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Hero Turned Historian General Recalls Hard-Won Victory of D-Day



For his courage and leadership on D-Day, General Raaen earned the Combat Infantryman Badge, the Presidential Unit Citation, the Silver Star and the Bronze Star Medal with "V" device - among nearly 20 decorations, citations and badges received during his career.

For General John C. Raaen, Jr., a resident of The Mayflower Retirement Community in Winter Park, the ability to preserve the memories of D-Day is not only a gift, it's a duty he fulfills with the same courage and conviction that sustained him through the horrors of war.

Vivid Memories As a 22-year-old U.S. Army Captain, John Raaen commanded the Headquarters Company of the 5th Ranger Infantry Battalion as it stormed Omaha Beach. Nearly seven decades later, he recalls June 6, 1944, in vivid detail: the smell of burning grease and explosives, the six stone steps leading up the hill, and the adrenaline rushing through his veins.

"Machine gun and rifle fire were pouring in from the bluffs to the right," he writes in his book,

Service Crosses won by battalion Rangers during the invasion. Later, he wrote the after-action report and became the primary contact for researchers from the former War Department.

General Raaen continued interviewing fellow D-Day veterans throughout his 36-year Army career. His initial goal was helping survivors grasp the importance of their role.

Over time, popular historians such as Stephen Ambrose came to rely on his encyclopedic memory. The BBC has interviewed him three times, and he most recently appeared on "D-Day in 3D," which aired on the Discovery Channel on May 26.

Last year, at the urging of his three daughters, General Raaen published "Intact," which recounts his battalion's harrowing journey across the beach before it marched inland to relieve the Ranger forces at Pointe du Hoc, France, culminating in a battle at Maisy Battery that paved the way toward Allied victory.

'It Means Something' For his courage and leadership on D-Day, General Raaen earned the Combat Infantryman Badge, the Presidential Unit Citation, the Silver Star and the Bronze Star Medal with "V" device – among nearly 20 decorations and badges received during his career.

Yet he refuses to be called a hero. "We weren't scared; we were excited because it was what we had prepared to do," he said. "Training is key to success in battle, and so is developing a rapport with the men. If you gain their trust, they'll follow you to hell ... and Omaha Beach was hell." Above all, General Raaen wants to ensure the hard-won victory of D-Day is never forgotten. Asked what he wants future generations to understand about the war, he answers with calmness that conveys authority, "It means something."

Real Estate 14

NOKLL Teams Win **District Championship**

Congratulations to the North Orlando Kiwanis Little League who had a pair of teams facing off against two rivals from Union Park for the District 24 championship on 6/14. The Major Division Rays battled against the Yankees and, as was the norm for the season, they fell behind 5-0 in the 2nd inning; but persevered and battled back to tie it up at 5 even before going on to win the game in a 9 inning affair by a score of 8-5. Ten minutes later, on the adjacent big field, the Junior Cowboys pulled out a 4-3 walk off victory on a bases loaded infield fly against the Dodgers.



Rays (Front Row L-R): Jackson O'Reilly, Christopher Jacobs, Wyatt Rogers, Adrian Lucre, Declan Crowe, Beck Partridge. (Standing L-R): Daniel Kime, Davis Massengale, Charley Chason, Adam Eldredge, Patrick Bott, Andrew Thomas. (Coaches L-R): Brian Rogers, Steve Thomas, Dan Crowe



"Intact: A First-Hand Account of the D-Day Invasion from a 5th Rangers Company Commander." "On all sides, the wounded were screaming for medics. The noise was deafening."

Documenting War The memories are excruciating - which is why General Raaen believes they must be documented for younger generations. A month after the landing, he was assigned the duty of writing the Citations for the Distinguished

Cowboys (Bottom Row L-R): Kyle Herin, Austin Coble, Ian Colon, Greg Heywerd, Michael Collins, Justin Clark. (Top Row L-R): Coach James Stillwell, Robbie Miles, David Bulmer, Josh Bates, Coach Jerry Clark, Matt Powell, Garrett Stillwell, Amos Eplemon, Coach Chris Bulmer. Not pictured: Tyler Herndon (injured)

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Publisher's Message



A Brit, a Spaniard and an American walk into a bar...

As we celebrate the 237th birthday of this great nation, I find myself doing a bit of reflecting, as well as seeking more knowledge about my homeland. In an effort to do so, I've turned to conversations with various friends who I greatly respect, who have become Americans by choice. By the grace of God and the hard work of my ancestors several generations back, I became American by birth. It doesn't get easier than that. I was raised in a family that shared a strong presence in our military, and a daily dose of pride for our country. I said the Pledge of Allegiance daily with my hand over my heart since the first day of kindergarten. Being an American has just been part of my life, and I've realized I've been taking this for granted.

RICK CABLE

For many, becoming a U.S. citizen is hard, and from what I've recently learned can seem to be an insurmountable goal. Many sacrifice all they have to come to this great land for freedom and opportunity. They apply for visas, which involves lawyers; extensions, which involves lawyers; green cards, which involves lawyers. Upon entry with a visa/green card they are put through an intense interview with an immigration officer, who will work over their answers with a look and tone of disbelief. Did I mention lawyers...yes, and I forgot to mention that all of this costs money, and I'm not talking a couple hundred bucks. Oh, and after all the proper steps, they must be granted approval.

I recently had the pleasure of attending the citizenship party of a good friend. As the mother of an American, I assumed she was already a citizen. She went through all the proper channels, learned a ton of U.S. history, and even had to state that she'd be willing to bear arms against any country, including the one she was born in, on behalf of the United States. With her charming British accent she said, "Ok, but I'd have to chat with my mum and dad first."

Congrats to one of our newest U.S. citizens, Suzanne Graffham!

A Brit, a Spaniard and an American walk into a bar...while we have different experiences to share on how we got here (mine being the most boring), we all agree that there's no place we'd rather be.

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

Rick Cable Publisher/Founder



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Maria Van Warner

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Buyer Beware!

By Tricia Cable

Do you remember when the cost of goods was directly related to how close you lived to a port? Me neither, but I remember learning about it in school. It made perfect sense back then and especially now given the price of fuel. As I travel north and south on I-95 and east and west on I-4 passing 18 wheelers along the way, I pay close attention to what they are hauling. Sometimes it's produce, sometimes it's machinery and whether it is Wal-Mart truck or an independent freight company, I am always impressed by the attention to detail that comes into play to choreographing the dance. From farm to table is often times easier said than done; unless you are the farmer!

Somewhere along the road, I fear, we have

outlets within a two-mile radius of my house from which I can purchase an orange. Now I am quite certain that they are all approximately the same distance from an orange grove, but the price of the orange is very different at each store. What justifies a fair price anymore?

