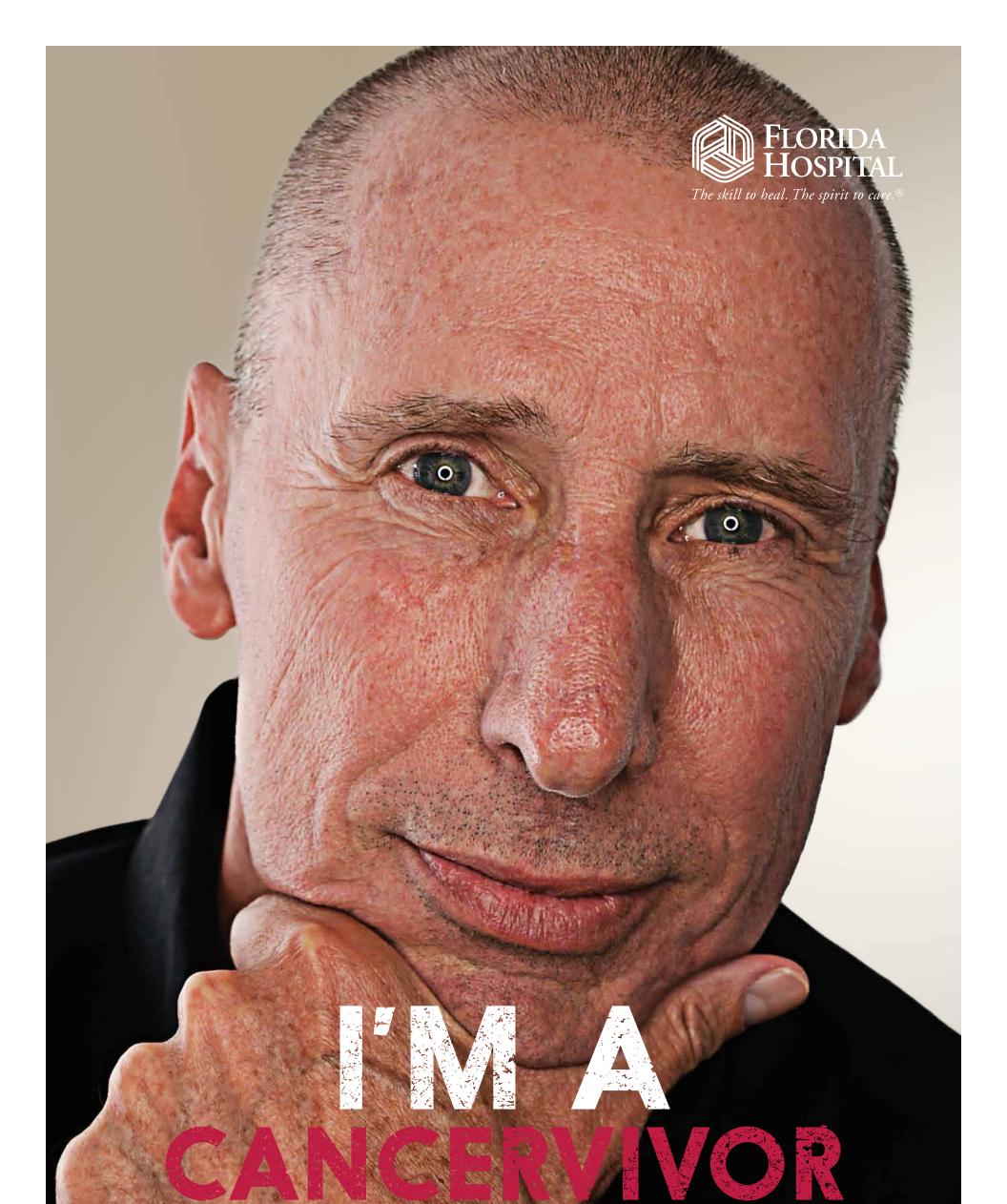






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Ayesha G. Bullock

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

# Sleep Of A Grateful Heart...

I recently read an article (Korb, 2014) about studies showing an improvement to sleep for those

who practiced gratitude. Given that gratitude is one of my very favorite topics, this appealed to me.

What I believe to be true about emotions is that many can exist concurrently with the exception of two. We can feel fearful and hopeful at the same time, we can even feel both happy and sad at the same time (given a certain set of circumstances) but I do not believe we can feel both gratitude and misery together. To me, that's powerful.

Summer seems to be ripe with vacations and opportunities for families to get together. We often find ourselves traveling and trying to pass the time. As I type this, I am actually on a ten hour drive for our yearly family trip to North Carolina. I'm not a huge fan of long drives, so I've decided to take this opportunity to create my own gratitude road trip game. As with most road trip games, this will include some arbitrary list and metric...The alphabet will work just fine.

