The Park Press APRIL 2014 Positive news that matters ~ FREE

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For updated news, events and more, visit www.TheParkPress.com

WPHS Basketball Wins State Championship

A promise made is a promise kept and that is what Coach Blackmon and the Wildcat basketball team are all about. The team carried an aura of confidence despite the odds against them this year. Coach Blackmon, who prior to this year was the assistant coach, took over the team this summer. He credits his predecessor, Coach Bailey, for laying the ground work for the team's success this year. Coach Blackmon challenged his team to go beyond their limits and they did. Coach even offered to let the team shave off his salt and pepper locks if they won the state championships. Week after week his players played with heart and teamwork. The Wildcats clawed their way to the top of the heap and eventually landed themselves in the state championship game against Evans High School. As district rivals this game was shaping up to be a battle between the titans of high school basketball. As time was running out in this epic matchup, Winter Park High trailed Evans 53-47. The Wildcats fought back with some clutch shots and closed the game for a Wildcat OT win 66-64. As promised, during our Spring Pep Rally, Coach Blackmon strolled out to the middle of the basketball court to meet his players-ready and waiting with clippers in hand. What a fitting end to a storybook season. We congratulate Coach Blackmon and the Wildcat basketball team for embodying the pride and winning tradition at Winter Park High.



Winter Park High School's Wildcat basketball team celebrate their state championship win

Sixth Annual Winter Park Paint Out

The Albin Polasek Museum & Sculpture Gardens will host the sixth annual Winter Park Paint Out during the last week of April 2014. Twenty-five of the finest "plein air" artists from across the nation

will be painting throughout Winter Park and Central Florida, capturing local landscapes and landmarks with oils, watercolors and pastels. The public is invited to stop by the museum and gardens from April 20-26 to see works in progress, recently completed works, watch artists painting in the gardens, and to attend free painting demonstrations. Artwork produced during the Paint Out will be for sale with a portion of the proceeds going to support the preservation, maintenance and operation of the museum and gardens.

Continued on page 8



Hal Stringer, also known as "Mr. Paint Out" captures a sunset on canvas at the Winter Park Paint Out.

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The Park Press

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Publisher's Message



Rick Cable

ve recently discovered that if I ask this question around town"Who is John Young?" there's an overwhelming chance the person I'm asking doesn't know.
Oh, and half of the time they make it hard for me to hide my expression of

disbelief when they say, "Parkway?"

While I'm shocked, I'm also thrilled to share the answer with them.

John Watts Young grew up right here in a charming and modest 1930s house in College Park, and graduated from Orlando High School, which is now Howard Middle School. He graduated with honors with a degree in aeronautical engineering from Georgia Tech, and then joined the Navy. I'll admit I overuse the words awesome and great, but I'm very selective with the use of the word legend. He served a tour during the Korean War, and then became a Naval test pilot. Most will react in that casual "that's cool" demeanor, and then I'll finally say, "He WALKED ON THE MOON!" He's one of only 12 legendary men to get lunar dust on his boots, and he grew up right here.

I know I have an age advantage as I actually



stood in my grandparent's driveway watching the launch of these missions, but I believe these 12 legends should always remain household names:

Buzz Aldrin, Neil Armstrong, Alan Bean, Eugene Cernan, Pete Conrad, Charles Duke, James Irwin, Edgar Mitchell, Harrison Schmitt, David Scott, Alan Shepard, John Young.

In closing, I want to recognize that this issue marks our seventh anniversary of publishing *The Park Press.* I'm humbled by the way it is received, and greatly valued, within our Central Florida Community. Thank you for welcoming us into your homes each month.

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

Rick

Rick Cable Publisher/Founder

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The Park Press | APRIL 2014 EDITOR'S MESSAGE

April Fools...

By Tricia Cable

hat's the saying, "An idle mind is the devils' playground"? Well, it may not be the devils' playground, but it can't be good. For fun, I kept a log last week tracking how much time my kids spend working on things that I consider productive, versus things that I consider unproductive. Starting with 168 hours in a week and immediately backing out time spent on school, sleep, athletics and other extracurricular activities, and I've got one child left with a whopping total of 13 hours per week of free time and the other with a bit more, coming in at 19 hours per week. That leaves them with a mere 1.85-2.7 hours a day to be the goof balls that they so enjoy being. Admittedly, we are fairly scheduled in our house. However, if one of the scheduled activities cancels and frees up time unexpectedly, they both get sucked into what I like to call the social media dead zone.

Don't get me wrong, I have no problem with social media, I am a fan of it myself. But I too can get wrapped up in the various goings on of my friends without realizing that an hour has passed. The upside, it enables you to keep in touch with people that you might otherwise not have the time or opportunity to communicate with on a regular basis. I feed off of the positive messages posted and enjoy seeing my friends' children as they grow and accomplish their goals. I share important community fundraising opportunities, local charitable events, and the occasional chance to give a rescue pet a forever home. And I get a kick out of some of the irony and sarcasm that presents itself daily, what doesn't kill us makes us stronger and if

we can't laugh about it, what else is there!

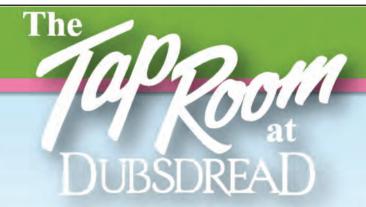
Sadly, the same cannot be said for most of what I see coming across the various devices that my children access. I try not to be too terribly critical, but the majority of the stuff is rubbish. Inappropriate pictures, with gestures usually reserved for overpaid and spoiled rock stars or girls and boys in various states of undress. I have not polled it, but at a glance, a lot of what I see seems to be used to tear each other down as oppose to building each other up. I know it is probably a middle school thing, because I do see a definite change in the content logged by the older, more mature kids. So a transition of maturity is noticeable. But what damage is done to the confidence or self image of those in the 11-14 age group by their peers in the process? Growing up is hard enough without people that you consider your friends being mean to you across a social network for the entire base of followers to see.

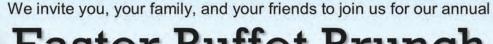
I had one of my girls ask me last week if it was the same back in my day. Besides the obvious technological differences, I thought back and recalled what I considered my least favorite memory of junior high school. Hands down, and I didn't have to think hard, it was "Sadie Hawkins" day. On this fateful day in 1976, the girls were encouraged to (supposedly secretly) gift their crush with a flower. Trouble was that my crush was also the crush of an upper classmen who just happened to be working the table where you placed your order. Of course, I



had it all figured out and talked one of my friends into placing the order on my behalf. However, this bully of a girl was so hell bent on calling her out and embarrassing her in front of everyone standing there, she caved and spilled the beans, and with the pointing of her finger directly at me, I knew I was in for quite a ride. That day on the bus, she attempted to torment me while I pretended not to care. To this day, all these years later, it is a vivid memory for me. I wouldn't consider myself scared for life, but a lesson learned for sure; mean people suck!

Funny thing and thanks to social media, I know exactly where my seventh-grade bully is. She "friended" me and you know I thought long and hard about accepting that friend request. Maybe it was the length of time her friend request hung out there that motivated her, but she sent me a private message. She apologized for what she had done, she said it had weighed heavy on her for all those years just as it had me. Sometimes, "I'm sorry" is all we need to hear and neither one of us ended up with the boy in the end anyway. Oh, and thanks to social media, I for one am sure glad I didn't!





Easter Buffet Brunch

Carving stations, dessert stations with chocolate fountains, Tap Room Crab Cakes, and so much more.

April 20

Seatings every half hour from 10:00 am to 2:30 pm
Reservations required

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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



As we all try to adapt to the time change, we can at least be excited about the extra evening daylight and the many ways we have to enjoy it in our Great City. I also would be remiss if I didn't take this opportunity to say how grateful I am to serve four more years as the Orlando City Commissioner for District 3. It

is a privilege that I do not take lightly and I will continue to do my best for the citizens of Orlando. With that in mind, my personal thanks go to Rick Cable and The Park Press for allowing me this opportunity to provide these monthly updates to the community.

As I looked back on April articles from past years, it was interesting to note that in 2010, I shared information from Florida Department of Transportation District 5 Secretary Noranne Downs' SunRail presentation. Then in 2012, I passed along information from the mayor's State of the City Address, which included information about the SunRail groundbreaking ceremony. Here we are two years later, and what always seemed like a project we were talking about in future terms is finally here! With operation officially beginning May 1st, there are many ways for you to see, tour and learn more about the trains and service leading up to that date.

One opportunity to visit a station and take a tour is to attend the mayor's Annual State of the City Address on Thursday, April 10. This year's speech is being held downtown at the Church Street SunRail station. Following Mayor Dyer's remarks, the public is welcome to tour the area as well as board a train car, and meet with SunRail representatives. If you haven't visited Downtown lately, there are also many great restaurants in the Church Street corridor if you want to grab lunch during your visit. Check out cityoforlando.net/sunrail for more information.

As we think about a thriving multimodal transportation system in our city, one focus for all of our Central Florida government entities is bicyclist and pedestrian safety. During our March 17 city council meeting, we were glad to accept a \$100,000 grant from the Florida Department of Transportation to complement the efforts of our Best Foot Forward campaign. These funds will support Orlando Police Department en-

forcement activities to educate the public on safe behaviors as it relates to this issue. To learn more about how everyone can work together to bring awareness to pedestrian safety in our community, visit iyield-4peds.org.

While we are excited for the major projects coming to fruition this year, April is also just a great time to enjoy all that our city has to offer.

On April 17th, the Annual IOA Corporate 5K evening race will be taking place around Lake Eola. This great annual event will benefit local charities such as the Parramore Kidz Zone and the Christian Service Center. For more information about how to sign up for this evening of fun and fitness, visit The



and learn more about service, schedule and prices.

April 3, 6:30 to 9:45 a.m. LYNX CENTRAL STATION April 4, 11 a.m. to 1 p.m. ORLANDO HEALTH/ April 9, 6:30 to 9 a.m **CHURCH STREET STATION**

Please visit SunRail.com for more information.

Track Shack's website, trackshack.com.

Also, on Sunday, April 12th, Leu Gardens (leugardens.org) will host their annual Jazz and Blues Stroll beginning at 7 p.m. Finally, head over to the Audubon Park Garden District on Saturday April 26th for the fourth annual KidFest. This gives kids (of all ages) a chance to learn what goes into running the many different businesses in the neighborhood. Decorate cupcakes, spin records, create art, and so much more. Visit apgardens.com for more information.

I appreciate all that our citizens do collectively to help our community to flourish. Thank you for your continued support.

-Robert

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









Winter Park Mayor's Message

Mayor Ken Bradley



event has received!

Ken Bradley

Winter Park has been prominently featured on an international stage the past two months. On February 2, Winter Park "appeared" in a Super Bowl advertisement. The city threw a parade for returning Afghanistan soldier Lt. Chuck Nadd – a home-

town hero of Winter Park. This parade was filmed and shown during the Super Bowl. The one-minute advertisement ceremonially welcomed home all returning veterans from wars and conflicts. Hundreds of citizens turned out for the parade. Thus, they became "stars," too! This parade was seen by over 111 million people throughout the United States watching the football game as well as millions more worldwide. The one-minute and five-minute versions have been seen over ten million to date. We

In March, more than 4.5 million passengers of US Airways saw Winter Park featured prominently on the cover of their in-flight magazine. The cover story article features all the best and brightest Winter Park has to offer. And this national coverage wasn't limited to US Airways. Forbes Magazine and the USA Today also featured Winter Park as a great escape from the traditional theme park vacations.

certainly are proud of the coverage this special

These types of advertisements and articles feature the best and brightest of our hometown. For a few minutes and in front of millions of eyes, we truly have been recognized as America's Home-

town. If you are interested in seeing other places Winter Park has received media coverage, visit the "Media" section of our website and click on "Media Coverage." Great things are happening in Winter Park and others are noticing!

Americana - Baseball

Baseball is alive and well in Winter Park. I had the recent privilege of attending the Opening Day Ceremonies for the Winter Park Babe Ruth 2014 baseball season

> (featured in the March Park Press). More than

> > 640 children are registered to play. Baseball in our community is as American as apple pie. The sport is alive in Winter Park!

In February, the City Commission voted unanimously to continue to explore the opportunity to bring minor league baseball to Winter Park. During this next five months, staff will delve deeper into the financial commitment needed to make this happen, work towards identifying potential private partnerships, and narrow down the best location for a minor league baseball stadium. The four sites being considered are:

- 1. Ravaudage
- 2. VoTech site
- 3. Martin Luther King, Jr. Park
- 4. Harper Shepherd Field

I look forward to receiving updates from staff as they explore this potential opportunity that has



Trinity Prep alum Army Lieutenant Charles Nadd gets a hero's welcome with a surprise parade through downtown Winter Park. The parade was organized by Budweiser. The television commercial was shown during this year's Super Bowl game.

the ability to be a \$6 million-per-year economic engine for our region.