Heaven forbid I run low on fuel and need to fill up on International Drive. For some strange reason (ha-ha) gasoline is so much more

expensive in that area of the town. Same thing comes into play when I am in need of a gas station to fill up my rental car before returning to the airport. The price of gasoline can jump as much as 80 cents from one exit to the next just because it can, and they know they have me. Is that right? Of course not, but the rule of supply and demand keeps feeding the inconsistencies. There has got to be a happier medium between what is acceptable versus what is outrageous.

Case in point, I am in a hotel last week in south Florida; a mid-priced chain that we all know and love. And, after a long work day, I decide to treat myself to a movie. I have not seen a movie in quite a while so I am thrilled that one of the ones on my "must see" list may seriously lost our way. I have at least a dozen now be available on pay per view in my hotel

> I have at least a dozen outlets within a twomile radius of my house from which I can purchase an orange.

room. They are listed in alphabetical order so the first one to pop up that I have been wanting to see is "Argo." Yay, me! I look for the purchase button and just before I hit select, I happen to see the going rate for a last season's movie at this fine establishment.... \$17.99! What? Are you kidding me? Now hold on a minute, I am pretty sure that this very same movie is available to me, in my home via the same cable company offering it at my hotel, for \$3.99; \$4.99 if I want to spring for high definition. Shoot, I think



I can purchase the darn thing for close to that at this stage of the game. Miffed, I refuse the purchase and decide upon mindless free TV instead. Shortly after I land on a little "Everybody Loves Raymond," we lose the cable connection due to a terrible storm coming up the coastline. And it is at that point that I realize, looking out the window at the Atlantic Ocean, watching the cargo ships carrying their freight into port, that the conversations had during my high school government classes were out of touch with the reality that I am currently living. There is great deal to be said for shopping local and being a more educated consumer. You can cut coupons, you can join frequent buying programs, but if you don't have the time to invest in playing the game, you are destined to pay more than you should. Thank God for the buy-one-get-onefree deals that require absolutely no thought and time on my part. I can tell you this much, I am a very loyal consumer. If I like your product, enjoy the buying experience and feel like I have been given a fair price, you will have my business forever!

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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



As we celebrate our country's 237th birthday this month, it is a time to reflect on how blessed we are to live in America and I am personally grateful that I get to call Orlando my hometown. On the 4th, I also take a moment to remember the sacrifices made by so many

veterans to protect our freedoms and way of life. If you are in the Baldwin Park area this month, head over to Orlando Veterans' Memorial Park where two

memorials have been recently unveiled. The Navy Seabee Veterans of America now have a monument in our

park remembering all the contributions, through construction and engineering, that the Seabees have made to our United States Navy and our country.

A handsome Vietnam War Memorial has also been constructed, thanks to the leadership of the Vietnamese-American Memorial Committee. This monument honors the soldiers from the Republic of Vietnam, the Allied

Armed Forces and the United States who served side by side in the Vietnam War.

When we think about the 4th of July in Orlando, we think about our city jewel, Lake Eola. Last year, the 4th brought us the unveiling of the restored fountain. This year, we are opening a 1.5acre addition to the park. In the southeast corner, across from the playground, visitors will have a new, open green space where they can kick a ball, run around or enjoy a picnic under the mature oak trees that shade the property.

Also, please help us win a grant from the Coca Cola Company, by going on their website and vot-

Foursquare and earn five votes for the park or log 20 minutes of activity at Lake Eola through the MapMyFitness app and earn 10 votes for this great city amenity. First place wins a \$100,000 grant, 2nd place, \$50,000 and 3rd place, \$25,000.

We are grateful that the residents and businesses of Baldwin Park have made their Independence Day Bash an annual tradition, giving our citizens a chance to visit both Lake Eola and Harbor Park, and giving them a second grand fireworks show over the waters of Lake Baldwin.

July also brings what has become another great tradition, the 5th annual Bastille Day Celebration in the Audubon Park Garden District. Taking place this year on July 13th from 5-7 p.m., this fundraiser for the Garden District sold out last year, so get your tickets in advance. Visit the Audubon Park Garden District's Facebook page for details and ticket information.

The Rep Family Theatre Festival presented by Target is back in Loch Haven Park this month. The Party in the Park will take place on July 27 and 28 in the green space next to the Orlando Repertory Theatre, but per-

> formances and shows will take place at the theatre beginning in mid-July. The festival features "Shrek, The Musical" as well as performances by Bari Koral and the Family Rock Band, a talented act that focuses on kid-friendly songs. For more details and a full schedule, visit orlandorep.com.

> And please don't forget about our Inaugural District 3 National Night Out Kick-off event taking place on Thursday, August 1 from 6-8:30 p.m. at Gaston Edwards Park along the shores of Lake Ivanhoe.

> As I try to say every time I stand in front of a group of constituents, thank you for giving me the

ing for Lake Eola as America's favorite park. Voting takes place through honor of serving as the City's Commissioner for District 3. Hope to see you July 15 at coke.com and you can vote every day. Check in to Lake Eola on on August 1st! -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



is one of life's most difficult challenges. That day is one for which we can never fully prepare. Our city has been blessed for 40 years with an outstand-

ing manager of our most

sacred parks-the Palm and Pineywood Cemeteries. Norman Brown is retiring as our cemetery manager. Just last month, the city declared June 20, 2013 as Norman Brown Day in honor of his retirement after 40 years of dedicated service to the City of Winter Park. His work began in the forestry department in 1972.

The last four years of his career as cemeteries manager was where I witnessed his excel-

The loss of a loved one er forgotten, as the memories we have of them phone or any mobile device. With this new remain with us eternally.

Norman Brown, Cemeteries Manager, Retires After 40 Years Of Service

New mobile app for keeping the memories of our loved ones

In 2011, our Parks and Recreation department implemented an online burial search that

allows the public to find burial locations via the city website. Just this month, parks & recreation is launching a new feature to this software that will allow family, friends and visitors of both Palm and Pineywood Cemeteries to remember their loved ones and learn about the many others laid to rest at the cemeteries as well.

By downloading the new

upgrade, the phrase "There's an app for that" will not only benefit us now, but can also be a new way to remember.

Keeping these memories alive is so important and the city's Parks & Recreation Depart-



lent care, exceptional sensitivity and gentle compassion for grieving families during our most difficult time. I speak of this loss first hand, as within months apart from each other in 2012 my family and I placed both my parents to eternal rest in Palm Cemetery. Dealing with their loss was extremely trying and emotions were at best delicate - it wasn't until faced with this loss we were able to experience the sympathy, comfort and peace found in a then stranger, now well-respected friend - Cemetery Manager Norman Brown.

Just in Palm Cemetery alone, there are 23 former city mayors, United States Senators, city founders, artists, notable city residents and hundreds of dear family members who are laid to rest.