Please find below my Gratitude Alphabet. (I would invite and encourage you to create your own!)

Authenticity. I am grateful for the opportunity to be accepted as my authentic self.

**B**each. The beach will always be among the most extraordinary gifts I have. Its vastness and its rhythm allow me to keep perspective and steadiness.

Change. Although it is often uncomfortable, I am grateful for change as it is an agent of growth.

**D**ifferentiation. The ability to emotional differentiate from others while also remaining connected to them. The notion of knowing where you end and someone else begins. (Thank you, Murray Bowen).

**E**motional Attunement. I am deeply grateful for the ability to attune to others and for those who are important in my life to attune to me.

**F**amily. It almost goes without saying... Family, whether biological or chosen is perhaps the single greatest system of which we are a part.

**G**rowth. This is the point of the journey, right? If we're not growing, we're stagnant in our pursuit of self-actualization. I am grateful for growth even though it brings pain at times.

**H**ope. Without hope the landscape of life is certainly a bleak one.

Individuation. (See Differentiation; thank you, Carl Jung.)

Jello. (Just keeping you on your toes)

**K**indness. I am grateful for the milk of human kindness seen everywhere in small and large ways.

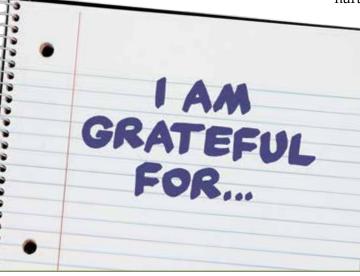
Laughter. Without laughter, we do not join with others, without laughter we take ourselves too seriously!

Merriment. (see above)

Nuanced relationships. Even the difficult ones are a gift. The nuances of two people in relationship are perhaps the best path to better understanding of both ourselves and others.

**O**pportunity. I have been so blessed by the opportunity to do the things I've done, meet the people I've known and experience life in exactly the way it has unfolded.

**P**otential. Thankful that we all have the potential to keep growing, moving, changing, progressing.



**Q**uiet & Quality Time. Whether taking some quiet time alone or spending quality time with loved ones, I believe a balance of both are essential.

**R**elationships. To take a term from "The Secret Life of Walter Mitty," to me, relationships are the quintessence of life.

**S**trength. I'm grateful for the ability to call upon my strength and the strength of others when life requires us to dig a little deeper.

Time. There is not always more of it to do the things you may not have yet done. But it's never too late to be who you might have been. (Thank you, George Eliot)

**U**nbridled spirit. As my dad used to quote – he'd rather rein a stallion than flog a donkey. Freedom of spirit and expression is important.

Vulnerability. I believe without vulnerability there is no depth of connection. It feels scary at times, but it's what relationships are all about!

Wholehearted Living. I am grateful to lead a blessed enough life in which my needs are met and I am able to work consistently towards living wholeheartedly. (Thank you, Brene Brown)

**X**ylophones. I mean, really what else was I gonna say? In reality, this one's sort of about my childhood as I did love learning to play the xylophone in kindergarten.

**Y**outh. My aforementioned childhood was a blessing and I will forever be grateful to my parents and sisters for loving, accepting and nurturing me through my youth.

Zest. For. Life.

Whew! I certainly will sleep well tonight. Hoping you'll find the time to do the same this summer.

Be well; Live Meaningfully. 'Til the next time, Ayesha

Ayesha G. Bullock, M.A. practices at 2150 Park Avenue North, Winter Park, FL 32789 as a Registered Mental Health Counselor Intern and can be reached at ayesha@livemeaningfully.net or 407-796-2959.

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Stephen & Kristin Pategas

# in the garden by Stephen and Kristin Pategas

# 100 Years Of Advice

Over the last few decades you undoubtedly read Tom MacCubbin's gardening columns and

articles in the Orlando Sentinel. A few years ago, after a long and illustrious career, Tom (pictured below)

retired from the University of Florida Cooperative Extension Service with the status of urban horticulturist emeritus. While he shared knowledge with countless individuals he was just the tip of the iceberg for what his employer, the Institute of Food and Consumer Services (IFAS)

provides and has provided for 100 years this year.