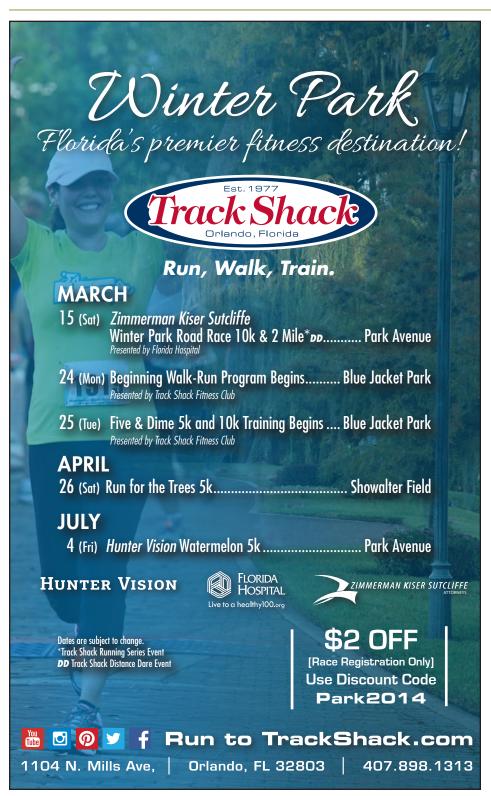
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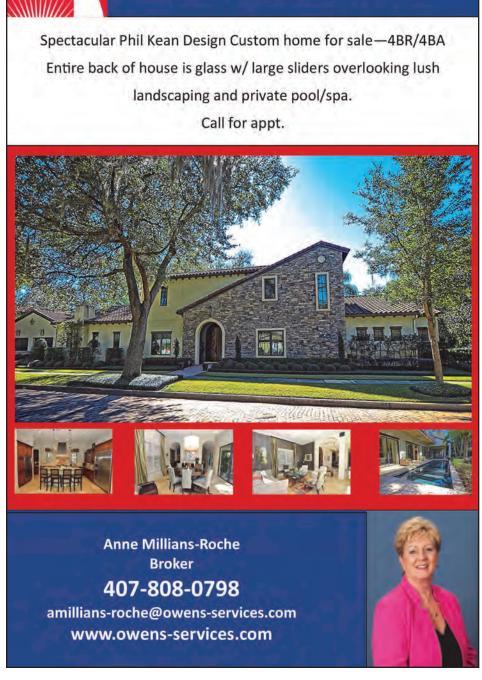
I would like to extend congratulations to Sarah Sprinkel for being re-elected to City Commission Seat 2. Running for public office and being involved in a democratic process is a humbling and exciting experience that is driven by our deep care for our city and our desire to make it a better place. I look forward to continuing to work with Commissioner Sprinkel as we make policy decisions with our residents, commission and staff, all in effort to make Winter Park the best city to live, work and play in Florida –and maybe in the entire United States.

Keneth W. Bradley Kenneth Bradley, Mayor

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NEWS The Park Press | APRIL 2014

Maitland Mayor's Message

Mayor Howard A. Schieferdecker



More than 50 people attended Maitland's annual Volunteer Appreciation Celebration event taking place at the Maitland City Hall Chambers Tuesday, Feb. 11.

The yearly event, one of my personal favorites, celebrates volunteers serving on the City of Maitland's boards. We are very appreciative of our volunteers who devote countless hours of service to the City of Maitland. Without the unwavering commitment of the volunteer members of our city boards, we would not be able to achieve the goals of our city.

Three individuals were recognized for their service to the Maitland community. Marc P. Walch received the 2013 Volunteer of the Year Award for his 11-year service to the Lakes Advisory Board. During his time as chairman and vice chairman of the board, he has been closely involved with numerous projects improving Lake Maitland, Lake Eulalia, and Lake Nina. He likewise actively participated in the development of the 2006 and 2011

versions of the City's Stormwater Lake Management Plan.

The second award, the Mayor's Community Award, honors individuals who non-city are board members, for giving countless hours of their time for the betterment of Maitland. Renee Stein Charlan

and Butch Charlan were recognized for their dedication and commitment to the City of Maitland through years of involvement with the Maitland Civic Center, the Performing Arts of Maitland, the Art and History Museum-Maitland, and the Maitland Woman's Club. Additionally, they have opened their home on numerous occasions to the community as a venue for events and receptions, including hosting holiday dinners for Maitland's first responders and their families.

Any Maitland resident is welcome and encouraged to serve on any of the



Above, Mayor Howard Schieferdecker presents Renee Stein Charlan and Butch Charlan with the Mayor's Community Award.

city's volunteer boards. If you are interested in serving and helping to shape our city's future, please contact the City Clerk at (407) 539-6219.

At right, Mayor Howard Schieferdecker presents Marc Walch with the 2013 Volunteer of the Year Award.



County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



In February, I had two experiences with identity thieves squatting in vacant homes in quiet neighborhoods to perpetrate their crimes. One was the house directly

behind my home. Thanks to very vigilant neighbors and a proactive Winter Park Police Department, two identity thieves were arrested at the home that had been in foreclosure and was listed for sale. The identity thieves used fraudulently obtained personal information to apply for credit cards using false identities. A similar situation occurred near a friend's home in South Orlando. Sheriff's deputies raided the home in question and collected evidence about an identity theft ring. However, the identity thieves fled before the raid occurred.

Identity theft is an increasing problem for citizens across America. Identity theft is a blanket term for three types of crimes: unauthorized use or attempted use of an existing account, unauthorized use or attempted use of personal information to open a new account, or misuse of personal information for other fraudulent purposes. Often criminals will use several of these types of identity theft together to further defraud their victims.

Identity theft can affect anyone. After my father's death in December 2011, an identity thief filed a fraudulent tax return shortly thereafter and obtained a fraudulent tax refund creating an IRS morass for my family. These crimes cost families over \$13 billion that year. Over 60 percent of all identity theft cases involved the use of an existing credit card or misuse of personal information by criminals. Certain groups are also more at risk of falling prey to identity theft. Households headed by 12-17 yearolds were most likely to be victimized, with the chance of victimization decreasing as age increased. However the likelihood of being targeted increased as family income increased. Households with an income of over \$75,000 per year were over twice as likely to be targeted as those making between \$35,000 and \$49,999.

Your vigilance is crucial to detecting and catching identity thieves. Stay on the lookout to prevent your family from being targeted. Be sure to regularly check your credit report to ensure that your account information is not being misused. Secure your family's financial records so they cannot be stolen or copied. Limit what you carry in your wallet or purse. Leave unnecessary documents and credit cards at home. Shred receipts, credit Continued on page 7





Karen Castor Dentel, PhD

Representative's Message

Karen Castor Dentel, PhD, Florida House of Representatives

It's spring time, which usually means the flowers are blooming (allergies are back!)

and spring break trips are being planned. But for me, spring means Legislative Session. March and April are busy times in Tallahassee as all of the Representatives and Senators formally convene in hopes of improving the lives of all Floridians. I'm looking forward to this session and want to tell you about a few of the bills I have sponsored.

As a school teacher and mom, I am especially proud of my bill named for Ethan Rediske. You may remember the tragic story of this 11-year-old boy who was receiving Hospice care, yet still required to take the state standardized test. Through painstaking paperwork, including a letter from Ethan's Hospice, his family applied for a test waiver from the Department of Education. It was eventually approved but sadly, Ethan died the following day. There are so many more families like the Rediskes; loving parents whose kids have complicated physical and cognitive disabilities, forced to take exams which are often developmentally inappropriate and sometimes even physically painful. I hope to offer them better options.

Some other bills I've co-sponsored affect the workplace. My Social Media bill prevents employers from requesting Facebook and Twitter passwords from potential employees as a requirement of their employment. Also, I support the Competitive Workforce Act which extends equal benefits, as well as the Helen Gordon Davis Fair Pay Act which prohibits gender-based pay discrimination in the work place. These changes will undoubtedly attract more businesses to Florida.

Also, Senator David Simmons and I hope to further protect victims of domestic violence. Our bills would keep the victims' new home and work addresses out of court documents, giving them an added layer of protection from their abusers. We are glad to carry these legislative priorities together, proving that safety is not a partisan issue.

And finally, my prenatal care bill offers prenatal care services for women who currently aren't eligible under state guidelines, giving their newborns the absolute best start for a healthy life.

I'm hoping for a very productive Legislative Session and am honored to represent you. If you would like to keep up with what's happening, tune in to the Sunshine Network or



view online at thefloridachannel. org. You can watch committee meetings and discussions on the House floor. To follow the progress of my bills as well as any others that are of interest to you, go to myfloridahouse.gov. Let me know your thoughts. I may be reached at Karen. CastorDentel@myfloridahouse.gov.

Laren

Karen Castor Dentel, PhD Florida House of Representatives

Continued from page 1

offers, bank statements, and prescription labels instead of throwing them away. Identity thieves may look through your trash to discover your personal information.

If you notice unexplained withdrawals from your bank account, unfamiliar charges to your credit cards, receive debt collection calls or medical bills for other people, or stop receiving your bills or monthly statements in your mail, your personal information may have been compromised. Immediately notify your bank and any other businesses associated with your compromised accounts. You can also place an initial fraud alert on your credit report by contacting each of the

three major credit reporting companies. If you notice strangers looking through your mail or going through your garbage, alert local law enforcement immediately.

I hope you will follow these tips to keep your identity safe. As always, my staff and I are available to answer questions you may have on identity theft or any other issue affecting Orange County. We can be reached at 407-836-7350 or by email at district5@ ocfl.net.

(ed & Edwards Ted Edwards

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Plein air, a French term meaning "in the open air," describes artworks painted outdoors with the subject directly in view, rather than being created in a studio. Plein air artists capture the spirit and essence of a landscape or subject by incorporating natural light, color and movement into their works.

Winter Park Paint Out 2014 Schedule of Events

Gallery and Gardens Open Daily Open House – free to the Public All Week Sunday April 20 through Saturday April 26

Sunday, April 20: "Artful Easter Celebration" from 1:00 to 4:00 p.m.

Monday, April 21: through Friday, April 25 10:00 a.m.to 6:00 p.m.

Tuesday, April 22: 10:00 a.m. to 8:00 p.m. Saturday, April 26:10:00 a.m. to 12:00 noon

Artists paint in the Polasek's sculpture gardens and at other locations throughout Winter Park and Orlando. Works will be on display and for sale as soon as they are completed and dropped off at the museum's wet room. All artwork may also be viewed virtually in "real time" online as they are created at www.winterparkpaintout.org.

Free Painting Demonstrations

Monday, April 21: 10:00 a.m. to 12:00 Noon Oil Painting Demonstration with Hai-Ou Hou "Expressivism 101"

Tuesday, April 22: 10:00 a.m. to 12:00 Noon Oil Painting Demonstration with Tom Bradshaw "Capturing Strong Color with a Limited Pallet"

Tuesday, April 22: 6:00 to 8:00 p.m.

Oil Painting Demonstration with Steve Andrews "Painting Mood in Plein Air"

Wednesday, April 23: 10:00 a.m. to 12:00 Noon Watercolor Painting Demonstration with Catherine Hillis

"Simplifying a Complex Scene"

Thursday, April 24: 10:00 a.m. to 12:00 Noon Oil Painting Demonstration with Natalia Andreeva "Color in Shadows"

Friday, April 25: 10:00 a.m. to 12:00 Noon Oil Painting Demonstration with Bill Farnsworth "Figures in a Landscape"



Other Special Events

An Artful Easter!

Sunday, April 20: 1:00 to 4:00 p.m.

Not sure how to spend your Easter afternoon once church is over and the brunch dust has settled? Grab your entire family and head to The Polasek for an Artful Easter Celebration in the spring gardens. On the first day of the 2014 Winter Park Paint Out, watch as the 25 selected plein air artists capture the people, gardens, color, and excitement of the afternoon before your eyes. It is possible that you may find yourself the subject of a work of art! Sunday kicks off an entire free week of admission at The Polasek.

Paint Out Welcome Reception (Artists, Hosts, Patrons, Sponsors) Monday, April 21:5:30 to 8 p.m.

Help welcome this year's artists during a private, catered event at the Polasek Museum. This is an opportunity to meet and talk to artists about their work and their plans for the upcoming event. Please contact the Polasek Museum at (407) 647-6294 for more information about becoming a Paint Out Patron or Sponsor.

Sunset "Paint In" Wednesday, April 23:6 to 9 p.m.

The public is invited to come by as the Paint Out artists gather on the shore of Lake Maitland, at the Winter Park Racquet Club. There they will

Above, artist Steven Jones paints "in the open air."

capture a beautiful Florida sunset. Cuisine and cocktails available in the Club House. The Winter Park Racquet Club is located at 2111 Via Tuscany, Winter Park, Florida 32789. This is a public event, everyone is welcome!

Artists and Patrons Private Reception Thursday, April 24:6:30 to 8:30 p.m.