I am happy to wish Norm congratulations for his retirement; however, his kindheartedness will be missed. If anything, he has helped me see that those that leave before us are nev-

mobile app called WPC Explorer from Google Apps, any visitor can walk through either Palm or Pineywood Cemeteries with a smartphone or tablet and as they stop alongside a gravesite, they can access their loved one's obituary or photos

directly from their mobile device. This information would be electronically submitted by family or friends of the departed to the Parks & Recreation Department who will review and upload into the new software. Each site will have its own GPS location so as you travel through the cemetery, you can actually experience an in-depth history of the city's past residents and family members.

Literally, as you travel through the gravesites, information and wonderful memories about the ones who have gone before us can be available on your iPad, Android

(Top L to R): Commissioner Steve Leary, Commissioner Sarah Sprinkel, Commissioner Carolyn Cooper, Commissioner Tom McMacken, City Manager Randy Knight (Bottom L to R): Mayor Ken Bradley, Cemeteries Manager Norman Brown, Parks & Recreation Director John Holland

> ment is making it easier for us to remember our dearly departed through the use of modern technology.

> Thank you Norman Brown and our City Parks and Recreation department. Because of you and this new technology, we can eternally remember our loved ones and what they have meant to us.

Sincerely,

et W, Bradler Mayor Kenneth W. Bradlev

City of Winter Park



Maitland Mayor's Message Mayor Howard A. Schieferdecker

Daniel Hardester and staff de-

cided it was time for the fire de-

partment to move to a greater

role in pre-hospital emergency

medical care being provided by



Howard A. Schieferdecker

what they already knew was being done by a staff as 'good as most' and 'better

than many,' he pondered how that might be done? Well, the answer came in the form of one Dr. Todd

Husty in 1988. A graduate of Kansas City College of Osteopathic Medicine in June of 1980, Dr. Husty, by 1988, had already amassed an impressive resume making him 'ripe for the pickin' by Maitland Fire Rescue Department. In those few short years Dr. Husty had proven that he'd be a force to reckon with in the field of emergency medicine. Having completed roles in two naval hospitals (Okinawa Japan and Orlando Florida), Dr. Husty moved to the civilian sector serving at Jess Parrish Memorial Hospital in Titusville Florida and working his way up to the position of medical director for the Central Florida Regional Hospital in Sanford, Florida.

How could Maitland go wrong with pedigree like that? Chief Hardester determined that the department couldn't go wrong and so a new chapter in Dr. Husty's career and that of the Maitland Fire Department came in 1988 when he became Maitland's first official medical director. Since that memorable day, Dr. Husty has taken on some epoch responsibilities with the department as he created its first own set of medical standing orders for department paramedics. From the beginning

When former Fire Chief Dr. Husty was often seen around Maitland's only fire station as he was developing the new program of monthly Q&A meetings. Adding to that, there came some new pioneering procedures used only by Maitland, ones that continue to current times, and ones that likely played a role in Dr. Husty's being selected as Florida's choice for the 2002 Dr. Raymond H. Alexander EMS Medical Director of the Year Award.

Dr. Todd Husty Celebrates 25 Years Of Service

With Maitland Fire Department

With a continuum of excellence in providing emergency medical services, Dr. Husty can lay claim to many other related achievements as well including board certification in emergency medicine. Continually supporting philanthropic causes through advocacy activities and membership on the board of directors of such organizations as the New Hope for Kids, United Way, American Heart Association, American Cancer Society, Children's Wish Foundations, Arthritis Foundation and the Cystic Fibrosis Foundation, Dr. Husty is clearly not done yet.

Seemingly never standing still in any one area or facet of medicine, Dr. Husty's affiliation with Maitland has the fire department's medical staff constantly being the benefactors of his own efforts. So too are the residents and visitors to Maitland. One of Dr. Husty's favorite standards is what he's labeled "Mother triage" and "If you want to use a cookbook, be a chef." Indeed his unbashed approach to all phases of health care has benefitted not only himself, but also those in his circle of care providers. They truly are better for experience and ultimately so too, those served by these professionals.



(L to R) Mayor Schieferdecker, Fire Chief Neisler, Dr. Todd Husty & former Fire Chief Hardester

Dr. Husty's work with Maitland didn't go unnoticed by other neighboring departments and private concerns. Dr. Husty served the local NBC affiliate in Orlando as its medical reporter and commentator from 1996 to 2008. He now also serves two other fire service organizations, providing medical direction through his private service company.

In his newest fire department role, Dr. Husty will play a pivotal role in Maitland Fire Department's Occupational Health and Safety Program for firefighter's health and fitness.

Members of the department often wonder where Dr. Husty finds time for all of the civic involvement he is associated with as well as finding time for his hobbies which include sailing, scuba diving and of course his family.

The Maitland Fire Department salutes Dr. Todd Husty for his 25 years of committed and unwavering affiliation and direction with the department.

Howard A. Schieferdecker, Mayor, City of Maitland



ORANGE **County Commissioner's Message**

Commissioner Ted B. Edwards, Orange County, District 5



Summer is here and we can all look forward to enjoying Central Florida's beaches, parks, and outdoor barbeques. However, summer's arrival also brings the beginning of the 2013 hurricane season. With adequate preparation we can make this hurricane season our safest one yet.

The 2013 hurricane season is shaping up to be an active one. The National Oceanographic and Atmospheric Administration estimates that between 13 and 20 named storms will develop this season. This is similar

to the 19 that developed last year. Please join me in following a few simple steps to protect your family in the event of a hurricane.

1. Create a disaster supply kit that will last at least 3-7 days. Your kit should include one gallon of water per person per day, food, a first aid kit, any prescribed medications, toiletries, a flashlights



TED B. EDWARDS

protection and service by The Winter Park Police Department

Hot Weather Safety

It's that time of year again when the weather has become much warmer and we begin to see heatrelated injuries. The Winter Park Police Department wants to wish everyone a happy summer and hopes to help keep everyone safe by providing some tips on how to stay safe during the months characterized by elevated temperatures. **General Hot Weather Safety Tips:**

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

General Hot Weather Vehicle Safety Tips:

- nior in a parked car, even for just a few minutes.
- Slightly opening the windows on a parked car provides **NO** HELP in heat reduction in the interior of the vehicle. At 90+ degrees, the interior of a car can reach as high as 132 in less than one hour, even with the windows slightly opened.

- If your child is missing, get help and check swimming pools, vehicles and trunks.
- If your children are locked in a car, get them out as quickly as possible and dial 911 immediately. Emergency personnel are trained to evaluate and check for signs of heatstroke.
- Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you're not following your normal routine.
- Take action if you see a child alone in a car. Call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

General Pool Safety Tips:

- When swimming, assign an adult, not another child, to watch children in or near water.
- Never leave children alone in or near water; not even for a minute.
- NEVER leave a pet, child or se- Utilize barriers (four-sided fencing at least five feet high, selfclosing and latching gates, and door and window alarms) to

and batteries, radio, extra cash, copies of important documents, and special items to care for the elderly, disabled, young children, or pets.