So, happy birthday to the cooperative extension service! In 1914 the Smith-Lever Act created a nationwide partnership between land grant colleges (such as the University of Florida) and the U.S. Department of Agriculture and established the Cooperative Extension Service. The fascinating IFAS blog by Darryl Palmer reports that the goal was "... to package the research and education of America's land-grant universities and deliver it to the people. Universities published their information, but at the turn of the last century, as much as 11% of the adult population was illiterate. The challenge was how to reach a mass audience in a state as large as Florida. The first Extension efforts in Florida begin in 1899

with the first Farmers' Institutes. Held in town halls, schools or in the open air, Farmers' Institutes combined teaching, demonstration and socializing-like a cross between a science fair and a church picnic. Speakers from the Florida Agricultural College and



Above, IFAS photo from the University of Florida archives.

the Agricultural Experiment Station gave testimonials to the benefits of improved agricultural techniques.

Attendance at Florida's Farmers' Institutes grew at a phenomenal pace. In 1901, 22 sessions reached 3,000 people; by 1913, there were 200 sessions reaching 20,000 people. The institutes were popular because they were effective: one organizer noted in 1912 that corn production per acre had increased almost 50

> percent from what it was in 1904." In 1964, IFAS was created by combining the Extension Service, UF's College of Agriculture and School of Forestry, and the Florida Agricultural Experiment Station. Today, all 52 states with land grant universities are tied into cooperative extension services and in Florida, each of our 67 counties has an

extension office. Our local Orange County Extension is at 6021 S. Conway Road just north of the Orlando International Airport. Contact them at (407) 254-9200 or http://orange.ifas.ufl.edu/ When you visit, be sure to check out their almost three-acre Exploration Garden full of edible and ornamental plants and ideas. If you are lucky, you might just bump into Tom, who stops by to visit every now and then. With 100 years of history, who could stay away?

Below, New Zealand tea tree in bloom in winter.





Above, find a plethora of plants in the Exploration Garden.



Above, a view of the Exploration Garden from the building. Photos by Stephen G. Pategas, Hortus, Oasis.

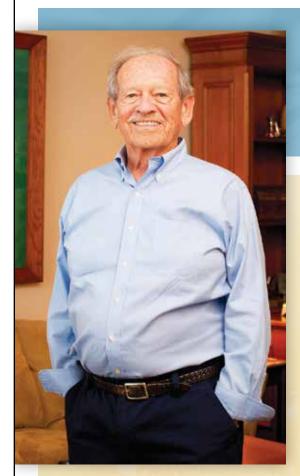
Now 100 years later along with over 27,000 people every day, we can access http://edis.ifas.ufl.edu/ and http://solutionsforyourlife.com/ for information about gardening, agriculture, water conservation, natural resource protection, managing pests, overcoming natural disasters, nutrition and sustainability. Take a class at the extension service or, during the remainder of 2014, head to the City of Winter Park for a free sustainability program with instructors from the Orange County Cooperative Extension Service. Classes take place 10-11:30 a.m. on Saturdays at the Winter Park Community Center at 721 West New England Avenue, Winter Park.

### Date Topic

- 7/26 Using food from the garden - storage and preservation
- 8/23 Lakeshore landscapes
- 9/20 Seasonal foods
- 10/25 Getting your landscape ready for winter
- 11/22 Irrigation basics - clocks, system adjustment, micro-irrigation retrofit
- 12/20 Holiday plant care

Reservations: http://www.eventbrite.com/o/city-of-winter-parksustainability-program-5593791349. Questions? Contact 407-599-3364 or sustainability@cityfwinterpark.org

Hortus Oasis (FL26000315) in Winter Park is a boutique garden design company specializing in residential, commercial and speciality gardens. Stephen is a registered landscape architect and Kristin is a certified landscape designer. Contact them at 407-622-4886/garden@hortusoasis.com



A STIMULATING LIFESTYLE [ NEW CONNECTIONS,

NEW OPPORTUNITIES TO LEARN ]





# "You can't help but make new friends here!"

After an eclectic career that ran the gamut from agriculture to advertising to entertainment, Bob Pittman chose The Mayflower as his retirement destination. "Life is simpler here," he says. "I no longer have to worry about looking after a house, but I'm still surrounded by the possessions that are meaningful to me. My apartment feels like 'me'... because it is!"

A theater aficionado who traveled the world and hobnobbed with diplomats and celebrities, 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!"

What's your plan for the future? Call today, and let's talk about it: 407.672.1620.



# pop culture detours by George McGowan Those Lazy, Hazy, Crazy Days of Summertime

After some very informal research, I have determined that summer is the subject of many more songs than the other seasons. Beyond the many songs of the summer that you will see on compiled lists and hear on radio countdowns, I have determined that the word "summer" appears in song titles at a very high rate. Before even listing some of my favorites, I would bet that several have popped into your head without much effort. Are they any of these?