The Polasek board of trustees hosts a private event evening meal for Sponsors, Patrons, Hosts, and the artists. Located at the historic Woman's Club of Winter Park, this mid-week repast is a unique opportunity to talk to the artists about their work. Directly following the event, artists are welcome to step outside the Club House and onto vibrant Park Ave at night for informal nocturne painting. The Woman's Club is located at 419 S Interlachen Ave, Winter Park, FL 32789, two blocks from Park Avenue's nighttime atmosphere. You just might want to stay up late to watch! Please contact the Polasek Museum at (407) 647-6294 for more information about becoming a Paint Out Patron or Sponsor.

Paint Out Garden Party Saturday, April 26:6:00 to 9:00 p.m.

The Garden Party is a special night "en plein air" at The Polasek Museum and the gardens at twilight. Celebrating the masterful works of the Paint Out artists as the 2014 Winter Park Paint Out comes to a close. Meet the artists from this year's event and see the entire exhibition of over 400 works of art, while enjoying great food and company. A shuttle will usher guests to and from, providing free event parking. Tickets are \$50 in advance and \$80 if available at the door. VIP Reception exclusive preview begins at 5 p.m. for Sponsors and Patrons. Tickets will be available online www.polasek.org, or call the Museum at (407) 647-6294.

2014 Winter Park Paint Out Participating Artists

Natalia Andreeva, Tallahassee, FL Steve Andrews, Tallahassee, FL Linda Apriletti, Miami Springs, FL Irina Kovnacka Ashcraft, Winter Springs, FL Stephen Bach, Orlando, FL

Stacy Barter, Winter Park, FL

Thomas Bradshaw, Smithfield, VA
Hiu Lai Chong, Rockville, MD
Matthew Cornell, Orlando, FL
Kathleen Denis, Tavernier, FL
Charles Dickinson,
St. Augustine, FL
Elisabeth Ferber, Orlando, FL

Bill Farnsworth, Venice, FL
Robert Frank, Tripp City, OH
John Guernsey, Marietta, GA
Catherine Hillis, Round Hill, VA
Hai-Ou Hou, Stevensville, MD
Stewart Jones, Orlando, FL
Richard Lundgren, Jacksonville, FL

Morgan Samuel Price, Orlando, FL Jeff Ripple, Micanopy, FL Gary Rupp, Winter Park, FL Don Sondag, Maitland, FL Shelia Thornton, Venice, FL Cory Wright, Apollo Beach, FL



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1801 Lee Road – Suite 115 • Winter Park, FL 32789 www.NewBridgeRecovery.com



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Orange County Mayor's Message

Mayor Teresa Jacobs



Mayor Jacobs

Greetings,

As we enter the Year of Transformation, we continue to cultivate our efforts to make our region the best place in the

world to live, learn, work and raise a family through our Sustainability Plan, known as "Our Home for Life."

The historic grand opening of Orange County's new SunRail train station at the City of Winter Park this month is the perfect example of our local, state and federal partners planting the seeds to bring a monumental transportation project to our region, creating thousands of jobs and billions of dollars in economic benefit, not only in Orange County, but also Central Florida. I joined Congressman John Mica and Winter Park Mayor Ken Bradley at the event, and spoke about how this extraordinary high capacity transportation system will transform our region and help to sustain economic prosperity to our

In preparation for the transformation of Amtrak's Winter Park Station to a multi-modal SunRail station, beginning in 2008, a number of community visioning charrettes

were held to generate ideas for a design that would be reflective of Winter Park's

well-known hometown feel and iconic old world charm. Happily, the new train station incorporates that feel and brings the community's vision to life. The station, located at 148 W. Morse Blvd., will serve both Amtrak and SunRail passengers and will improve roadways and our opportunities for smartmanaged growth.

SunRail is funded and supported by the Florida Department of Transportation, in cooperation with the federal government and Orange, Seminole, Volusia and Osceola counties and the City of Orlando. SunRail will run along a 61-mile stretch of existing rail freight tracks in the four-county area. For more information, including the just-published SunRail schedules, please visit http://www.sunrail.com/ or http://www.orlandoedc.com/Data-Center/Transportation/rail.shtml.

The long-term economic impact

of this commuter rail transit project is a testament to Orange County's strong relationships with our transportation partners, the business community and the many citizens who continue to support this transformational project in Central Florida. I encourage you to learn more about the success of our transportation projects in my 2013 Year in Review released earlier this year.

As many of you know, my top priority as mayor is to continue on our path of transformation and sustainability during the coming years. I will share more about our successes during my annual State of the County address in June.

Already, the region's robust Modeling, Simulation and Training (MS&T) sector and our strong life science and tech industries have made a profound impact on the creation of high-wage and high-value jobs in Central Florida. The Army, Navy, Marines and Air Force, are at the core of our simulation and training industry, contributing nearly \$5 billion to Florida's gross state product, nearly 30,000 hightech jobs, with salaries averaging \$70,000 per year. When combined, with indirect and induced jobs, the industry employs more than

60,000 citizens who call our region home.

Lake Nona
Medical City
and our life
science sector
also plays an
significant
role in the
development of
our economy creating
nearly 30,000

jobs with \$2.8 billion in annual wages, generating \$460 million in annual tax revenue and spurring \$7.6 billion in annual economic activity for the region.

I am proud to report that our diverse industries, economic development collaboration, innovative technologies and medical breakthroughs in Orange County have placed our region in the national spotlight again! Citing the region's median average salary and a 5.76 percent unemployment rate, Orange County's City of Orlando ranked No. 9 on Forbes' 2014 list of the fastest-growing cities in the U.S. As of December 2013, the unemployment rate for Orange County is 5.4 percent.

I thank you for your continued support and for staying connected with your government.

Sincerely, Teresa Jacobs Orange County Mayor



- CRM has three conveniently located offices throughout Central Florida.
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The Physicians and Clinical Staff of CRM are proud to announce the newest member to the clinical team - Celso P. Silva, M.D., a nationally known Board Certified Reproductive Endocrinologist, who is also fluent in Spanish and Portuguese.



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Winter Park Health Foundation Celebrates 20th Anniversary

More than 100 past and present Winter Park Health Foundation (WPHF) trustees, and leaders from major WPHF community partners, gathered last month at The Alfond Inn in Winter Park to celebrate the Foundation's 20th anniversary and to hear Mayor Ken Bradley proclaim March 1 as Winter Park Health Foundation 20th Anniversary Day.

Patricia Maddox, WPHF president & CEO, also used the 20th Anniversary celebration to announce WPHF was awarding a total of \$20,000 in grants to local nonprofit organizations to help boost the health of the community. But, in a unique twist, she told guests they were getting the chance to decide how the funds would be disbursed.

Each invitee received a \$200 "grant gift card" to use in designating contributions to one or more of



Mayor Howard Schieferdecker of Maitland; Lisa Portelli, WPHF program director; Mayor Ken Bradley of Winter Park; Jill Hamilton Buss, exec. director of Healthy Central Florida; and Mayor Bruce Mount of Eatonville.

20 non-profits selected to benefit from this unique grant in commemoration of the Foundation's 20th Anniversary. To "spend" the gift card, the user goes online to a special registry to designate which organizations they would like to receive the funds. "We thought long and hard about how to properly honor our valued trustees—old and new—who have given so much to the community," explained Ms. Maddox. "We decided providing them with gifts they could then share with the community would be a unique and appropriate way to do so."

In honor of the anniversary, WPHF also premiered a new logo and a new website that reflects the WPHF anniversary theme:Inspiring Healthy Communities. The website-www. wphf.org - is designed to inspire and empower visitors to join the foundation in its work to create a healthy community. The foundation will also have an increased presence on social media platforms including Facebook, YouTube, Twitter and Pinterest to reach even more readers and viewers.In addition, the WPHF recently launched an e-newsletter to community leaders, stakeholders, partners and anyone interested in keeping up with foundation news, activities and other information of interest.

For additional information please visit www.wphf.org.



Mayor Bradley presents proclamation to Patty Maddox (president & CEO of WPHF) and George Herbst (chairman of the WPHF board of trustees)



Dave Stanley (principal of the WPHS Ninth Grade Center and WPHF trustee), Debbie Watson (WPHF vice president) and Toni Jennings (WPHF trustee)

Thank You for Your Support!

It is my honor to continue serving the citizens of District 3 and the Great City of Orlando for four more years. As I have during my last two terms as your city commissioner, I will continue to support public safety and smart growth for our neighborhoods. With your help, our city has weathered very difficult economic times. As we look toward a more prosperous future, I'm confident in all we can accomplish together.



As you have heard me say at almost every community meeting, "I'm humbled to serve the citizens of Orlando and District 3. It's a privilege I don't take lightly and one that I accept with great humility."

THANK YOU...for your confidence and support!

WWW.VOTESTUART.COM

Political advertisement paid for and approved by Robert Stuart, non-partisan, for Orlando City Council, District 3.

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From The Desk Of The New Diamond Dawgs GM

Dear Diamond Dawgs Fans,

Hello, my name is Mitchell Adams and I am honored to be the new general manager of the Winter Park Diamond Dawgs. I first broke into the Florida Collegiate Summer League back in the summer of 2011 as the team journalism intern. Now, I am a recent graduate of the University of Central Florida and am thrilled to be back in the league for a second year, delivering the front office game plan for the Diamond Dawgs. Before I continue, I would like to sincerely thank Florida League president Rob Sitz and head coach Kevin Davidson for giving me this opportunity. In the first decade of Florida League play, the Dawgs have always compiled one of the most talented teams in the league year in and year out. I hope to make this the best year yet for our fans, community, coaches, players, fellow Florida League employees, and interns!

We have a fantastic coaching staff led by head coach Kevin Davidson. "KD" is returning for his fourth season as head coach of the Dawgs. His first three seasons have been filled with a ton of success, fielding teams that have been consistently ranked in the Perfect Game Top 25 College Summer Rankings. Some of the best players in the league suit up for the Dawgs, including twelve players drafted into Major League Baseball, thirty-one Florida League All-Stars, three Florida League CY Young award winners, and two Florida League MVPs. Last year the Dawgs brought home the Florida League championship, the third overall in team history and KD's first title as head coach. KD will be supported by assistant coaches Scott Hilinski, Kevin Gallaher, Matt Allegra, and Joe Bellini. I am lucky to be able to say that I have had the privilege of working with all of them and look forward to doing so again this summer. They are truly top-notch people and coaches, I can't say that enough. Also, I am pleased to announce that former MLB player and manager, Davey Johnson, will be on the staff this season! Welcome back to the Florida League, Davey, and welcome aboard the Diamond Dawgs!

There are many ways for our fans, and the community as a whole, to get involved with the team. We are always looking for sponsors, host families to help house players, team meals for players after the games, and members for our team advisory board. Every little bit will help the team succeed. You can expect to have fun, family entertainment and see exciting, winning

baseball at our games, so be sure to come on out.

KD and I are erry excited for

very excited for the 2014 season and look forward to defending our title.

Join us for our home opener on June 4. Come fall in love with the Dawgs the way I did when I first got my start with the team. Please feel free to contact me. I would love to meet you, hear your thoughts, and hope to see you out at Alfond Stadium this summer. Thanks again for your support! Go Dawgs!

Respectfully,

Mitchell Adams GM-Winter Park Diamond Dawgs MAdams@FloridaLeague.com

The Brookshire Bash Was A Smash!

In January 2014, the Brookshire Elementary Fund held their annual Silent and Live Auction fund raiser, dubbed "The Brookshire Bash." The theme this year was "The Year of the Bulldog." Attendees reveled in the themedecorated Winter Park University Club, while enjoying Asian fare and bidding on hundreds of items donated by generous businesses and individuals in the community.

This event netted nearly \$30,000

CAN YOU HELP US DELIVER HOPE FOR THOSE

IN NEED?

In January 2014, the Brookire Elementary Fund held their nual Silent and Live Auction and raiser, dubbed "The Brookire Bash." The theme this year as "The Year of the Bulldog." for the local elementary school fund. Proceeds will be used to purchase interactive student response systems in order to fully utilize Smartboards already installed in their newly-built classrooms.

> This fundraiser would not have been so successful without the assistance of Platinum sponsors, Orlando Kia and the Alexander Financial Group; as well as Gold Sponsors, the Gardner Family, Averett Warmus Durkee, and AccuAir.

NATION'S LARGEST FOOD DRIVE

WHILE HELPING MILLIONS OF

AMERICANS

CELEBRATES ITS 22ST ANNIVERSARY

On Saturday, May 10, 2014, Central

Florida letter carriers will take

Get Involved By Volunteering On A Winter Park City Board

If you are interested in learning more about city government, one of the best opportunities to do this is by becoming a city board member. Depending on your area of interest, background and experience, Winter Park may have the perfect board for you. The city relies on the recommendations of its boards as it makes major decisions that impact the quality of life for its residents.