- 2. Create a family survival plan. This plan should include an evacuation location and route in the event of a major storm, steps to secure your home, special provisions for any elderly or disabled people in your household, and plans for any family pets.
- 3. Keep up to date on the latest information. Orange County will work diligently to make sure that you have the most up to date information possible on shelter locations and food and water distribution points. You can also read the latest information by using the OCFL app on your Android or Apple device. If a storm strikes, you can send in a damage

notice or request for service with the OCFL 311 app. You can also follow Orange County Government on Twitter and Facebook to keep current on important information as well as to request county services in an emergency.

Orange County and other local governments are fully prepared to help you in the event of a major storm. Our emergency operations center will coordinate with all 10 municipalities in the county, along with UCF, Rollins, Valencia, and several other community stakeholders. We will have shelters set up in the community, including pet friendly and special needs shelters. We will also ensure the delivery of food and water to various locations around the county.

Please follow these simple steps to keep you and your loved ones safe this hurricane season. For more information on Orange County's plan for hurricane preparedness, visit http://www.ocfl.net/EmergencySafety/ HurricaneGuide2013.aspx. If a storm strikes, I will do my utmost to ensure you get the assistance that you need in a timely manner. It's an honor to be your District 5 commissioner. If you have any questions or concerns please feel free to contact me or my staff. We can be reached at 407-836-7350 or by email at district5@ocfl.net.

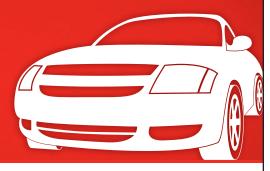
Otherwise, enjoy your summer!

Yours Truly,

(ed & Cowords

Commissioner Ted Edwards, Orange County, District 5

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- At **104 degrees** The body starts to shut down
- At 107 degrees -DEATH occurs
- TEACH your children NOT to heatstroke-safety-tips play in cars
- Make sure to lock your vehicle, including doors and trunk, when you're not using it. Keep keys and remote entry fobs out of children's sight and reach.
- Teach kids that trunks are for transporting cargo and are not safe places to play.

children from accessing keep water.

- Be prepared by knowing basic first aid, CPR and by having a phone near in case of an emergency.
- Consider visiting the following websites for more information: http://www.safekids.org/content/heatstroke http://www.safekids.org/tip/

http://www.waterprooffl.com

The Winter Park Police Department provides information regularly via Facebook facebook.com/ WinterParkPD, Twitter @Winter-ParkPD and our website. www. wppd.org

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Local Second Grader In Need Of Blood Donations



Brookshire Elementary second grader Jose Mora-Rodriguez has been diagnosed with a rare form of leukemia. Because of this rare disease, he is in desperate need of transfusions and blood products.

"Jose is a great kid and very loving. His particular disease, according to the doctors, is Burkitt's Leukemia," said his mother, Elisa Mora-Rodriguez.

The community can help by donating blood for Jose. The event is July 16 at the Winter Park YMCA Family Center. "We heard about Jose and his condition, and decided to help. It is part of who we [YMCA] are as a whole," said William "Bud" Oliver, executive director of the Winter Park YMCA Family Center.

The extreme rarity of the leukemia makes Jose's case so special and important.

"The doctors said only 2 percent of leukemia patients have this particular type," said Mora-Rodriguez. While all blood types are accepted by Florida Blood Services, Jose is in need of specific treatments and transfusions of O+ blood and platelets, but can also accept O-. Florida Blood Centers have set up a special account for Jose. His account is #2194417.

More details are available at www.centralforidaymca.org/

Winter Park Health Foundation Awards Grant To Hamilton Holt School

The Hamilton Holt School at Rollins College recently received a \$139,779 grant from the Winter Park Health Foundation (WPHF) to provide start-up funds for the Rollins Center for Lifelong Learning. This fall, the Center will offer innovative liberal arts programming for adults 50 and older from Winter Park, Maitland, Eatonville and the surrounding communities.

The noncredit courses will last four to six weeks and will feature current and emeritus faculty from Rollins. Annual memberships will be \$200 and will include participation in an unlimited number of noncredit courses offered by the Center. Scholarships and fee reductions for those in need will also be offered.

According to Diana Silvey, program director for the WPHF, "The grant to Hamilton Holt School will provide an excellent opportunity for Winter Park and other area adults 50 and older to participate in extraordinary liberal arts courses offered by the Hamilton Holt School at the Rollins College campus. We believe this collaboration with Rollins will be very beneficial in meeting the educational needs and interests of older adults in the communities we serve."

A full-time director will be assisted by an active 11-member Community

Advisory Council, a part-time administrative assistant and volunteers. Rollins will assume 77 percent of the start-up costs for this endeavor through the provision of in-kind services and funding of operational expenses.

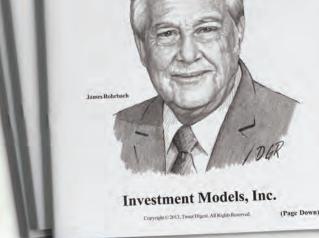
"We are delighted to be working with the Winter Park Health Foundation on this important project. Today's older adult learner is an active and vibrant



part of our community and deserves the best educational opportunities available," said David Richard, dean of Hamilton Holt School. "This grant allows us to welcome an entirely new cohort of students to the Rollins liberal arts experience."

To learn more about the program, contact the Center's Interim Director Bob McKinlay at rmckinlay@rollins.edu or 407-646-2192.





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Famed Artist To Design Lauren's Kids Specialty License Plate Plate proceeds will support childhood sexual abuse awareness and prevention

Britto will design the newly approved Lauren's Kids specialty license plate in support of the foundation's efforts to prevent child sexual abuse through education and awareness.

"Nothing is more important than keeping Florida's innocent children safe and, through the sale of these license plates, we will be able to greatly expand our efforts," said Lauren Book, M.S. Ed, founder of Lauren's Kids. "Prevention is our number one priority, and we know 95 percent of child sexual abuse can be prevented through education and awareness. The Lauren's Kids foundation is very grateful to Governor Scott and the Florida Legislature for this exceptional opportunity."

Britto, an acclaimed contemporary pop artist, is known for his use of pulsating colors and bold patterns as a visual language of hope and happi-

Internationally recognized artist Romero ness. He has created artwork for such companies begin once each plate receives 1,000 pre-orders, as Disney, Coca-Cola and Audi, and his work is prominently displayed on buildings and in gal- foundation and its mission, as well as Florida

> leries in South Florida and around the world.