"Summer Nights" from the Grease soundtrack. "Cruel Summer" by Bananarama. "Summer Breeze" by Seals and Crofts (or perhaps you prefer the awesome version by The Isley Brothers). "Hot Fun in the Summertime" by Sly and the Family Stone, "Summer in the City" by The Lovin' Spoonful. Interestingly, while you might think there would be several Beach Boys songs with "summer" in the title, I could only find one: "All Summer Long." If they indeed have only one, it's a great one!

I have compiled these and several others onto a Spotify playlist of songs with "summer" in their title for you. It can be found at this web address: http:// bit.ly/sumatime. I hope you like it. Are there any other songs you would add?

Other summer pop culture thoughts eventually lead to summer movies. So many blockbusters to mention. You may remember a summer day when it was just too hot to go outside and a movie in an air conditioned theatre with a cold drink sounded perfect. What movie do you remember seeing on that day? I have three recommendations of summer movies that I remember seeing but which did not become big hits. Each of them barely scratched out between \$10 and \$20 million in box office on their opening summer weekends, which make them popular but not blockbusters by any stretch of the imagination. But I think they should have received more attention and made more of an impact on the summer in which they were released. Tell me if you agree...Here they are in chronological order. In June 1998, a relatively unknown pair of actors who eventually became household names (George Clooney and Jennifer Lopez) starred in a movie named "Out of Sight" directed by Steven Soderbergh and based on a novel by Elmore Leonard. Clooney plays an escaped con out for revenge who seduces Lopez, a U.S. Marshall. Memorable for a wonderful scene when Clooney and Lopez are stuck together in a car trunk the tension becomes palpable and the viewer becomes

hooked on where this story could be leading.

In August of 2004, a Chinese import named "Hero" starring Jet Li was released. It made a respectable \$18 million on its opening weekend. It included an interesting story centered on the rivalries of the Chinese kingdoms. While action-packed, it also included a great story and a wonderful visual sense. The director, Yimou Zhang, is a wonder with the camera and has made several memorable films over the years, but none have broken through to block-buster status, unless you count his work on the 2008 Beijing Olympics opening ceremonies.

If these two movies sound too heavy, the third one is definitely not. In June 2000, "Chicken Run" was released to some fanfare as an animated children's movie from Nick Park, the man who introduced America to Wallace and Gromit. Who are Wallace and Gromit, you say? Well, you will just have to Google that. "Chicken Run" is basically an escape film with a bit of romance and a great deal of silliness. Perfect for the summertime!

Of course, you might just prefer to see the blockbusters that are coming out this month, such as "Tammy" with Melissa McCarthy or "Dawn of the Planet of the Apes" or The Rock as "Hercules." Then again, maybe not.

# theater in the parks by Barbara Solomon

It's No Rumor, This Show Is Hysterical WRITTEN BY NEIL SIMON, DIRECTED BY TIM DE BAUN STARRRING JAMIE-LYN MARKOS AND CHRIS PRUEITT

"Tommy" touches make the set of "Rumors" feel like a real country house. It's there when you walk into the theater, and everyone was talking about how impressed they were with it. The set was designed by Tom Mangieri and ably built by Mike McRee. As the play begins, you are equally impressed with the performances.

"Rumors" allows us into the lives of five confused couples, one of whom we never see.

The story begins with the arrival of the Gormans at Charlie and Myra's 10th anniversary party. They find Charlie superficially shot and Myra missing, and when Charlie passes out they are at a loss as to what has transpired. As the other three couples arrive, mayhem ensues when the Gormans try to cover up Charlie's injury.

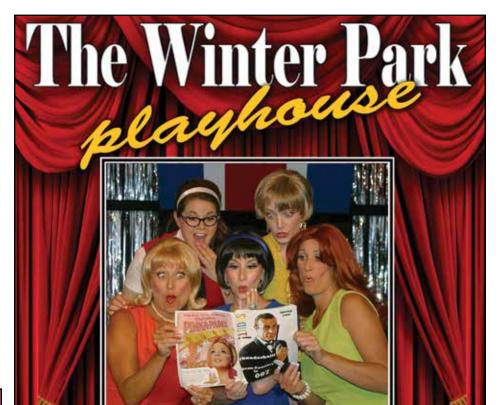
This Neil Simon play is a laugh a minute. I was glad I ate a light dinner, or I would have wound up with a stomach ache. Jamie-Lyn is

an absolute riot as Chris Gorman and just about steals the show. She and Vera Varlamov play off each other, with Vera as Claire matching Jamie-Lyn laugh for laugh. Kudos to director Tim DeBaun for his fast paced direction--even the slapstick works well in this piece. There is not a dud in the cast. Daniel Cooksley, playing Lennie the accountant, has great comedic delivery, and is quite as marvelous as he is in a dramatic role. My favorite line in the play is when he tells his wife Claire, "Don't talk for a while." The longest laugh award always goes to Larry Stallings, whose comedic timing sends the audience into gales of laughter. And Rochelle's back pain as she was playing Cookie was a sight to behold.