Each year the mayor reviews the applications, and in May the mayor presents his slate of board appointments for the city commission's consideration and confirmation. Currently, there are positions open for the following boards:

- Board of Adjustment
- Code Enforcement Board
- Community Redevelopment Advisory Board
- Ethics Advisory Board
- Keep Winter Park Beautiful & Sustainable Advisory Board
- Lakes & Waterways advisory Board
- Parks & Recreation Advisory Board
- Pedestrian & Bicycle Advisory Board
- Tree Preservation Board
- Utilities Advisory Board
- Winter Park Police Officers' Pension Board

If you are interested in volunteering to serve on a city board, please fill out the Board Application Form found online at cityofwinterpark.org and click on Government > Boards. Applications must be submitted by Friday, April 18.



It's Time for your Air Conditioner Check Up!



To help **Stamp Out Hunger** this year, we're calling on Central Florida residents to **leave a sturdy bag containing non-perishable foods** - such as canned soup, canned vegetables, pasta, rice or cereal - **next to their mailbox**

prior to the time of regular mail delivery on Saturday, May 10, 2014. Local letter carriers will collect these food donations as they deliver the mail and

For more information please visit www.nalc.org

take them to Second Harvest Food Bank of Central Florida.

Stamp Out Hunger!



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Edgewater High School 2014 Hall Of Fame Class

The Edgewater High School Foundation announces nine distinguished individuals to be inducted as the third class of The Edgewater High School Hall of Fame on April 12, 2014.

The Hall of Fame was established in 2010 by the Edgewater High School Foundation to honor EHS alumni and supporters who have accomplished excellence in high school and who have distinguished themselves through virtue and integrity in at least one of six categories: Arts, Academics, Athletics, Professional, Community and Eagle Spirit.

The 2014 honorees are:

- **Bob Dolce** (deceased); A former Edgewater High School athletic director, coach and teacher at EHS, Dolce led EHS football to metro conferences, state playoffs and was inducted into the Metro Conference Hall of Fame in 1982.
- Dennis Cone (Class of 1965) Cone founded the PCA (Professional Caddies Association), with over 17,100 educated and trained loopers worldwide,;The 105th inductee into The "Caddie Hall of Fame;" past president of the Junior Golf Association of Central Florida, founder/CEO of the World Caddie Headquarters/PCA Helping Kids and the Game Along the Way; co/author of two books, including "Think Like A Caddie, Play Like A Pro" and "Improve Your Game" (with a forwards by Arnold Palmer, Gary Player and preface by Ben Crenshaw).
- Tony Imbriani (Class of 1983) Imbriani has devoted 34 years of his life to coaching Edgewater High School wrestling, from 1980 to present. He has been has been a part of every wrestling team championship in Edgewater's history and career record for matches is 246-57. Coach Imbriani has had an even bigger impact mentoring the wrestlers he has coached.
- **Norm Lewis** (Class of 1981) Lewis has been an opera singer/actor performing on Broadway



for over 20 years. A Tony-nominated performer, his credits include performances in "Les Miserables," "Miss Saigon," "Dream Girls," "Porgy & Bess," and more. Guest Singer/Actor Norm Lewis

appearances in TV shows such as "The Cosby Show," "As The World Turns," and "All My Children."

- Roy Anderson "Chip" Lilley (Class of 1976) (deceased) Lilley was one of the founding partners of CNL Commercial Real Estate in Orlando after many years of employment with Trammell Crow Co. and Flagler Development Co.
- Cindy Zellner Mackinnon (Class of 1960) Mackinnon has served on the boards of several



Circuit Judge Cynthia Z. Mackinnon

community non-profit organizations including 4C and the Winter Park YMCA. She also served as president of the Junior League of Greater Orlando, and was first vice president of the International Association of Junior Leagues.

Mackinnon was on the inaugural staff of Valencia Community College as an English professor and later was the first paid executive director of Hospice from 1979-1982. Mackinnon began law school at age 39 and not only became a lawyer, but was later appointed to the bench (Florida 9th Circuit Court) in 1993 by Governor Lawton Chiles, which she served until retirement in 2010. She continues to serve our community in many ways, including as a volunteer in the Neonatal Intensive Care Unit at Winnie Palmer and becoming a Certified Hospital Chaplain.



• Mark NeJame (Class of 1972) – a trial attorney, businessman, television legal analyst and philanthropist based in Orlando, Florida, Mark

Attorney Mark NeJame

founded NeJame Law in 1995, continuing to collect headlines with his work on high-profile criminal and civil cases. In 2010 Mark and his wife, Josie NeJame, launched a not-for-profit organization, Runway to Hope, and have raised millions for pediatric cancer research and assistance.

- Scott George (Class of 1979) Scott is the senior pastor of Pinecastle United Methodist Church in Orlando and also co-founder of Community Food & Outreach Center in Downtown Orlando; an innovative and cutting edge nonprofit that serves thousands of families each month with food, medical care, crisis intervention and education.
- **Bob Swoszowski** (1957) Recognized in Georgia for business success in his community service,



Bob Swoszowski

and educational advocate, Bob was one of the youngest owners/operators of a McDonald's franchise and is being recognized for his 40-years of service in the industry and with McDonald's in 2014.

The Edgewater High School Foundation board will also induct staff and teachers in to the "Quarter Century Club," implemented to honor a teacher and staff member presently or previously having worked at Edgewater for more than 25 years!

A reception and induction ceremony will be held on Saturday, April 12, 2014 at Edgewater High School. To purchase tickets (\$75.00 per person) or a corporate sponsorship (\$1,000), contact Lynette Earley, EHS Hall of Fame committee co-chair, at Edgewater High School, Orlando, Florida 32804, or email lbearley@aol.com or call the school at 407-835-4900, ext.606-2223.

A permanent display of honorees will be presented in the new O. R. Davis Auditorium. Proceeds from the sale of tickets to The Hall of Fame Induction Ceremony will go to The Edgewater High School Foundation.





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Free Outdoor Family Concert "Peter & The Wolf And Other Musical Stories"

On Saturday, April 12, the Orlando Philharmonic Orchestra will perform "Peter & The Wolf and other Musical Stories," a free outdoor family concert in Loch Haven Park (Princeton Ave and 17-92, Orlando), sponsored by Dr. Phillips Charities, in memory of Della Phillips. The event will include food trucks and an instrument petting zoo beginning at 4:30 p.m., pre-concert entertainment by Mr. Richard & The Pound Hounds at 4:30 p.m., and a 6 p.m. concert of animal-themed music by the Orlando Philharmonic Orchestra, with a special actor/narrator from Orlando Repertory Theatre.

Conducted by Paul Hostetter, the concert will feature a combination of classical and contemporary storytelling music, including works by Felix Mendelssohn, Aaron Copland, Maurice Ravel, and Nikolai Rimsky-Korsakov as well as contemporary composers Andrew Lloyd Webber and Elton John. After a brief intermission, the orchestra will perform the children's classic "Peter and the Wolf," complete with narration and opportunities for audience participation.

The orchestra last performed in Loch Haven Park in 2012 for their Star Spangled Birthday concert, an

event that attracted over 1500 audience members.

The concert is funded by Dr. Phillips Charities, with additional sponsorship from Florida Hospital Government and Health Policy, and The Christ School. The concert will be performed in honor of Della Phillips, the wife of early citrus pioneer, Dr. Philip Phillips, once the largest producer of citrus in the world. Mrs. Phillips was known for her love of classical music, especially works by Mendelssohn, and for hosting outdoor concerts on the lawn of the Phillips family home on Lake Lucerne in downtown Orlando. Mrs. Phillips' interest in music stemmed from early training in piano and music theory while attending private schools in New Orleans and Mobile.

"Della Phillips shared her love of classical music with family and friends by hosting performances of many world class musicians on the lawn of the Phillips family home," said Ken Robinson, President of Dr. Phillips Charities. "Dr. Phillips Charities is pleased to renew this tradition in her honor with sponsorship of the "Peter & The Wolf and Other Musical Stories." We hope this family-friendly event will introduce classical music to a whole new audience in the Central

Florida community and not only entertain, but intellectually stimulate, children and adults alike."

This is a family-friendly, alcohol-free event. Attendees are encouraged to bring their own picnics and seating. Leashed pets are permitted in the park. In the case of rain, call the Orlando Philharmonic Box Office to confirm the concert will take place as scheduled.

For more information please visit www.Orlando-Phil.org, or call 407-770-0071.



Photo by Jeff Adams, courtesy of the Orlando Philharmonic Orchestra

Second Annual Miles For Milk 5K And Family Walk

In the coming months the first Milk Bank of Florida will become a reality and be located in the heart of Central Florida. The Mothers' Milk Bank of Florida (MMBFL) is a non-profit 501(c) (3) donor human milk bank in development under the guidelines of the Human Milk Banking Association of North America (HMBANA). The goal of the MMBFL is to ensure that premature and at-risk babies in Florida have access to donor human milk.

Human milk is optimal for human babies nutritionally and immunologically. Studies have consistently established that breast milk can reduce infant mortality, infections, length of hospitalizations, and hospital readmissions, and improve neurologic and developmental outcomes of extremely low birth weight infants. When maternal breast milk is not available, research has shown that donor breast milk (DBM), as opposed to formula,

confers many of the advantages of maternal breast milk. The Mothers' Milk Bank of Florida holds the promise of a reliable supply of safe, pasteurized human breast milk for Florida babies in peril. With the high incidence of premature births in Florida that time has come to make the Mothers' Milk Bank of Florida a reality.

Help the babies of Central Florida by supporting the second annual Miles for Milk on Saturday, May 10,



2014 at Bill Fredrick Park at Turkey Lake, Orlando.

With more than 10,000 babies born prematurely in Central Florida, you can support them by coming out or becoming a virtual walker. Together we can help provide antibodies for little bodies! Together we can make a difference!



Summer Creativity Camps

Studio Art Sessions for Students Entering Grades 1-8

JUNE 9 - AUGUST 15, 2014

Help your kids broaden their horizons by enrolling them in one of our camps. These popular classes offer something for every budding artist!

Giving children a strong base within the arts teaches practical skills, self-discipline, confidence, creativity and critical thinking and provides an outlet for artistic expression.

They'll be having so much fun, they won't even notice all of the other positive effects. Plus, you'll absolutely adore the "masterpieces" they'll bring home to you from camp.

Kids are IN here!

REGISTER TODAY!



www.omart.org/education/art-camp



The Park Press | APRIL 2014 14 **BUSINESS**

fiscal fitness by John Gill

Should I Start Investing?

Although it does not feel like it to many, the Great Recession, as classically defined, has been over for at least four years. A review of

most economic data reflects continued economic growth and a reduction in unemployment. Increased spending by consumers is reflected in the growth of personal consumption and increasing levels of consumer debt. The stock market is trading at record levels and businesses are making investments in their operations.

These factors are indicators of confidence in the economy and the future. As has been discussed in past columns, the economy is based on psychology and the psychology is positive lately. Is it positive enough to begin investing on a personal level?

My initial thought is it's always time to invest. That, of course, is the theoretical answer or the answer of an investment professional. But what is the practical answer? The practical answer is not straightforward. Here's why.

In the perfect, theoretical world, savings and investing would not have stopped. But textbook perfect is not how life is lived. Life is not linear and that is pretty clear to most of us.

The last few years have produced a challenging economic situation. It has required people to make choices never before anticipated. Savings and investing have not been a priority as many have focused on maintaining the basics, food, shelter and transportation. As the economy has slowly improved many are feeling cautiously optimistic about the future.

For most of us, this is as good a time as any to begin or restart investing efforts. There are several items to consider especially if you have not invested before.

First, determine your tolerance for risk. What level of risk are you willing to accept for a certain return? When you open an account to begin investing, the firm will present a survey to help determine which investment(s) or investment strategy is most suitable for your particular situation. The suitability survey will take into account the level of risk acceptable to your particular situation.

Next, determine how much you have to invest. For many the best approach is to determine a monthly amount and open an account that allows for systematic investing. Systematic investing allows for the same amount to be invested each month. The beauty of systematic investing over the long term is that the average cost of the investment

tends to be lower compared to buying investments periodically. Shares are purchased when the market price is high and when the market price is low. For example, if someone was able to keep investing while the market was in bad shape, they would have accumulated more shares during the down period compared to now when the market is at record levels.

The next item to consider is which investment vehicle to purchase. For the vast majority that would be some conventional financial investment such as stocks or bonds. Real estate or other hard goods such as precious metals might fit the bill, but the level of expertise required and the liquidity needed by most investors may eliminate these instruments from the discussion. However there are mechanisms that can allow for the purchase of these for the mainstream investor. As a point of reference, when I use the term liquidity, that is referring to how quickly something can be turned into cash.

Stocks and bonds can be purchased individually, through mutual funds or as exchange traded funds. With today's brokerage accounts all of these can be purchased in a systematic fashion. A share of stock is a unit of ownership in a company. The return from a share of stock is the anticipated growth in the share price and possibly dividends paid from the net income of the company. A bond is an IOU, the investor has

loaned the company money and will received an interest payment which is the investment return.