> "It's so wonderful to be able to support such an important cause with my friends Lauren and Ron Book," said Britto, whose bold and colorful style is a perfect complement to the mission of Lauren's Kids to increase

awareness and provide hope.

Last week, Governor Rick Scott signed HB 7125 into law, approving several specialty plates including one for Lauren's Kids. Production will

or vouchers. Supporters of the Lauren's Kids

art enthusiasts, can pre-order a specialty license plate voucher at www.LaurensKids.org.

Lauren's Kids is a non-profit organization that works to prevent abuse and help survivors heal. The organization, which has offices in Aventura and Tallahassee, Florida, was started by Lauren Book, a survivor of childhood sexual abuse who endured abuse at the hands of her nanny

for six years. Her organization offers a 24-hour crisis hotline, elementary school prevention curriculum, annual 1,500-mile awareness walk, legislative advocacy and speaking engagements.

Have something to say? We want to hear about it! Email editor@theparkpress.com

Edyth Bush Charitable Foundation Celebrates 40th Anniversary June 22, 2013 Marked Four Decades of Philanthropy in Central Florida

The Edyth Bush Charitable Foundation celebrates a milestone this month its 40th anniversary. Throughout the last four decades, the Edyth Bush Charitable



Foundation has awarded more than 3,165 grants to 790 non-profit organizations totaling more than \$100 million in funding, making a positive impact on the lives of countless individuals.

Central Florida has greatly benefited from the foundation's philanthropic investments in Nemours Children's Hospital, Guardian Care Nursing Home, Heart of Florida United Way, Parramore Kidz Zone and Christian Service Center, among numerous others. The foundation's involvement with Rollins College, Winter Park Memorial Hospital, DePugh Nursing Home, Crealde Art Center, Winter Park Day Nursery, the Albin Polasek Museum and Sculpture Gardens and many other organizations and initiatives can be seen throughout the city of Winter Park.

The Winter Park City Commission issued the Edyth Bush Charitable Foundation 40th Anniversary proclamation at the, June 10 city commission meeting. Mayor Buddy Dyer of Orlando and Mayor Teresa Jacobs of Orange County issued similar proclamations at commission meetings June 17 and 18, respectively.

Grant recipients and community partners have shared how the foundation has impacted their organizations and the lives of those in the community, which can be found on the foundation website: www.edythbush. org.

As stewards of the legacy Mrs. Edyth Bush started in 1973, the foundation's staff, board and partners move forward guided by the foundation's mission: to create innovative civic solutions that help people help themselves. Since its creation, the foundation has been enriched by the Richard J. Conlee Fund and the H. Clifford Lee Fund. Though it does not actively solicit outside donations, the foundation will work with philanthropists to achieve their charitable goals.

Board members are Gerald F.Hilbrich, chairman; Herbert W. Holm, vice chairman; David A. Odahowski, president; Matthew W. Certo; Elizabeth Dvorak; Deborah C. German, M.D.; Harvey Massey and Richard Walsh.

For more information on the Edyth Bush Charitable Foundation, please visit www.edythbush.org.



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\$25,000 Awarded To Inspire Healthier Living

Eatonville, Maitland and Winter Park residents will soon have access to a healthy activity smartphone app, thanks to a grant from a joint initiative between Florida Hospital and the Winter Park Health Foundation, Healthy Central Florida (HCF). The app is one of 10 projects from local organizations that will receive \$2,500 each to implement their ideas, totaling \$25,000.

One of the most unique grants was the creation of a smartphone app designed specifically for Central Florida, which educates, engages and rewards people for healthy choices and activities. The grant was submitted by a University of Central Florida Ph.D. candidate, Michelle Gardner, who was inspired to create the app after attending another Healthy Central health. To attract great companies, to attract and retain young talent, to enjoy the highest quality of life, we must be a connected, walkable, bike-able community. These grants and the exciting work that will come from them helped us take another giant leap in that direction."

More than 100 people participated in the Health Innovations Grant workshop hosted by Mark Fenton, nationally renowned community design and environmental change expert and former host of the PBS series America's Walking. As a result, 10 projects have been awarded funding at \$2,500 each. The winning projects include:

- A healthy activity smartphone app from a Ph.D. student at the University of Central Florida
- A bike training and community engagement program for Eatonville from Macedonia Missionary Baptist Church;



The winners of the Healthy Central Florida Health Innovations Grant will use the funds to implement innovative ideas to get the community healthier.

Florida presentation where she learned about the health disparities and high rates of diabetes, obesity and chronic health problems.

"Creating a game that rewards users who walk for 30 minutes, ride their bicycle to work, or pick a healthy lunch presents a compensation system that engages and encourages through a socially acknowledged, earned reward," Gardner said. "Using present day technology, we can create a smartphone-based app that builds community involvement, stimulates physical participation through nonmonetary reward systems, and encourages lifestyle changes." In order to motivate public participation and attract partners to improve health, Healthy Central Florida (HCF) offered grants for grassroot ideas to get children and adults moving more and getting more active.

- The introduction and use of "parklets" to help connect walking and biking routes through the three communities from the Master's Program in Civic Urbanism at Rollins College;
- Marked walking paths in Maitland that will promote walking among residents and the business community from the City of Maitland and the Maitland Public Library;
- A review of the Comprehensive Plan for the Town of Eaton-



Before applying for the grants, organizations and individuals first had to attend a grant workshop.

"The response to our first health innovation grant workshop far exceeded our expectations," said Jill Hamilton Buss, executive director of Healthy Central Florida. "Our community understands the critical importance of improving ville, to ensure that the tenets of "healthy community design" are adhered to as the town undergoes a surge in redevelopment from the East Florida Regional Planning Council;

- The rollout of a bike valet service in Winter Park to promote cycling in the city from the City of Winter Park;
- The implementation of a safety course to help children learn about safe walking and cycling (to school) in all three communities from the Dommerich Parent Teacher Association.

HCF hopes to offer additional grants in the future. To stay connected with HCF or view the complete list of projects, visit www. HealthyCentralFlorida.org.

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Leadership Winter Park Presents 10th Annual Community Leader Award

Leadership Winter Park presented its 10th annual Community Leader Award to Marni Spence, CPA and tax principal at Clifton Larson Allen LLP, during the Leadership Winter Park Graduation Celebration. The award is presented annually to a member of the Leadership Winter Park Alumni Association for exemplifying leadership qualities and an outstanding commitment to the betterment and well-being of the Winter Park community.

"Marni has been a dedicated and passionate leader, mentor and friend," said Debra Hendrickson, vice president for the Winter Park Chamber of Commerce. "Through her strong commitment to developing business leaders, mentoring small business owners and giving back to the community she loves, Marni has provided inspiration and guidance to many."