The plot is light, but the situations and funny lines are what make Rumors such an hysterically funny show. On a deeper level, Simon delves into marriage--what makes it work or not, as the case may be. We've all been there, and can see snippets of ourselves in all five couples. But if we can also laugh at ourselves, as well as at the characters in this comedy, how much more enjoyable life can be.

Playing through July 19 at Theatre Downtown, corner of Orange and Princeton Avenues. For more information, call (407) 841-0083 or visit theatredowntown.net.

Barb's Best Bets for July: Shout! at The Winter Park Playhouse, PRT's Summer Shorts at the Shakes, and Empty Spaces' Bondage at The Shakes.







Dr. Danna is proud to have an office conveniently located in Baldwin Park dedicated to Women's Health. She is devoted to caring for the special health needs of women throughout all stages of life. Whether you are just entering puberty, expecting a baby or traveling through menopause, Dr. Danna and her warm and professional staff are trained to provide the highest quality of healthcare for you.

### SOME OF HER SERVICES INCLUDE:

- Total and High-Risk Pregnancy Car
- Pap Smears and Breast Exams
- Well Woman Exam
- Minimally Invasive and Robatic da Vinci Surgery
- Hormone Replacement Therapy
- Menopause

# DR. DANNA OFFERS SAME-DAY APPOINTMENTS! 867 Outer Road Suite A Orlando, Florida 32814 407-898-6588 • paof.com

# SHOUT! The Mod Musical June 19-July 19, 2014

Set in 1960's London, this high energy musical features an irresistible collection of music including "Downtown," "Son of a Preacher Man," "Boots are Made for Walking" and more!

407-645-0145 www.winterparkplayhouse.org

# theater in the parks by Barbara Solomon Let's Shout About It

### SHOUT! THE MOD MUSICAL WRITTEN BY GEORGE, LOWENSTEIN, AND MORRIS DIRECTED BY ROY ALAN STARRRING HEATHER ALEXANDER, NATALIE CORDONE, SARAH-LEE DOBBS, JILL VENDEROEF, AND KATE ZALOUMES

Since I am a child of the '60s, this nostalgic trip through mod England really flipped my lid. I actually got up at intermission and danced in the aisles to "I'm Telling You Now."

As you walk into the playhouse, the red, white and blue set by Catherine Colangelo puts you in the mood for the British music. Many of my favorites were performed, including "I Only Want to Be With You," "Don't Sleep in the Subway," and "Those Were the Days." The cast even invited the audience to join them in a rendition of "Those Were the Days" and "Shout," and of course I did.

The story revolves around five best friends coming of age during the '60s in England. Each girl has a distinctive personality as well as color. The blue girl, Natalie Cordone, thinks she is all that. The orange girl, Heather Alexander, is the sweet housewife type. Sarah-Lee Dobbs, the only real Brit on stage, is the slutty green girl. The red girl, played by Kate Zaloumes, is the geeky misfit. And we come to a new talent to grace the Playhouse stage, Jill Vandeoef as the dreamy yellow girl, an American with a crush on Paul McCartney. As we follow the girls through their trials and tribulations, we hear some of the best music of the '60's, sung by some of the best voices in Orlando.

Kate is adorable as the goofball, and her mezzo voice shines in "To Sir With Love," another one of my favorites. Heather, Winter Park's version of Carol Burnett, charms us with her comedic talent, as well as her lovely voice. Natalie's acting takes center stage in "Diamonds are Forever." Sarah-Lee is very plucky throughout the evening, and I loved her rendition of "One, Two, Three." Jill comes to us with the whole package--she can act, sing, and dance. She won me over with her rendition of "Son of a Preacher Man." And we cannot forget Roy Alan's great choreography, which was perfectly executed by all five girls. It included some steps I danced to in the '60s on TV - the frug, the monkey, and even



The cast from Shout! The Mod Musical, now playing at the Winter Park Playhouse until July 19.

the shag. The costumes by Linda Shorrock were great, and added to our enjoyment of this colorful show.

Although not much of a story, there are many messages if you read between the lines. You never know what is around the next corner, Always strive for more than you have. And finally, never give up on your friends. As an only child, that last one is very important to me.