The individual share or bond purchase is just that. It is one share of stock or one bond in a specific company. When a mutual fund is purchased, the investor is buying into a pool that owns stock and bonds from many different companies. The investor is buying one share in the investment pool. The Exchange Traded



Funds are similar to mutual funds.

One advantage mutual funds and ETFs have over individual stocks is diversification. Because mutual funds and ETFs have financial professionals managing them, they generally provide a level of diversification that is difficult to achieve with individual stocks and bonds unless someone holds a sizable portfolio. Also, mutual funds and ETF allow for the purchase of an interest in organizations that engage in other investment areas such as real estate and precious metals. This provides a diversified way to invest and diversification is a key consideration in the fiscal fitness of an investment portfolio.

of financial interest you would like to see at 407-353-0594 or send email to FiscalFitness@ ymail.com. Follow John on Twitter, @john_gill1.

WFTV Pabe



Fämily

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David Holbrook

Regional Manager | NMLS# 280449

DHolbrook@WaterstoneMortgage.com

Waterstone-FL.com/David-Holbrook





Business In The Parks

Phil Kean was named 2013 National Custom Home Builder of the Year by the National Association of Home Builders (NAHB). Kean, president of Phil Kean Design Group and WAYCOOL Homes, LLC, was presented with the award during the 2014 International Builders' Show in Las Vegas. "Phil Kean is an exemplary representative of the home building industry. He has been a pacesetter in leadingedge design and has shown commitment to excellence in 'green' building", says Scott Merritt, CEO of the Home Builders' Association of Metro Orlando. "Phil deserves this recognition due to his positive leadership, integrity and professionalism as an architect and builder, and generosity to the industry and community."

Cuhaci & Peterson Architects, Engineers, Planners,, based Orlando's in Baldwin Park, recently hired a new graduate arother staffers.

.......



Dusty Lake chitect and several Lonnie Peterson, chairman at Cuhaci & Peterson, said Dusty Lake, a recent graduate of Ball State University with a masters in arhas chitecture, joined the firm. Other new hires include **Beth** Agustin and Patricia Claviio,

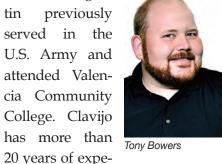
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Patricia Clavijo



of South Florida with a bachelor's degree in mechanical engineering, has six years of experience; and Molli Lindsey was named permitting coordinator and is a graduate of Sanford-Brown Institute with three years of experience.

Trust Across America-Trust **Around the World (TAA-TWA) has** once again named Roy Reid, executive director of communications for the University of Central Florida College of Business, among the "Top 100 Thought Leaders in Trustworthy Business Behavior." Reid is cited for his innovative work within the business and educational community. Trust Across America places him among other experts who have made significant impacts on organizational operations and trust, including entrepreneurs, top advisors and CEOs for companies such as Starbucks and Edelman. He also received this honor in 2013 for his work at Consensus Communications, and for the success of his program "Outrageous Trust" which focuses on managing trustworthy relationships within an organization to stimulate positive growth. Roy Reid has been with the University of Central Florida College of Business since August 2013.

The law firm that G. Bruce Hill cofounded in has changed its name to Adams, Hall, Schieffelin & Smith, P.A. to reflect the retirement of Hill later this year and the elevation

of shareholder Brian L. Smith to named partner. Smith joined the firm in 1998 following his graduation cum laude from the Brian L. Smith



University of Miami School of Law. He also holds a Bachelor of Arts in Political Science from the University of North Carolina. Smith's practice is devoted to medical malpractice litigation including appellate law, health care antitrust, hospital law and nursing home litigation in addition to insurance defense for clients in the aviation industry. He is licensed to practice in Florida and North Carolina.

Easter Seals Florida (ESF) is pleased to announce that Ron Lambert, CFO for the Winter Park Health Foundation (WPHF) has rejoined the Orlando-based non-prof-

it organization's advisory board, after a brief hiatus. Lambert served on the ESF board from 2005 to 2009. As



CFO to a \$100 Ron Lambert

million investment portfolio at the foundation, Lambert is knowledgeable in donor relations and he will share his financial acumen with Easter Seals. The Winter Park Health Foundation has a long-standing relationship with Easter Seals and has supported many of the non-profit's endeavors including the development of the Sensory Garden at Day Break at the Miller Center. Lambert graduated from Bryant College in Rhode Island with a B.S.B.A. in accounting. In addition to serving on the board at Easter Seals, Lambert lends his support to the Central Florida YMCA Finance Committee, YMCA-Center for Health & Wellness Board of Management; he is a part of the Leadership Winter Park Alumni Council, and was the president in 2004; and he is a member of the Foundation Financial Officer's Group.

Emily Johns has joined the Financial Harvest Wealth **Advisors** team as our operations specialist.



Emily Johns

Governor Rick Scott recently announced the appointment of John Crossman to the Valencia College District Board of Trustees. Crossman is the president of Crossman & Company, has served as a member of the International Council of Shopping Centers Foundation Board and as the president of NAIOP Central Florida. Crossman received his bachelor's degree from Florida State University and was inducted into the College of Business Hall of Fame in 2013. He succeeds Jerry Buchanan and is appointed for a term beginning February 28, 2014, and ending May 31, 2017.

Easter Seals Florida (ESF) is pleased to announce that 18-yearold Christopher Beck, a senior at Lake Highland Preparatory School, has been appointed to the Orlandobased non-profit organization's advisory board. He is the youngest person ever to be appointed to the board. Beck has worked with ESF, which specializes in services and programs for children, adults and veterans with disabilities and special needs, for several years. His Eagle Scout project was the creation of a sensory garden at Day Break at the Miller Center, an ESF facility in Winter Park, which provides care, therapy activities and wellness services for adults with physical and mental disabilities like Alzheimer's disease and dementia. Beck has an interest in plant growth and his ideas for the garden were supported by a \$20,000 grant from the Winter Park Health Foundation. He engaged the Garden Club of Mead Gardens and fellow scouts from the Boy Scouts of America to complete the project.

Henin Realty, a division of the Henin Group, recently celebrated its 20th anniversary in business.

In 2013 Henin Realty, based at 2300 Lee Rd. in Winter Park, ended the year with \$15 million in sales, which is



double the firm's Elizabeth Henin

sales figure for the previous year. Elizabeth Henin is president of Henin Realty and Jerome Henin, principal of the Henin Group, parent company of Henin Realty, is the realty company's broker of record.









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



Aveaba C. Bullack

PB & J

April 2nd is National Peanut Butter and Jelly Day.

So, in honor of this epic combo, I figure I'll talk about connections and relationships.

I know. Kind of a lofty concept to cover in 700 words, but it's really not something we can ignore either. To me, relationships are about the most important thing we do. The connections we make, the emotions we feel, the bonds we foster, and the growth we nourish in concert with another human being are the grounding forces in our lives.

Starting with our earliest understandings of what attachment and connection mean, with our parents, and extending to our siblings, friends, schoolmates and social circle, we are taught to believe and expect certain things from other people. Sometimes those connections have been tainted from a very early time, sometimes they help us to build sturdy structures of trust and acceptance, but no matter what they are, we begin to evolve and change as a result of them.

Human beings cannot live in a vacuum. We require connection and love and touch and understanding to thrive. (Hence why solitary confinement is about the worst punishment our system can levy.) We yearn for understanding, nonjudgmental acceptance and a sense of worthiness and belonging. We find ourselves looking for any matter of salve to heal the wounds of those who have not understood or accepted us, and we even

sometimes get ourselves in trouble in pursuit of those who might.

Whether we discuss peer relationships, work relationships, familial relationships or love relationships, in some ways what we're looking for is a lot of the same things. We hope for a sense of acceptance and connectedness, we try to create an inclusive belonging, we look for an emotional attunement and kinship, and we need to feel love.

A lot of people wonder what love is. Much like we wonder what 'happiness' is... How do we describe it – what does it mean – how do we find it? For me, happiness is sort of a sense of wholeness and peace. An equanimity and calm that allows for me to be who I am and others to be who they are, and for joy and wonder to visit in the manifestations of our lives together and apart. In a lot of ways, I believe love has a similar meaning. For me, to love and be loved are about the greatest gifts we can give and receive in the world as we know it.

Everyone wants it; no one can really feel that they have too much.

But, we can certainly feel like we don't have enough. Or at least that we don't have enough of the 'right' type of love. That is, the whole, never judging, never assuming, never constraining, never rejecting kind of love. The kind of love, I mean, that rejoices in our own development and in the growth and peace of one another.

So, before I get any further out into the enigmatic world of feelings and abstractions... my question for you would be:

Who is the Peanut Butter to your Jelly? Who are the people in your world and in your life to whom you have opened yourself up and allowed yourself to truly be vulnerable and

'seen'? Who are the 'counterparts'

or 'soulmates' of your life who know how you feel and what to be for you just by the first syllable of the conversation? In whom have you cultivated

this kind of love? In whom have you missed the opportunity to cultivate this kind of love? Are there relationships in your life that you have not given the proper chance? Are there relationships in your life to which you've given too

many chances?

Be it friend, sister, family or spouse – from where are you getting the love you need? Is it enough? Have you allowed for it to be? Is it time for

more? Ask for it. Believe in it. Cultivate it. Find It...

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 Internand can be reached at ayesha@livemeaningfully.net or 407-796-2959.

Business Spotlight

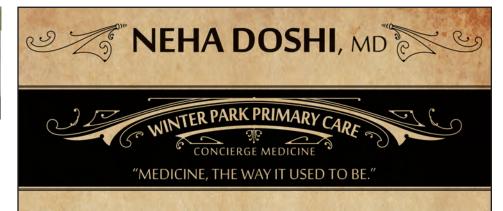
Type 2 Diabetes: Our Ongoing Epidemic By Dr. Neha Doshi, MD

It is being said that more than half of all Americans may develop diabetes or pre-diabetes by 2020, unless preventative strategies aimed at healthier eating and increased exercise are widely implemented. The current number is 8.3% which is almost 26 million people (of which 7 million do not even know they have it). Prevention of pre-diabetes means weight reduction via nutritional counseling and exercise, but most insurance plans don't cover these. These are covered once you have diabetes, but it is much better to prevent it from occurring in the first place! Insurers need to cover screening for pre-diabetes and prevention treatments for the entire population if this urgency is to be addressed.

Just briefly, type 2 diabetes is defined as any 2 fasting sugars >126 or any one BS >200. A normal BS is < 100, so any sugar higher than this indicates at least pre-diabetes. Please contact your doctor if you think you may have had an abnormal blood sugar. Unfortunately, most of our blood work tends to be done fasting; with pre-diabetes, the earliest blood sugars to be abnormal are POST-meal. By the time the fasting sugar is elevated, the issue may have already been going on for a few years. So if you have a strong family history of diabetes, consider asking your doctor for a post meal sugar check or a Hemoglobin A1c (which gives you a 3 month average of your sugars).



Dr. Neha Doshi is a Primary Care Physician and is Board Certified in Internal Medicine. Her practice, Winter Park Primary Care is located at 1341 Orange Ave., Winter Park, FL 32789. She can also be reached at 321-285-6363 or dr@nehadoshi.com



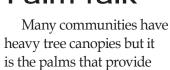
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Call 321-285-6363 to schedule your no-obligation "Meet and Greet" with Dr. Doshi at Winter Park Primary Care. The Park Press | APRIL 2014 IN THE GARDEN

$\mathsf{In}\ \mathsf{the}\ \mathsf{garden}$ by Stephen and Kristin Pategas

Palm Talk



the tropical look for which

Stephen & Kristin Pategas

Central Florida is noted. Palms have different requirements than trees and many problems can be eliminated by understanding how palms grow and the do's and don'ts of palm maintenance.

Palms grow either as single or multiple trunks and a few grow without forming any trunk and their fronds stay close to the ground. The shapes of the fronds of most palms are one of the following three types:

- Pinnate, with the structure of a feather with a center mid rib (pindo or queen palm)
- Palmate, with the shape of an open hand with fingers extending from the palm (saw palmetto or European fan palm).
- Costapalmate, with a palmate look but with a stem extending part way into the frond (sabal palm).

Palms need their fronds to generate energy for proper growth and all healthy green fronds should remain on the palm. Instead of having wasteful and harmful "hurricane cuts" performed on your palm trees, remove only dead or diseased fronds. Imagine a clock face with the hands at 9:00 and 3:00; fronds on a palm tree should be left on within at least those positions. Removing too many fronds can lead to "pencil pointing", a visible narrowing and hence weakening of the trunk. Excessive frond removal may also lower cold tolerance.

Palm trunks will not heal from wounds so never allow someone to climb the trunk using spikes and don't use the trunk as a bulletin board. When bracing a palm do not screw or nail into the trunk. Attach braces to battens over burlap strapped around the trunk. Keep mowers and string trimmers away from trunks by placing palms away from lawn areas within landscape beds or

mulch rings. Deter diseases such as Ganoderma fungus (butt rot) by keeping the trunk free of injury and minimizing the contact of mulch with the base of the trunk. Use palm fertilizer with potassium and magnesium as well as micronutrients (trace minerals) to prevent nutritional deficiencies. DO NOT use lawn fertilizer, which is harmful. When lawn areas are within 25-feet of palms, fertilize the lawn with palm instead of lawn fertilizer.