Spence, a native of Melvin, Iowa, and alumnus of University of Central Florida, is a graduate of Leadership Winter Park Class VIII. She has been committed to supporting a variety of activities in the Central Florida and Winter Park communities for more than 10 years. Currently, she is a partner at CliftonLarsonAllen LLP, a CPA firm that offers audit, accounting, tax, consulting, and advisory services. Spence is also a founding board member and current co-executive director of ATHENAPowerLink, an advisory program designed to increase the growth and profitability of women-owned businesses.

Spence served as past president of the Leadership Winter Park Alumni Council in 2005 and is a past board member of the Winter Park Chamber of Commerce. She is a past session chair of Leadership Winter Park, past treasurer of the Winter Park Public Library Advisory board, and past member of the Winter Park Utility board. She is a current member of the Winter Park Parks and Recreation board, UCF

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Patrick Chapin, president/CEO, Winter Park Chamber of Commerce; Former Chief Val Demings; Marni Spence, LWP Community Leader Award Recipient; and Debra Hendrickson, vice president, Winter Park Chamber of Commerce.

Research Foundation and Orlando, Inc. Her professional associations include membership with American Institute of Certified Public Accountants (AICPA), Florida Institute of Certified Public Accountants (FICPA), and Florida Executive Women. She is also involved with the National Center for Simulation. In her spare time, Spence enjoys volunteering as a basketball coach for the Winter Park YMCA.

Previous recipients of the Leadership Winter Park Community Leader Award include Patty Maddox, president/CEO, Winter Park Health Foundation; Scott Hillman, owner/broker, Fannie Hillman & Associates; Hon. Joie Cadle, Orange County School Board; and Fred Jones, attorney at law.

Leadership Winter Park is a program of the Winter Park Chamber of Commerce and is an adaptation of a nationwide community awareness and leadership preparation effort. The program, entering its 24th year, identifies and promotes potential leaders from the business community who desire to become involved in making a difference in the Winter Park community.

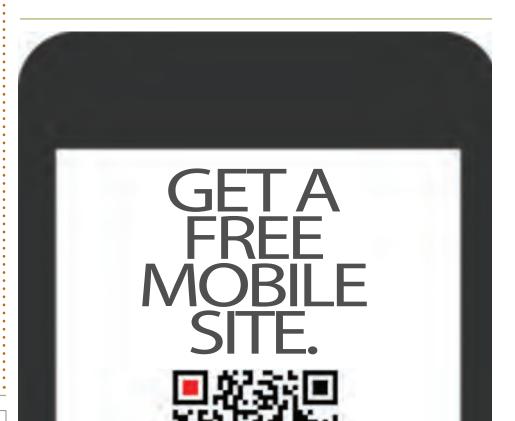
The Scouts Of Troop 62 Give Back To Community

Every fall Boy Scouts help feed the hungry with the nation's largest food drive, Scouting For Food. Scouts of Troop 62 feel called to do more. Working with the parishioners of St. Margaret Mary Catholic Church, they were able to collect over 8,000 pounds of nonperishable food to stock the shelves of Central Florida Food Banks. This is the third year Troop 62 has participated in this project.

The Scouts distributed paper grocery bags along with a list of needed staples

after one weekend's services and collected the bags filled with nonperishable food as the parishioners returned for services the following weekend. The food was then split among three Central Florida Food Banks.







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fiscal fitness by John Gill

Thank You For Your Time

I would like to

hear from more of

you about items

that are affecting

you or topics that

you would like to

explore or learn

about.

Let me start by saying this is *not* a farewell column. This is actually the 60th column that I have written for the Park Press. I just like to take a look at where we've

JOHN GIL

been and to let Park Press readers know that I appreciate them reading the columns that I write.

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

My goal is to be interesting,

topical and educational all in the same column. touch on the impact of rising interest rates and The popularity of The Park Press creates the the potential changes to the economy when the audience, but the content of the paper and the Federal Reserve ends its bond buying program.

columns keep you, the reader and the consumer I will also touch on some of the issues occurring coming back.

Over this year I have written about the importance of life insurance, hurricane preparedness, holiday spending, allowances for children and basic savings. On the political front I wrote about political gridlock and the lack of leadership, the Federal Reserve, sequestration, and the

sacred importance of voting.

As I start my sixth year I would like to hear from more of you about items that are affecting you or topics that you would like to explore or learn about.

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

Over the next year I plan to

internationally and how those issues affect us in Central Florida. There will be probably be a column or two on Obamacare, the debt and deficit, entitlements and the federal budget. Throw in a column on life insurance and that totals approximately six or seven columns. That leaves five or six open months, so if there is something that you would like me to investigate or comment on, please send an email, text, tweet, or snail mail and let me know.

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

Deleted Reader Email Regarding Roth IRAs

A reader recently sent an email regarding Roth IRA options. I inadvertently deleted the email and contact information before completing the response. If that reader could resend his question and contact information I will get the response out to you. Thanks.

If you have questions, comments, or an area of financial interest you would like to see discussed in The Park Press please call John at 407-353-0594 or send email to FiscalFitness@ymail.com. Follow John on Twitter, @john_gill1.



family business perspective by David Ciambella, CFP CSP

Timing Is Everything - When Should Succession Strategies Be Shared With My Family?

In 1987, Jack's father died suddenly and unexpectedly

thrusting him into the leadership position of the family business his father started in the late 1940's. At the time Jack took over the family business there was only one location and approximately 45 employees but business was thriving. Over the years the business had become productive and profitable in large part due to his father's incredible work ethic, customer focus, business savvy and knack for attracting quality employees. Jack's father was a humble man who attributed much of his success to luck, good fortune and being in the right place at the right time. "Timing is everything" was a phrase Jack's father used frequently. From a business perspective, there very much could have been some truth to timing and being in the ation as she was sure to disappoint one or more of her children. And that is exactly what happened! Jack was chosen as his father's successor and one of her children harbored resentment for many years.

Contrary to popular belief, the above scenario is much more prevalent than you might imagine. In some instances, there is a well-thoughtout plan in place (some more well documented than others). However, rarely is the plan ever communicated to family members and key executives. A logical question is, why? Here is a brief list of responses business owners have shared over the years:

- "I am just not ready to tell my children."
- understand."
- "We are afraid that sharing our plans and

and maturity play a big factor with the timing of sharing this information. Sharing your plan with family members while you are alive provides an opportunity for you to explain your plan and answer any potential questions your children may have. There is always a possibility a child or family member may not like your plan but at least they heard it directly from you and have perspective on why you have made certain decisions (for example, leave the operating business to actively employed family members and leave other assets such as real estate, investments or life insurance to inactive family members).