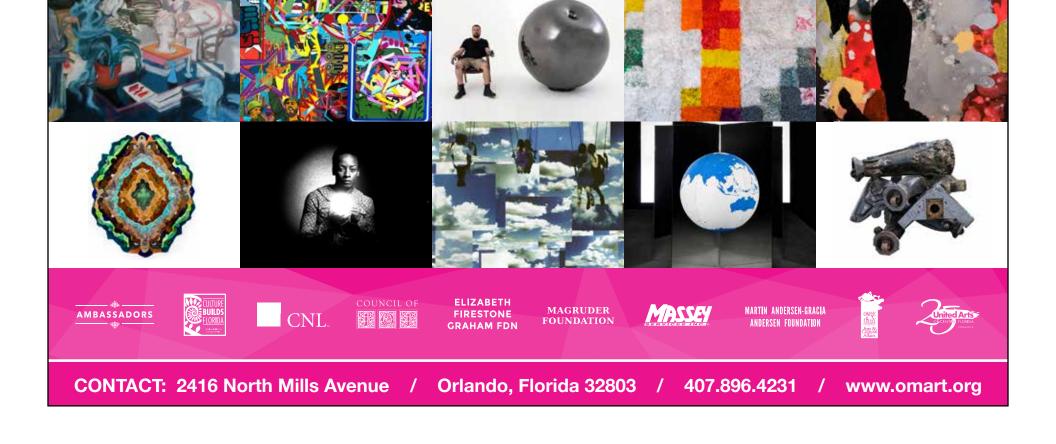
So ring up the Winter Park Playhouse and make your reservation for the fun-filled "Shout!" Playing through July 19th at the Winter Park Playhouse, 711 North Orange Avenue, Winter Park. For more information call (407) 645-0145 or visit winterparkplayhouse.org.

Barb's Best Bets for July: "Rumors" at Theatre Downtown, PRT's Summer Shorts at the Shakes, and Empty Spaces' "Bondage," also at the Shakes.

BARB'S BEST BETS FOR JULY: "RUMORS" AT THEATRE DOWNTOWN, PRT'S SUMMER SHORTS AT THE SHAKES, AND EMPTY SPACES' "BONDAGE," ALSO AT THE SHAKES.

orlando museum of art FLORIDA PRIZE in contemporary art

now on view through september 7, 2014



# schools



# Aloma Elementary PRINCIPAL DR. DREW A. HAWKINS

FCAT scores have been released. Aloma's scores compared to last year's scores increased in fourth grade reading, math, and writing, and fifth grade reading, math, and science. We beat the district and state averages in third grade math; fourth grade reading, math, and writing; and fifth grade reading. School grades will be calculated at the state level, and are usually released sometime in July.

| 012-2013 | 2013-2014                       |
|----------|---------------------------------|
|          |                                 |
| 12%      | 54%                             |
| 65%      | 74%                             |
| 61%      | 63%                             |
| 86%      | 64%                             |
| 62%      | 85%                             |
| 48%      | 52%                             |
| 44%      | 57%                             |
| 52%      | 58%                             |
|          | 61%<br>86%<br>62%<br>48%<br>44% |

I have enjoyed working with you, your children, and the community. Thank you for allowing me to be a part of the Aloma family. Please join me in welcoming Aloma's new principal, Ms. Jennifer Gramzinski. I have known her for many years, and want you to know that you are in good hands. The Eagles will always soar.

# Fern Creek Elementary PRINCIPAL DR. PATRICK GALATOWITSCH

Fern Creek has had an excellent year so full of community support and engagement from our various partners and friends. School may be out for the traditional academic year, but that doesn't mean the action stops around Fern Creek! Summer school is in session, and our students will still be taking advantage of our weekend snack packs and clothing program.

During this busy time, our staff and faculty are getting ready for the new school year. As always, our summer goal is to raise awareness of our school supply needs. With your support we can meet this objective well before August. School supplies like pencils, markers, crayons, glue sticks, notecards, and more will help ensure that our students are properly equipped to successfully complete their assignments. We even accept donations of kid-friendly food to support our snack packs.

Aren't able to donate school supplies, but want to still want to give back? We warmly welcome your involvement in the life of our school! To inquire about opportunities to become involved, please contact the school principal at galatop@ocps.net.



A Fern Creek fifth grader helps make snack packs that go out every week to 300 students.



# Brookshire Elementary PRINCIPAL DR. MARC RUMMLER

To the entire Brookshire community - parents and grandparents, neighbors, city leaders, and business partners- thank you for the wonderful support you have provided our students and me. It's hard to believe the dedication to our school from you could actually exceed the lofty reputation that you had when I arrived here as principal four years ago, but that's exactly what happened. Your support has been amazing and greatly appreciated. As I move from Brookshire to become principal of Blankner K-8 School, I know you will continue to support the new principal and the staff and students to make Brookshire an even better school. I will miss being part of Brookshire and the Winter Park community. I wish you all the very best!