Palm trunks have growing buds just below where the fronds emerge. If the bud in that area is severely damaged mechanically or by cold temperatures the whole palm will die. When selecting for cold hardiness stay away from the South Florida palms. Once the heads are well above ground the fronds and the growing bud are

difficult to protect from the cold. Flower stalks provide nectar for bees and other pollinators, however, the resulting fruits can create extra work when the seeds sprout. Remove the stalks after flowering or leave them in place so the fruits can provide food for wildlife.

Proper selection and maintenance will create healthy palms to greet those northern visitors who find our snow-free winter landscapes so inviting.



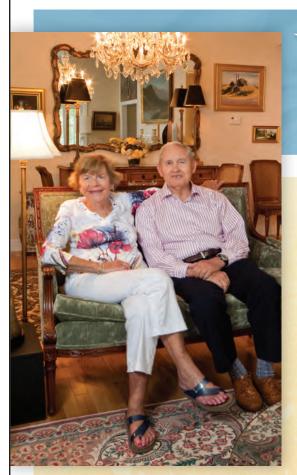
Above, European fan palm - Chamaerops humilis with palmate fronds



Left, Trunk in the rear shows pencil pointing on a sabal palm - Sabla palmetto

Photos by Stephen G. Pategas, Hortus, Oasis.

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



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real estate in the parks by Scott Hillman

Consumer Confidence Remains Positive In Local Housing Market Despite a rise in existing published National Housing Survey backs that mortgage interest rates, and it's no wonder more

home inventory in Winter Park,
Maitland, Orlando, College
Park and Baldwin Park in
January, consumer confidence

is as good as it has been in some time. Attitude matters, and right now it appears to be an important balancing point where the majority of homeowners are feeling very upbeat. And that's encouraging.

January is often a tough month to make precise market determinations. This January was extremely

active, even though inventory was up 35.7 percent over January 2013 and 6.5 percent over January 2012 levels. Listings were up from a year earlier, ranging from 18.9 percent in Orlando (32806) to 88.6 percent in Winter Park's east side (32792).

While increased inventory isn't always necessarily a good thing, the fact is the market has remained extremely active throughout the first quarter of the year. And as long as a listed property is well priced and is perceived as having a good value, it gets multiple offers and is gobbled up quickly. Fannie Mae's recently

published National Housing Survey backs that up, showing a three percentage point jump in the number of persons who consider now a good time to buy a home. Consumer attitude does matter.

There are a variety of reasons why listings were up in January. We emerged from the holiday months in November and December when listings are always down. Once the holidays are behind us, listings have a tendency to rise in January. Add to that a January median price of \$156,350—up from \$155,000 in 2013—coupled with still very affordable



Winter Park listings like this one are on the rise. 1170 Valencia Ave. \$639,000

mortgage interest rates, and it's no wonder more homeowners were comfortable putting their homes on the market during the first 31 days of the new year. It also speaks to why we see more buyers actively shopping for a home.

Although there has been a limited inventory of existing homes priced under \$300,000, which is typically tough on first-time buyers, there was a 3.4-month supply of homes in this price range on March 12, which is a good number. But those homes typically don't stay on the market long and that

supply will dwindle quickly.

Overall, I expect most of Orange and Seminole counties to maintain a comfortable 4-6-month inventory through the first half of the year. Should inventory continue to grow beyond that amount, which isn't likely, prices in some neighborhoods will have a tendency to stabilize. The flip side is more homes become available to more homebuyers at various price points.

There's still some work to be done and some challenges to overcome, but consumer confidence is growing and that's good news for everybody.

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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pop culture detours by George McGowan

What In The Wide, Wide World Is A Listicle?

When I was a child, my parents brought home a book that became my first "literary" obsession. It was named "The Book of Lists," first published in 1977, when I was a mere 14 years old. Oh, how I wish I still had this book. I know I could probably find it in a library or bookstore somewhere, but I want to feel the exact same book I held as a child. I want to hug it and smell it and allow all its nostalgia to wash all over me. Yes, I may indeed be crazy.

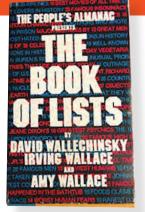
Some of you may remember this book. I know this is true since it has over 1,100 comments on the website Goodreads. I consider all these people my fellow travelers. I would like to organize a reunion of all of us, with the centerpiece of the event a reading of the entire book by Sir Patrick Stewart and Sir Ian McKellen. Only their sonorous voices would do the subjects proud. Such subjects as: "20 Unusual Lawsuits," "18 Celebrities Who Went to Jail," "12 Strange Deaths," "8 Really Unusual Medical Conditions," and "12 Examples of the Dark Side of Disney."

Obviously, this book could never have existed if the Internet existed in 1977. Because, if you have spent any amount of time on the Internet lately, you can see for yourself that it is quickly becoming a new kind of "Book of Lists." And, in turn, my deep connection to the original "Book of Lists" has transmogrified into an addiction to these Internet "listicles." What is a listicle, you ask? Well, it is a blend (or portmanteau – great word) of two words, list and article. Better yet, About.com defines a listicle as "an informal term for an article made up of a series of facts, tips, quotations, or examples

organized around a particular theme." My extensive research (not really) reveals that the first ever listicle can be found in The Bible. Yes, you guessed it. The Ten Commandments!

I venture to guess that if you use the Internet, even only for email, you have seen a listicle. If you have Facebook, you cannot scroll down your news feed without bumping into a listicle. For example, in the last two seconds, I found this one on my own news feed from Salon.com: "6 Obscene Paydays for the Rich that Prove the Deck is Stacked against Ordinary Americans." Believe me, I did not make that up! My addiction goes so deep; I almost committed to spend my valuable and very limited free time to create listicles for Taste of Cinema, "a movie website that features the most original, interesting and professional movie reviews and lists." Twice now, I have almost responded to their call for submissions from wanna-be listicleers (?) like me. But how in the world could I come up with something unique and "clickable" when I am up against: "10 Great Vincent Price Movies that Horror Fans Must See" or "The Ten Most Chilling Contract Killers in the Movies" or "The Ten Best Book to Movie Adaptations of All Time!"

Before you ask, I did find several listicles about listicles on the Internet. You are welcome. From the Guardian.com, the "Top nine things you need to know about 'listicles'," which includes the following tidbit: "Internet content-farmers and media corporations hungry for cheap clickbait didn't invent the list as literary form. There have long been books presented as lists, such as 'The



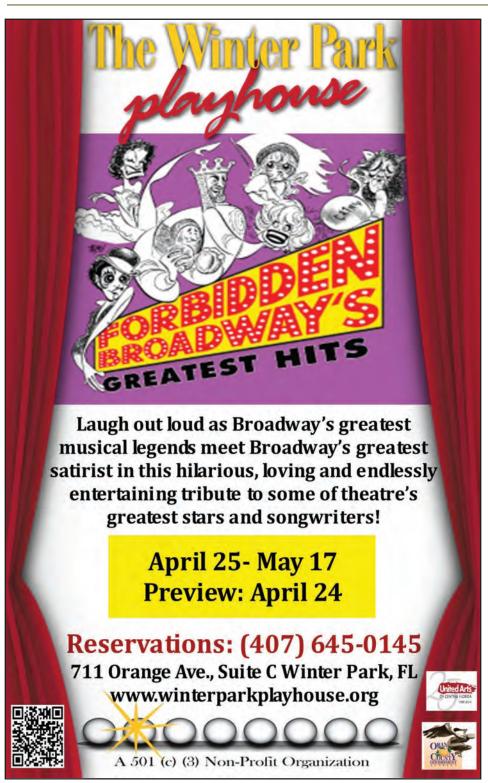
Seven Habits of Highly
Effective People." From Wired.
com, "5 Reasons Listicles
Are Here to Stay, and Why
That's OK," which offers
chronics a safe explanation
to appease our peers that
our addiction has a purpose:
" The way we're presented

with information changes the way we process and interpret it. Lists let us process complicated information spatially, transforming it from cluster to linear progression." sounds vaguely intellectual!

Even the New Yorker has its own: "10 Paragraphs about Lists You Need in Your Life Right Now." Courtesy of the New Yorker, we receive the wisdom of two literary giants and what they think of lists. They found that in 1993, in The Paris Review no less, novelist Don DeLillo remarked that "lists are a form of cultural hysteria." In contrast, novelist Umberto Eco put it more dramatically: "The list is the origin of culture. It's part of the history of art and literature. What does culture want? To make infinity comprehensible. It also wants to create order."

Lists are the origin of culture, something that makes order out of chaos. Thank goodness. And here I thought that listicles were just good ways to waste time on the Internet.

A correction from last month's column: Beck's new album is entitled "Morning Phase." Your correspondent regrets the error.



theater in the parks by Barbara Solomon

Are We In Outer Space Yet?

JULIUS CAESAR WRITTEN BY WILLIAM SHAKESPEARE DIRECTED BY TINA PACKER STARRING JASON ASPREY, ERIC TUCKER, AND ESAU PRITCHETT

Climb aboard the U.S.S. Enterprise and visit ancient Rome. Tina Packer has decided to costume this show in Star Trek attire, the reason for which was never made clear to the audience. Despite this, and the small cast, the rest of the play was true to the original "Julius Caesar." Caesar is the story of ambition, betrayal, and love. Many of the Roman senators feel that Caesar (Nigel Gore) is too tyrannical, and they plot to assassinate him before he is crowned king. Caesar is suspicious, especially of Casius (Jason Asprey), and says "Let me have men about me that are fat. Yon Casius has a lean and hungry look. Such men are dangerous." That is my favorite line in the play, although pithy lines are quite abundant: "Cowards die a thousand deaths, the valiant only die but once;" "That is the unkindest cut of all;" "Friends, Romans, Countrymen, lend me your ears-I come to bury Caesar, not to praise him." After Caesar's death, the conspirators have to fight his loyal followers, and there is hell to pay.

The seven actors were all excellent, but two were outstanding. I thought the best performance was given by Jason Asprey as Casius. His delivery was mesmerizing and he played the part to the hilt (pardon my pun). And of course, Esau Pritchett was a natural favorite, as he was playing Mark Antony, who gives the funeral oration- the most famous speech in the play, if not in all of Shakespeare's tragedies.

BARB'S BEST BETS FOR APRIL:
"Resentment Falls" at Orlando
Shakes, "One Flew Over the
Cuckoo's Nest" at Theater
Downtown, and "Forbidden
Broadway's Greatest Hits" at
the Winter Park Playhouse.

Were I in the rabble, he would certainly have moved me to tears. I cannot give praise without including Bill Warriner, the fight director. Although never on stage, he brought the fight scenes to life in an exciting manner. I found two things annoying. The first was the delivery by Jim Ireland as Casca. He trivialized his lines by making mockery of his speech, a situation I am sure would also have annoyed Shakespeare himself. Also, although she is quite a competent actress, I thought Anne Hering should have been playing the wives, and Brutus' servant should have been a young man. In Tina Packer's favor, the blocking was quite interesting, and the performances solid.

The messages are clear. Never be talked into anything you don't wholly believe in. Make sure your enemies are far away and your friends are near. No good deed goes unpunished. Love of country is as important as love of friends. Shakespeare ends with "How many ages hence will this happen again?" I end with, try the Ukraine, Africa, and Malaysia. Shakespeare was indeed the soothsayer.

Playing through April 20 at the Shake-speare's Goldman Theater. For more information call 407-447-1700.

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schools



Aloma Elementary

PRINCIPAL DR. DREW A. HAWKINS

Our next SAC Meetings will be on Tuesday, April 1, at 8:00 a.m., and Tuesday, May 6, at 8:00 a.m. Numerous events are scheduled for the remainder of the year:

May 1: PTA Muffins for Mom 8:00 a.m. - 8:35 a.m.

May 5-9: Book Fair

May 6: Art Show/Art Gallery Night

May 8: Music/Story Night, 6:00 - 6:45 p.m. and 7:00 - 7:45 p.m.

May 13: All County Honors Festival Evening Concert at Calvary Assembly

May 22: Aloma Eagle Spring Concert, 5th Grade and Strings, 6:30 p.m.

May 29: Kindergarten graduation 9:30 a.m.

June 2: PTA Donuts for Dad 8:00 - 8:35 a.m.

We would like to thank the Winter Park Health Foundation for providing Aloma with the following fruit and vegetable props for all to see: Carrot, Corn, Pineapple, and Strawberry. It is great to be able to promote healthy eating for our students, and these props make it fun!

As always, we appreciate your help and your support! We are Team Eagle: Every Student! Every Day!