When Jack took over the business follow-• "My children are too young and would not ing his father's passing, he had his sights set on growing the business. And that's exactly what he did! Jack is now 60 years of age, the business net worth with our children will demotivate presently has multiple locations and several hundred employees. Experiencing firsthand how difficult and trying it was for him, his mother and his siblings following his father's death, Jack chose to proactively communicate his plan to his children approximately two years ago. Since that time, Jack has been diagnosed with cancer and is fighting for his life. However, he has peace of mind that his family knows and understands his plan. Does your family know your plan? Do your employees know your plan? As Jack's father was fond of saying, "timing is everything." Perhaps the time is now for you to develop a game plan for how and when you will communicate your plan. Family relationships and business success are worthy of protecting and perpetuating!

right place at the right time but for Jack, timing could not have been worse!

You see, Jack was only 34 years old and had limited experience, interaction and communication with his father regarding business philosophy and management of the business. To make matters worse, Jack had two siblings who also worked in the business and felt they were just as capable of leading the business. However, Jack's father did not express who he wanted to lead the business in his absence. To his father's credit, he did have a will and trust that was designed to provide for his wife, Carol, and subsequently treat all three of his children equally. However, there were no clear directions or instructions regarding what should happen to the business. Unfortunately, Carol was placed in a very uncomfortable position in that she was not familiar with their finances. Furthermore, she had to choose which of her three children should lead the business. Clearly Carol was in a no-win situ-

them. We do not want to create trust babies." These are reasonable and valid concerns that must be respected, but eventually communication should take place in an effort to avoid a surprise after your demise. Surprises may be fun for birthday parties but not very good when it comes to succession planning for family businesses.

So when is the right time to discuss your plans with family members? The answer: while you are alive. This is easier said than done because there never seems to be a good time and each fam-

ily is unique. Some family members are capable of handling personal, business and financial information without it impacting their drive, ambition and commitment. Others are not. Age

Surprises may be fun for birthday parties but not very good when it comes to succession planning for family businesses.

BUSINESS 12

Business In The Parks

Karla Knight, academic administration coordinator at Rollins College, was recently presented with the Thaddeus Seymour Staff Award for Community Engagement on behalf of Rollins College. The award, which



is presented annually, was established in 2006 as a means of recognizing Rollins staff members for sustainable and demonstrated service in local and

global communities. Knight is distinguished in her dedication of time and spirit to helping others. In honor of her recognition, a donation of \$500 will be made in honor of Knight to the community organization of her choice, to further encourage her efforts in citizenship and leadership. Knight has chosen the American Cancer Society.

Glen Davis, an Orlando area business leader and retired president and CEO of Schuff Steel-Atlantic, was recently elected chair of the YMCA's Metropolitan Board of Directors. A longtime member of the Y's Metro Board and Executive Committee, Davis replaced outgoing Chairperson Helena Ryan. Also elected were five new board members, including Jim Alessandro, Rich Panner, Lynette Swinski, Wayne Rich and Jim Henningsen.

Baker Barrios Architects Marketing division was awarded two AVA Digital Awards by the Association of Marketing and Communications Professionals. The company's creative media presentation received top-honors in the competition, earning gold status for excellence in video production. The firm's brand evolution 3D animation received an honorable



mention for special effects and creativity. The AVA Digital Awards is an international creative competition that recognizes outstanding achievement by marketing and communications professionals involved in the concept, direction, design and production of media that is part of the evolution of digital communication.

DeVanes Distinctive Home Accessories & Gifts has been named one of Home Accents Today's 50 Retail Stars for 2013 by editors of the trade magazine for the home accents industry. The store, founded in 2007, is located at 430 West New England Ave. and is owned by Irene DeVane.

Rollins College recently named Millie J. Erichsen as director of development for the Crummer Graduate

School of Business. Millie J. Erichsen

Erichsen brings 20 years of experience in higher education and non-profit management to her role at Rollins. Most recently,

she served as director of development at the University of Central Florida (UCF) Foundation, where she spearheaded the development efforts of the College of Health and Public Affairs, the second largest college at the second largest university in the nation. Erichsen is a member of the Central Florida chapter of the Association of Fundraising Professionals and the Council for Advancement and Support of Education (CASE). She also serves as a mentor for the College's Philanthropy and Nonprofit Leadership Center. She received her bachelor's degree from Kansas State University and her MBA and Graduate Management Certificate from Rollins College.

Lamm & Company

Partners is serving as the development and construction manager for Rollins College on the new construction of Strong Hall Phase II- a 16,000 square foot, three story building that will replace an antiquated building at the west side of the Rollins campus. The awarded contract of \$3.5 million comes on the heels of the first phase of the Strong Hall redevelopment which was completed in 2012. This will be the 12th project built by Lamm & Company Partners on the Rollins campus.

John Craig, a leader in the luxury apparel market, recently announced that it has opened a new store in The Ponte Vedra Inn & Club. John Craig, established in Winter Park in March of



1996, has built a strong reputation for carrying the finest in men's fashions, while upholding its tradition of quality, style, and exemplary customer

service. After opening three additional stores throughout Orlando and Naples, Craig DeLongy, the owner, found another perfect fit for his store in The Ponte Vedra Inn & Club, a Five Diamond Resort.

Karen R. Charron, ARNP-BC, RNC-OB has recently joined Winter Park OB-GYN, a division of Women's Care Florida. Winter Park OB-GYN



ter Park, Oviedo and Waterford Lakes. Karen will be serving patients at all three locations. Karen is a board certified advanced

registered nurse practitioner. She is a graduate of the University of Central Florida, where she received her Bachelor of Science in nursing in 2007. She then completed her nurse practitioner degree from the University of South Alabama.

Rollins College recently appointed Associate Professor of Education Debra Wellman as the dean of the College of Professional Studies, which of-



fers bachelor degrees communication, in education and international business. In this role, Wellman is responsible for over-

seeing the innovation of curriculum, faculty development and recruitment, academic operations and budgets, accreditation processes and the development of international student and faculty experiences. Wellman has been a part of the Rollins

community since 2000, starting as an assistant professor of education. She was soon promoted to associate professor and served as associate dean of faculty. Since then, she has also served as dean of the Hamilton Holt School and interim dean of the faculty. Wellman received her Ph.D. in curriculum and instruction from the University of Toledo, a master's of education administration from Eastern Illinois University and a Bachelor of Science degree from Illinois College.

Tandem Communications Group has named Lisa Junkerman as vice president of marketing strat-



egy. Lisa brings 20+ years of experience in the for-profit and nonprofit sectors and has worked for Fortune 250 companies including Motorola, Inc. and

Duke Energy as well as for nonprofits Rollins College and United Way. Tandem offers concierge marketing and communications solutions that allow clients to expand the reach of their financial services practices. The company's suite of services includes branding, web strategy, social media, customer communications, lead generation and client events.