# **St. James Cathedral School** PRINCIPAL MRS. GERRI GENDALL

Families of students at St. James CathedralSchool(SJCS)willnowbeable to keep up with what is going in their kids' classrooms from their phones. The school launched a mobile app that will allow school families to facilitate communication and engagement. The St. James Cathedral School app is available in the iTunes and GooglePlay stores.

Marisabel Wolfinger, a SJCS parent, volunteered her time to assist the school by developing this app that provides an easy-to-navigate interface allowing parents and students to interact with the school on-the-go and can be downloaded from the St. James Cathedral School website to any web-enabled device.

Some of the exciting features





Dommerich wishes everyone a safe, healthy summer! Students, while out of school, please keep your bodies and brains active- take time to move and to learn every day. Challenge yourself to read 20-30 minutes or more each day. Take time to think, research something you are interested in, play a game from your summer learning packet, or practice a skill that is hard for you. Don't forget to visit your local library and mark your calendar to visit our Dommerich media center on the following Wednesdays from 11:00-3:00: June 18, June 25, July 16, July 23, and July 30. include:

- Real-time updates from school administration, school organizations, athletics and the school board
- Quick access and direct
- communication with faculty and administration, including access to website, phone numbers and email
- Streamlined school news and upcoming events
- Electronic registrations
- Volunteer management and opportunities
- School and faculty created multimedia videos, photos and more
- Access to grades, homework assignments and teacher news

Marisabel Wolfinger, a St. James Cathedral School parent, volunteered her time to assist the school by delveloping this app.

According to Wolfinger, "This easy-to-access app allows you to be current with all of SJCS's news from the weekly lunch calendar to teacher's email addresses. Apps like this will completely change the way parents are able to communicate with their child's school. There is even a feature that allows you to submit an absentee form that is then directly sent to the school's front office."

Another great feature of this app is the ability to be notified in the case of an emergency or an important announcement. By accessing your phone's app settings and turning on "Push Notifications" for SJCS, you will receive these announcements in the same way that you receive a text. To install this free app, visit your app store on your smart phone and search "St. James Cathedral School.

While you are connecting with the school, check out and "like" their Facebook page, and "follow" their Twitter page.

Facebook: http://www.facebook.com/STJCS.Orlando Twitter: https://twitter.com/#!/stjcspanthers



# 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.

First Mondays of Every Month Story Time – 10:00 to 10:15 a.m. infants to 18 months, 10:20 to 10:35 a.m. toddlers, and 10:40 to 11:00 a.m. preschoolers at Leu Gardens located at 1920 N. Forest Ave. For more information please at 407-246-2620 or visit www.leugardens.org.

**Now - July 19 Rumors presented by Theatre Downtown** – Performances are Thurs., Friday and Saturday at 8:00 p.m. and a Sunday Matinee July 13 at 2:30 p.m. The theatre is located at 2113 N. Orange Ave. For more information and tickets please call 407-841-0083.

July 18 - August 3 The REP's Summer Celebration Series – The productions are Crazy For You, The Amazing Adventures of Dr. Wonderful (and Her Dog!), and Leslie and Lolly Make Stuff Up! For tickets and information, please call 407-896-7365 or visit www.orlandorep.com.

August 1 Date Night at Leu Gardens – 8:30 p.m. featuring the showing of You Can't Take It With You. The garden opens at 6:00 p.m. Pack a dinner picnic basket and a blanket or chairs, alcohol is permitted. For more information please call 407-246-2620 or visit www. leugardens.org for movie selections.

August 23 Seed Swap – 9:00 a.m. to noon at Harry P. Leu Gardens located at 1920 N. Forest Ave. For more information please call 407-246-2620 or visit leugardens.org.

### 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 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 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

County Public Library Edgewater branch located at 5049 Edgewater Dr. This event is for ages 9-12. Seating is limited and registration is required by calling 407-835-7323.

July 19 Royal School of Dance Reunion - 5:00 to 9:00 p.m. in Royal Hall at the Incarnation Catholic Church located at 1515 Edgewater Dr. Cost is \$25 and includes dinner. For more information and to RSVP, please email balletroyalreunion@gmail.com.

### July 25 Movieola - Event

begins at 6:30 p.m. with featured movie "Muppets Most Wanted" starting at 8:00 p.m. at the East Lawn

at Lake Eola. Food and beverages will be available for purchase in the park.

### July 31 Starting Your Own Business from a Legal Perspective

- 6:30 p.m. at the Orange County Public Library Edgewater branch located at 5049 Edgewater Dr. Teeluck Persad, attorney and founder of CPLS, P.A. law firm, will share valuable insights on starting a business in one of the top innovative business hubs. Learn about the key steps to launch a successful business, the various types of business entities as defined in the legal system and the legal forms needed to start a business. For more information please call 407-835-7323.