Summer break is in sight with only a quarter of the year remaining. But there is much to do before the fun in the sun begins. This time of year is standardized testing season for students in third grade and higher and it can be the most stressful time of the entire school year. Signs of anxiety may not be recognizable in all students, but most do experience some level of it. It's important we help each other get through these times of ner-

Adults can help children alleviate stress by communicating clearly. The unknown can be frightening. If we can take some of the unknown away from children, they will progress more confidently. For example, our fifth-grade students often show signs of apprehension as their start to middle school nears. Fortunately, all of our students are invited each year to a very comprehensive tour of Glenridge Middle School. After this tour, the students' anxiety becomes excitement because they have a much clearer picture of their future. Anytime we can remove the unfamiliar and the mysterious, it helps children better cope with their fear. When it comes to standardized tests, teachers give practice test materials to not only gather statistical information, but to give students confidence and experience. Parents can do the same by communicating their expectations. When children know what is on the horizon and know what is expected of them, they are more likely to be successful.



Dommerich Elementary PRINCIPAL DR. JUNELLA HANDLEY KREIL

Dommerich Elementary is excited about spring! We returned to school from Spring Break on March 31, and that marks the start of our fourth marking period. Though summer beckons, we will not slow our learning pace! Parents, Conference Night is April 9. Teachers will be scheduling conferences throughout that week to plan for the day that works best for you. Conferences are the perfect way to catch up on the specifics of your child's academic performance and to ask any new questions you may have. For grades 3-5, FCAT testing begins April 14. Third and fourth grades will take reading and math tests, and fifth grade will take reading, math, and science tests. Thank you, always, for your support for learning at home!

As we enter April, please also mark your calendar for the following Dommerich events and dates: Skate Night at Semoran Skateway on April 3; report cards go home on April 4; PTA Meeting on April 8; Walk N' Roll on April 9; and Beach Blanket BBQ on April 25.



The Eco-Rollins group at Rollins College, who advocates for environmental stewardship and awareness of our effect on the environment to the campus community, recently came to Fern Creek Elementary School to inspire second-grade students to lead 'greener lives." These nature leaders conducted a quick lesson to instruct the students on the differences between recyclable items and trash, and how to sort them. They led the students outside so they could practice first-hand what they learned by walking throughout the Fern Creek grounds picking up waste and sorting it into correct containers.



Above, Eco-Rollins group members lead the class in distinguishing trash and recyclable items.

Meredith, one of the Eco-Rollins members, said, "We had such a wonderful time with the children; it was really inspiring and wonderful to see how enthusiastic they were to learn about the importance of taking care of our Earth!" They even hope to collaborate more with us in the future to support clean-up and environmental awareness. On behalf of Fern Creek, we thank you Eco-Rollins!

With spring in full bloom, we take the time to notice the new beginnings all around us – from the sprouting of green grass and flowers blooming to warmer weather. It is important to take care of Mother Nature and educate the future leaders on how they can take care of it. With the help of local college volunteers, Fern Creek students have gained a deeper understanding on environmental awareness and appreciation for the world around us!

If you feel compelled to lend a hand or your expertise, 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.



Glenridge Middle School PRINCIPAL TREVOR HONOHAN

Thank you to ALL the wonderful parents, teachers, community members and friends of Glenridge Middle School who supported our first annual Tunes 4 Technology event. "Room 2" played for three solid hours and were outstanding! Please check them out when you get a chance. These dads can really play! GMS raised over 20K for technology and IB needs. I am very fortunate to have a Lions Pride Fund Board that is so committed to our students. A special thank you needs to be made to Becky Junod and Katie Maun for their hours of hard work and dedication. These are two truly amazing ladies! I look forward to our next event. Stay tuned for more.

Please see the Middle School FCAT schedule in the next column:

Monday, April 14:

Math Session 1 & 2 Grades 7, 8; Mode: Paper

Tuesday, April 15: Makeups

Grades 7, 8; Mode: Paper

Wednesday, April 16: Makeups Grades 7, 8; Mode: Paper

Thursday, April 17: Science Session 1 & 2 Grade 8; Mode: Paper

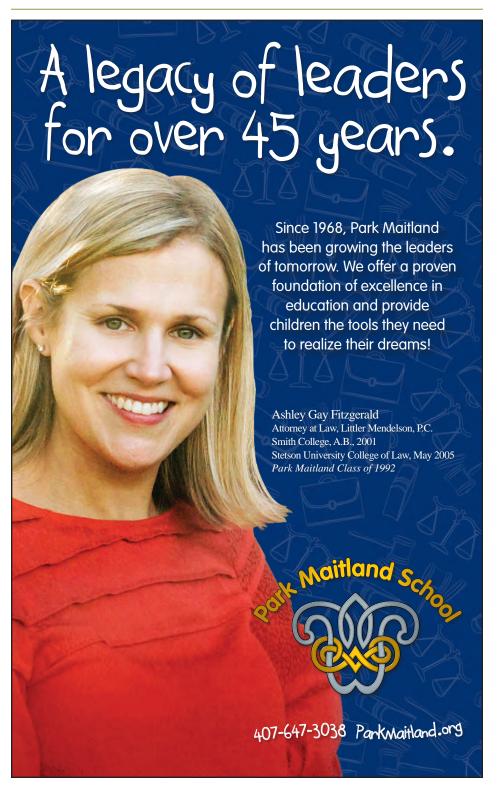
Friday, April 18: Makeups Grades 7, 8; Mode: Paper

Monday, April 21: Reading Sessions start Grades 6, 7; Mode: Computer

Monday, April 28: Reading Sessions start Grade 8; Mode: Computer Math Sessions start Grade 6; Mode: Computer

Makeups may continue through the eighth day from the first day of each test.

As always, thank you for your continued support as we make decisions that will benefit ALL students.



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schools



Hillcrest students and staff have had a busy and fun-filled spring. In March, the Hillcrest Chorus performed at the Solar Bears Game. The school's Music Chorus showcased their talents as they sang the National Anthem at the Amway Center. Also in March, Hillcrest students and teachers celebrated Dr. Seuss week with some wonderful activities that highlighted reading. The week-long celebration was filled with events such as Crazy Sock Day, Twin Day, Hat Day, Blue and Red day and Wacky Hair Day. The fun continued as every Hillcrest student picked a book at the Annual Book Swap! Students were thrilled to have a "new" book as part of their home reading collection. Olympic-themed Field Days in March were full of fun-filled activities for all grade levels.

Hillcrest students, parents and staff are excited about April's soon-to-come Science Fair. Students are currently developing and honing their science skills in preparation for the Science Fair competition. In May, the school is looking forward to Art Night, where students' masterpieces are displayed for parents, students, and staff to see. This night will be kicked off by entertainment by Hillcrest's chorus. Also in April, the final Honor Roll ceremony of the year will occur to celebrate the accomplishments of our second to fifth grade students for the third grading period.

Happy spring!



This month's article is written by Cindy Clark, NEHS Adviser

The Lakemont Elementary charter of National Elementary Honor Society was established in 2009 with two primary purposes: to recognize students who have achieved academic excellence and demonstrated responsibility in their lives, and to engage those students, through the work of the chapter, in service and leadership development. Our NEHS chapter continues to engage students in a variety of projects and activities. These opportunities provide meaningful service with a positive value for the individual member as well as for the school and community, building a strong cadre of service leaders.

Ellie Watson, Lakemont NEHS president, reports on our school philanthropy project: "Our NEHS students have been patrolling the whole school and collecting money the students and teachers have donated for the Leukemia and Lymphoma Society through Pasta for Pennies. It is really cool how we work together as a school to help patients with leukemia and lymphoma. As NEHS president, I practically ran on my toes to keep everything organized, but with the help of amazing students we have collected, counted, and donated 279,342 pennies (\$2,793.42)! For a little while, I thought we would not reach our goal, but we



Above, Lakemont Elementary students collect money donations for the Leukemia and Lymphoma Society through Pasta for Pennies.

really have a generous school. One class even donated over \$580!"

Ashley Dorsey, Lakemont NEHS secretary, describes some of the other service projects: "NEHS members help with important tasks all around the school. Early in the morning before school begins students deliver food packets provided by the Second Harvest Food Bank. Our members design the bulletin board display in front of the school with photos from recent events. In the clinic, students prepare ice packs for booboos. We organized a food drive in December and helped with Math Madness (family math night) in March. "

What is a Lakemont Lab Rat? Let Lucas Hoeksema, NEHS member, explain. "In the science lab there is always some sort of buzz! Teachers request supplies for experiments and our lab rats organize all of the materials for every class so each group of students have everything they need in one packet. We pick up leftover supplies and equipment from every classroom once a week and restock the shelves."

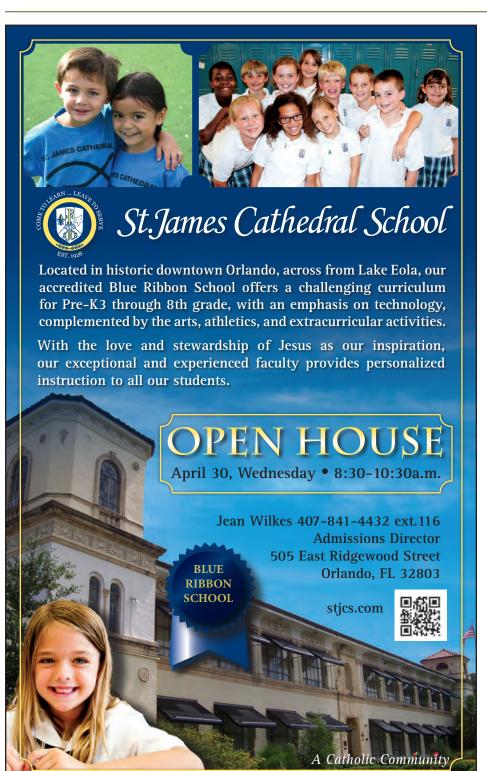
Our young people possess skills and an admirable ideology we can only know if we unleash their potential.



Maitland Middle School held its first Science, Technology, Engineering and Math (STEM) Career Awareness Day on Wednesday, February 19, 2014. Thanks to the outpouring of support, every one of our first period classes had a guest speaker. Dr. Anne Albright, science teacher at Maitland Middle School, coordinated the event that began with our middle school orchestra students playing music during a breakfast sponsored by Mathnasium of Winter Park and Electronic Arts.

FCAT Writes was held February 25 and the rest of FCAT testing will begin on April 14, followed by End of Course Exams for algebra and civics. Spring Break will be held the week of March 24.

Interestingly, there is a gorgeous tree in our courtyard with a plaque that states it was planted on Arbor Day 1964 by the Maitland Middle School 6th Grade Class. If you were one of those students we would love to hear from you! Please contact me at stefanie.shames@ocps.net so that we may plan a celebration to honor you.





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Park Maitland School PRINCIPAL CINDY MOON

With the emphasis on U.S. Education Reform and so-called "declines" in U.S. education performance, it is refreshing to hear reports on education successes. There are many great teachers in public and private schools across the United States. Extraordinary teachers devote their lives to educating so that they may make a positive impact on the lives of their students and our future. A letter of "gratitude" was recently sent to one such Park Maitland School teacher by a former student. This poignant account of the lessons this student learned and the impact they had on his thirst for knowledge and decisions in life allows us all to celebrate good education and extraordinary teaching. Congratulations and thank you to all the dedicated and gifted teachers who so powerfully impact their students.

"In our present world where mathematics, science, and computer technology drive the global economy, it is becoming increasingly difficult to find those who understand the importance of an exceptional social studies teacher. However, I credit you for being one of the foundational blocks upon which I have built my life. The unique gift you have for education gave rise to my own passion in global affairs. Rest assured though, the knowledge gleaned from your tutelage humbled me as I learned of a greater world outside my own. It inspired me to pursue the study of both Arabic and Chinese as foreign languages in college, decisions which have offered me the opportunity to travel the world and speak with fascinatingly diverse groups of people.

Perhaps what I most admired about your class, though, was the dignity and respect you showed others. I never felt like a child in your class, although I certainly was. Moreover, you taught me to respect the cultures and beliefs of people far different from myself. I learned to view the differences between people, countries, and religions with fascination instead of fear, and I discovered that the best way to dispel prejudice is by first dissolving ignorance.

It is certainly rare to come across an educator of your quality, and I count myself fortunate to have encountered you so early in my life. The work you do has profound meaning, and I thought it only appropriate today to remind you of that fact. Learning always leaves a legacy and yours certainly lives on. "

St. James Cathedral School

St. James Cathedral School hosted its fourth annual "Rock the Heavens" gala in February. The rock-androll themed event was attended by approximately 250 guests and the proceeds will be used to support curriculum, technology, sports, and tuition-assistance programs at St. James Cathedral School.

The evening began with guests mingling at a cocktail reception that included entertainment from The Buzzcatz, delicious hors d'oeuvres, and a silent auction featuring donations from the community and artwork created by St. James Cathedral School students. A decadent dinner catered by Arthur's Creative Events & Catering, a live auction, and dancing to rock-and-roll favorites followed.

The Gala co-chairs, Marti Wolszczak and Tammy Spence, shared a personal message of appreciation, "We believe that we "Rocked the Heavens"! It was a night filled with fun and fellowship. We are proud to be a part of this community."