**August 29 Movieola** - Event begins at 6:30 p.m. with featured movie "Lego Movie", starting at 8:00 p.m. at the East Lawn at Lake Eola. Food and beverages will be available for purchase in the park.

September 4 The Orange County Retired Educators Meeting - 10:00 a.m. at College Park United Methodist Church, 644 W. Princeton St. Anyone who has worked in education is invited to attend. For more information please visit www.ocrea-fl.org, or call 407-677-0446.

### **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 Avenue.

**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 Friday (Now –August 1) Friday Family Films at the Morse

# JULY HIGHLIGHT

# FIREWORKS AT THE FOUNTAIN JULY 4

4:00 - 10:00 p.m. at Lake Eola in downtown Orlando. For more info, please visit www. cityoforlando.net.



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 Tuesday (Now - July 29) Family Tours at the Morse** – This free program includes a 45-minute guided tour through several galleries and an activity to take home with all the supplies needed for a travelinspired art project. For more information please visit www.morsemuseum.org. For times and reservation please call 407-645-5311, ext. 136.

**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 featuring professional musicians and performers is hosted at Casa Feliz every Sunday from noon – 3:00 p.m. For more information call 407-628-8200 ext. 3 or visit www.casafeliz.us.

June 20 Shout! The Mod Musical – Set in 1960s London, this high-energy musical features a collection of songs including "Downtown," "Son of a Preacher Man" and more. For show times and tickets, please call 407-645-0145, or visit www.winterparkplayhouse.org.

July 4 23rd Annual Hunter Vision Watermelon 5K – 7:00 a.m. on Park Avenue. This 3.1-mile run/walk also includes entertainment, free kids' run and a watermelon eating contest. For more information and to register please visit www.trackshack.com.

July 4 19th Annual Olde Fashioned 4th of July Celebration – 9:00 a.m. to 1:00 p.m. in Central Park. For more information please visit cityofwinterpark.org.

July 4 Independence Day Open House – 9:30 a.m. to 4:00 p.m. at the Charles Hosmer Morse Museum of American Art. For more information please visit www.morsemuseum.org

**July 7 City Blood Drive** – 9:00 a.m. to 2:00 p.m. at City Hall. For more information please visit cityofwinterpark.org

July 10 Popcorn Flicks – 8:00 p.m. featuring the showing of Muscle Beach Party in Central Park. For more

and New Hampshire.

### Third Thursday of Each Month Eunice's Healthy Cooking and

**Baking Workshop** – 10:30 a.m. at the Edgewater Branch Libary located at 5049 Edgewater Dr. Food samples will be provided. For more information and to register please call 407-835-7323.

**July 3** Red, Hot and Boom – 4:00 to 11:00 p.m. at Cranes Roost Lake in Altamonte Springs. For more information please visit www.redhotandboom.com

**July 4 Fireworks at the Fountain** - 4:00 to 10:00 p.m. at Lake Eola. For more information please visit www. cityoforlando.net.

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

July 11 Introduction to Digital Photography – Noon at the Orange County Public Library Edgewater branch located at 5049 Edgewater Dr. This session is recommended for adults. Seating is limited and registration is required by calling 407-835-7323.

July 14 & 17 Groovy Genetics - 2:30 p.m. at the Orange

- This free 90-minute program for children in grades K-5 and their parents or guardians includes a short film, a tour and an art project. For more information please visit www.morsemusem.org. For times and reservation please call 407-645-5311 ext.136.

**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 Thursday Walk With A Doc - Enjoy a rejuvenating

information please visit cityofwinterpark.org

**July 11 Coffee Talk** – 8:00 a.m. at the Winter Park Welcome Center featuring Mayor Ken Bradley. For more information please call 407-599-3428.

July 17 Business After Hours – 5:30 p.m. at Orlando Orthopaedic Center, 2699 Lee Rd., Suite 100. Cost is \$5 for Winter Park Chamber members, and \$15 for non-members at the door. For more information please visit www.winterpark.org.

**July 17 Women's S.A.F.E. Class** – 6:00 p.m. at the Winter Park Public Safety Facility. For more information please visit cityofwinterpark.org

**July 19 Public Picnic Party** – Noon to 5:00 p.m. at the Winter Park Community Center. For more information please visit cityofwinterpark.org

July 23 Winter Park Political Mingle – 5:00 to 8:00 p.m. at the Rachel D. Murrah Center. For more information or to purchase tickets, call the Winter Park Chamber of Commerce at 407-644-8281 or visit www. winterpark.org



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