The evening honored Rev. John Mc-Cormick, rector of St. James Cathedral, for his continued support and dedication to St. James Cathedral School.

"We are gratified by the generosity shown to St. James Cathedral School by our families, friends, and the local community. Funds raised from the gala will allow us to continue our mission to educate and inspire young minds," said Gerri Gendall, principal of St. James Cathedral School.



At left, one of the guitars made by a student at St. James Cathedral School.

Trinity Lutheran School PRINCIPAL MELISSA BERGHOLT

Spring is here! There are lots of exciting things happening on campus. First, the first phase of our construction is underway and all three of the houses that are on our property have been put up on steel beams and are ready to move! As soon as they move, the construction for the new Child Development Center will get underway! March ended with Spring Break! The kids (and teachers) were ready for a few days to relax and recharge! They came back for the last nine weeks and are ready to go!

A letter from our senior pastor, Jeffrey Moore, is going home to our school families soon and I wanted to share it with the community:

There's a Word...That our children have not been saying since Ash Wednesday when we "buried" it by our flag pole. It starts with A and ends with -luia, but we're not saying it yet!

At 6:30 on Easter morning, April 20th, we will "unbury" the Word at the beginning of our Sunrise Service. We'd like to invite you and your children to attend this service and shout out this praise word with great joy. Please join us for Sunrise near the flagpole. It's often a little chilly and damp, so dress carefully and bring a towel to wipe the dew off your chair.

Then join us for our pancake breakfast in the Fellowship Hall! If you can't make the Sunrise Service, we'd love to see you at one of the other three Easter services at 8:00, 9:30, or 11:00. Join us as we celebrate the Resurrection of our Lord!



Trinity Preparatory School PRINCIPAL CRAIG MAUGHAN

In April, we are excited to welcome our extended family to campus for Trinity Prep's annual Grandparents' Day. It's a fun time for grandparents to visit classes, be entertained by student performers, and spend time with their grandchildren. We also welcome alumni to campus in April for Celebration and Reunion Weekend. Alumni and their families come from far and near to see old friends, former teachers, and how the campus has grown.

From April 10-13, Trinity Prep's theatre students will present our spring musical, The King and I. It's sure to be a crowd-pleaser, and the public is welcome to join us. Our

spring musical in 2012 traveled to Scotland to be performed in the Edinburgh Fringe Festival, and some veterans of that performance will be taking the stage again.

Ten of our seniors were recently named National Merit Finalists, including Griffin Potrock, Joseph Robillard, and Miles Saffran of Winter Park, and Paul Reggentin of Maitland. We've also had three member of the Class of 2014 selected as candidates for the U.S. Presidential Scholars Program, including Ryan Hopkins of Winter Park and Paul Reggentin of Maitland.

Please consider joining us for a play, concert, or athletic contest. Check www.trinityprep.org for upcoming events, or follow us on Facebook and Twitter.



Trinity Prep's annual Grandparents' Day is a time for grandparents to visit classes with their grandchildren.



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APRIL HIGHLIGHT

CALENDAR CALENDAR

Audubon Park Garden District Events

Ongoing Events

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

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.

April 12 Jazz 'n Blues Stroll – 7:00 p.m. to 10:00 p.m. at Harry P. Leu Gardens. Enjoy great performances by The Robert Harris Group, Daniel Heitz Band and Bird Dog Bobby Band as you stroll along lit pathways throughout the 5-acre botanical gaden. For more information and tickets please call 407-246-2620 or visit www.leugardens.eventbrite.com.

April 17 "Contain It! Color and Drama in Container Gardening" by Stephen & Kristin Pategas of Hortus Oasis – 7:00 to 9:00 p.m. at Harry P. Leu Gardens. Registration required. 407-246-2620.

May 2 Date Night at Leu Gardens – Doors open at 6:00 p.m. with the showing of "A Streetcar Named Desire" at 8:30 p.m. For more information please call 407-246-2620 or visit www.leugardens.org

Baldwin Park Events

April 6 Wounded Warrior/Lone Sailor 5K Run/Walk/Roll – 7:30 a.m. at Lake Baldwin located at 4953 New Broad Street. For more information and registration please visit www.cfn15K.org.

April 27 Orlando Myasthenia Gravis Walk – 9:00 a.m. at Harbor Park in Baldwin Park. Proceeds benefit MG Research. For more information please contact Leah Nash at leah@trustedsourcefl.com

College Park and Orlando Area Events

Ongoing Events

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 and New Hampshire.

April 10 Orlando State of the City Address – Mayor Dyer will deliver his speech at 10:30 a.m. on Church Street between Orange and Garland Avenues. For parking and other information please visit www.cityoforlando.net/soc.

April 13 Free Outdoor Family Concert – 4:30 p.m. at Loch Haven Park featuring "Peter & The Wolf And Other musical Stories." This concert is sponsored by Dr. Phillips Charities in memory of Della Phillips. For more information please visit www.OrlandoPhil.org, or call 407-770-0071.

April 16 Annual "Reading Between The Wines" Fundraiser – 6:00 to 9:00 p.m. at the Orlando Science Center. This year's special guest author is Stuart Woods. For ticket and sponsorship information please visit www. adultliteracyleague.org or call 407-422-1540.

April 15-18 and April 21-24 Free Train Rides – As SunRail tests service and scheduling, the public is invited to ride the train for free. Please visit www.sunrail.com for the complete schedule.

April 30 Grand Opening of SunRail – The public is invited

to visit a local SunRail Station during its Whistle Stop grand opening tour. The tour will conclude in Orange County at the Sand Lake Road Station at 11:00 a.m. For more information please visit www.sunrail.com

May 1 The Orange County Retired Educators Meeting -

Noon at College Park United Methodist Church located at 644 W. Princeton St. This is the Annual Spring Luncheon. Cost is \$14 and reservations are required by calling 407-644-7092. Anyone who has worked in education is invited to attend. For more information please visit www.ocrea-fl.org.

APRIL 12, JAZZ 'N BLUES STROLL - LEU GARDENS
On the bill will be The Robert Harris Group performing jazz and blues.

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.

Second Friday each month (Now through April 2014) Culture Pop! – 7:00 - 11:00 p.m. at the Art & History Museums - Maitland. This event features a Clothesline Show of artworks highlighting Central Florida artists. Cost is \$5

Maitland. This event features a Clothesline Show of artworks highlighting Central Florida artists. Cost is \$5 per person, and free to current members. For more information please visit www.artandhistory.org.

April 12 and 13 26th Annual Maitland Arts Festival – 9:00 a.m. to 5:00 p.m. on Saturday, and 10:00 a.m. to 4:00 p.m. on Sunday at Lake Lily. The festival is a juried art and fine craft show featuring the works of more than 100 artists. For more information please visit www.maitlandchamber.com.

April 12 and 13 Book Sales – 10:00 a.m. to 5:00 p.m. at the Maitland Public Libary located at 501 S. Maitland Ave.

May 10 Baby Owl Shower – 10:00 a.m. to 2:00 p.m. at the Audubon Center for Birds of Prey located at 1101 Audubon Way. Admission is free in lieu of a baby gift to support the Center's Raptor Trauma Clinic. For a wish list and more information please call 407-644-0109, or visit www.flaudubon.org.

Winter Park Events

Ongoing Events

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 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.

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

Every Tuesday, Friday and Saturday Winter Park Benefit Shop

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

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

Every Thursday Walk With A Doc – Enjoy a rejuvenating 30-minute walk with Florida Hospital physicians. This free event is held at 5:30 to 6:30 p.m. at the Crosby

YMCA. For more information, or to reserve your spot, please call 407-303-1700.

Every Friday Friday Nights at the Morse – 4:00 to 8:00 p.m. at the Charles Hosmer Morse Museum of American Art located at 445 N. Park Ave. Complimentary admission is offered to the galleries and features live music (second Friday of each month), art demonstrations and special tours. For more information please call 407-645-5311 or visit www.morsemuseum.org

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

Now - April 13, 2014 Russian Icons from the Romanov Era Exhibit at the Polasek – This exhibit is of works from the 17th to early 20th centuries and reflects the opening up of Russia to Westernizing influences during the Romanov era. The Albin Polasek Museum and Sculpture Gardens is located at 633 Osceola Avenue. For times and more information please visit www.polasek.org.

April 5, 2014 30th Annual Winter Park All-British Car Show – 9:00 a.m. at Mead Gardens. For more information please visit www.cityofwinterpark.org.

April 6, 2014 Orlando Philharmonic "Spring Pops" Concert – 7:00 p.m. in Central Park. For more information please visit www.cityofwinterpark.org.

April 7, 2014 Winter Park Executive Women Luncheon – 11:30 a.m. - 1 p.m. at the Winter Park Welcome Center. For more information please visit www.winterpark.org.

April 8, 2014 "Trees for Peace" Tree Planting Project – 11:30 a.m. in the Central Park West Meadow. For more information please visit www.cityofwinterpark.org.

April 8, 2014 Popcorn Flicks In The Park– 8:00 p.m. in Central Park featuring the showing of "Murder on the Orient Express." For more information please visit www.cityofwinterpark.org.

April 12, 2014 Household Hazardous Waste Disposal – 8:00 a.m. to noon at the Public Works Compound. For more information please visit www.cityofwinterpark.org.

April 16, 2014 "Taste of Winter Park" – 5:00 p.m. to 8 p.m. at the Winter Park Farmers' Market. Event includes unlimited food and beverage samples from more than 40 local eateries, plus live entertainment. For information and tickets please visit www.winterpark.org

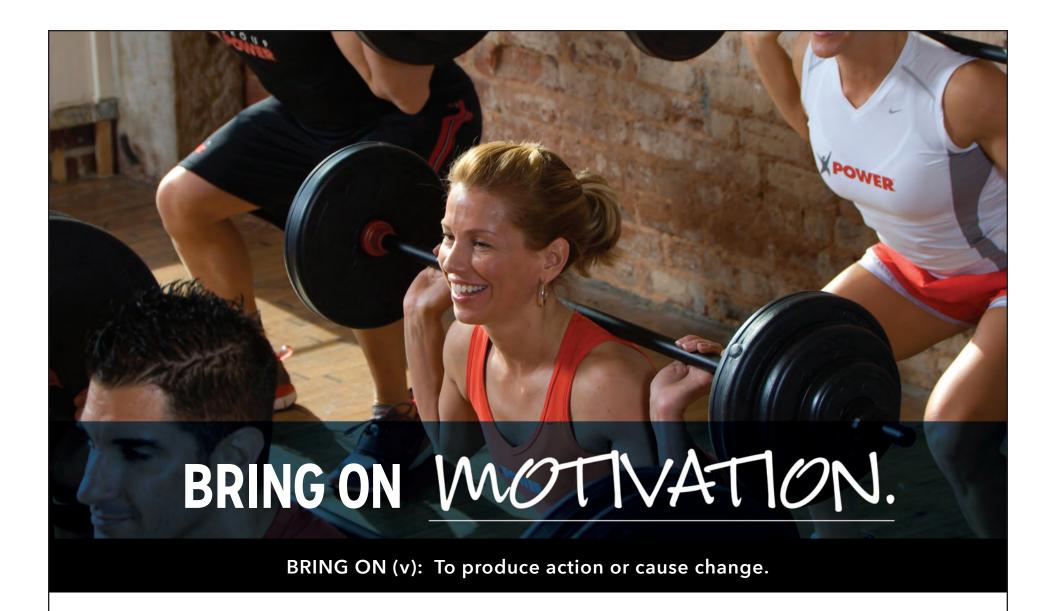
April 19, 2014 60th Annual Easter Egg Hunt – 9:30 a.m. in Central Park. For more information please visit www. cityofwinterpark.org.

April 24-26, 2014 "Night Out on Broadway" Presented by the WPHS Chorus – Performances are at 7:30 p.m. all three nights. Proceeds benefit the Tyler Rush Memorial Scholarship Fund. For tickets and information please call 407-628-3028 or email NOBTickets@aol.com

April 26, 2014 22nd Annual Jeannette Genius McKean "Run for the Trees" – 7:30 a.m. at Showalter Field. Proceeds benefit the Track Shack Foundation. For more information please visit www.cityofwinterpark.org.

April 30, 2014 Spring Band Concert – 7:00 p.m at the Anne Derflinger Auditorium at Winter Park High School. For more information please visit www.ocps.net/lc/east/hwp/academics/The_Arts/band/Pages/Default.aspx

May 1 Winter Park Public Library hosts Garden Talks with Stephen and Kristen Pategast of Hortus Oasis – Noon to 1:00 p.m. (bring lunch). This month: "Ornaments Make the Garden." at Hortus Oasis. \$5 per session. Register online http://wppl.org/ or call 407-623-3279.



RDV Sportsplex Athletic Club is more than just a place to work out. We provide the MOTIVATION you need to live the active lifestyle you want.

So go ahead.

BRING ON a challenge. BRING ON the action. BRING ON your best!