Clear Channel Media and Entertainment Orlando announced today that radio veteran Lisa Kitchener has



returned to the company to join the sales management team. Kitchener has been named the new general sales manager for WFLA, WLOQ, and

the Florida News Network, effective immediately. For the past four years Kitchener has served as vice president of affiliate sales for Triton Media, where she achieved top-producer status for Triton's applications and services division. Previously, she worked as an independent marketing advisor with My Marketing Director, as well as holding various management positions at Clear Channel in Ft. Myers/Port Charlotte and Punta Gorda. A graduate of University of Maryland, Kitchener brings to her new position a keen understanding of local business and how to create fresh new marketing strategies that help businesses grow.



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estate in the parks by Scott Hillman real

Baldwin Park: A Hot Address That's Still The Talk Of The Town

When development started on Baldwin Park in 2002, it was the talk of the town. It still is. Folks from near and far have flocked to this forward-thinking 1,100-acre

SCOTT HILIMAN

Traditional Neighborhood Development (TND) that offers a very special sense of place on what was once the site of the Orlando Naval Training Center.

Today there are homes, many with quaint front porches, done in a variety of distinctive pre-World War II architectural styles; 400 acres of lakes and neighborhood parks; jogging trails; 50 miles of bike paths; and a Village Center that offers residents a mix of retail, office space, and restaurants.

Currently over 4,200 custom homes, singlefamily homes, townhomes, condominiums, city homes and luxury apartment homes are either occupied or in various stages of construction. What's really amazing is the drop in active listings. For the first four months of 2013, there were only 18 single-family homes and nine condo/townhomes listed, which is well below listings for the same four months in 2010, 2011 and 2012 when there were 65, 38 and 27 singlefamily homes listed, respectively, and 48, 29 and six condo/townhomes listings.



five months of the past four years, single-family home prices have been relatively stable, ranging from \$430,000 to \$450,000, while median prices for condo/townhome re-sales have done quite well, climbing from \$220,000 in 2010 to \$282,000 in 2013.

With inventory as low as it is today, prices When analyzing median prices for the first are going to go up. For example, David Weekly

Homes currently has 12 custom homes under construction at prices from \$800,000 to \$1.2 million, and another 16 homesites to go. Weekly, which has built well over 500 single-family/ custom homes and 34 three-story city homes here, has already sold seven of the 39 city homes it is currently developing at prices ranging from the \$340s to \$375,000.

Adding to Baldwin Park's inventory is Post Properties which has completed 81 of the 410 planned one, two and three-bedroom luxury apartment homes at monthly rentals currently starting at \$1,100 for a 1/1 and \$2,220 for 3/3. The remaining apartments are all expected to be built by the end of the year, giving Post a total of 760 luxury apartment homes in the community.

Baldwin Park has been an amazing success story, even when the economy was at its most challenging in 2008 and 2009. When the going got tough they reduced prices and moved their inventory which, in hindsight, was a very smart move.

Talk to the folks who've made Baldwin Park their home today and they'll tell you they've made a smart move as well.

Scott Hillman is president of Fannie Hillman + Associates, a Winter Park-based real estate company established in 1981, specializing in the home buying and selling process.

For More News, Information and Great Events, Visit TheParkPress.com!

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LUXUKY PORT/OLIO



STEPHEN & KRISTIN PATEGAS

in the garden by Stephen and Kristin Pategas

Got Vines?

Vines – can't live without them and sometimes it's hard to live with them. They sure are prolific. They provide cucumbers,

those fuzzy kiwis, thirst quenching watermelons, pumpkins, pole beans, snap peas and more. Grapes, which grow on vines, produce the vast majority of the world's wines. For that reason alone vines get our thumbs-up.

In the garden they also provide functional and ornamental services. Vines fill many roles, often going where no other type of plant can go. In narrow planting areas against walls, they climb to fill a trellis and shade the wall. Grown overhead on a pergola they filter the harsh rays of the sun. If it's a deciduous vine, the warming rays during the winter shine through to warm

the bones. At ground level they creep and crawl to cover the ground barely above the height of a lawn, or in a low water use garden – to replace it.

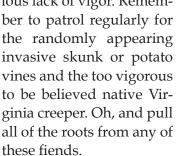
Many vines create breathtakingly beautiful blossoms and as they climb, they display color at and above eye-level. Passion vine, cross vine, butterfly vine and flame vine are all candidates for visual overload. Stranded up in the breeze,– the fragrant flowers of the confederate, pink bud or shining jasmines release their scents.

While the produce they generate, the roles they fill and the beauty they create is greatly appreciated; it's vines' vigorous growth in our garden during the growing months that gives us pause. Vines do not grow to a predetermined height or spread. In the tropics they are called lianas (woody climbing vine) and must ascend tree



Vitis 'Southern Home' has attractive foliage and edible grapes.

trunks soaring to astounding heights to reach the life giving sunlight above the dense tree canopies. Vines are programmed to climb and run. So in our garden, it's up to us to determine their limits. Given that they know no bounds, fertilizing a vine to encourage more growth is like requesting an audit from the Internal Revenue Service. It's bound to cause angst. Only feed a vine if there is an obvious lack of vigor. Remem-



With the return of warm weather and summer rains, our collection of eight vines thriving on trellises, a pergola and along the ground have taken off again hoping we will look the other way. Our solution during the growing months is to stroll through the garden with a glass of wine in one hand and a hand pruner in the other. Tendrils beware!



Flame vine/ Pyrostegia venusta is a show stopper.



The Southern Home grape vine shades our arbor during the warm months.

Fragrant Confederate jasmine graces a pair of trellises at Hortus Oasis.

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

All photography by Stephen G. Pategas/Hortus Oasis





"We're set for life ... this place fits us perfectly!"

Bob and Norma Williamson wanted to simplify their responsibilities while keeping their busy, vibrant lifestyle. They visited several retirement communities – and The Mayflower was "No. 1 from the beginning."

Since moving in, they've been freed from the worries of caring for a house and yard. That means more time for pursuits like bridge (Norma plays in *four* clubs), traveling, socializing and simply relaxing.

"At The Mayflower, we can keep our routine and circle of friends ... and we know that we're set for life," Bob says. "It's just what we wanted, in terms of location and healthcare options. This place fits us perfectly!"

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



www.themayflower.com 1620 Mayflower Court Winter Park, FL 32792

88141 PRAD TPP 7/2013



pop culture detours by George McGowan

Crazy Hot Summer Pop Culture Omnibus

The calendar tells us that it is summer in Florida, but all we need to do is walk outside to know for sure. As Floridians, the other thing we know is that summer will continue to be here until maybe October. Maybe. Luckily, we can entertain ourselves with some pop culture selections that we can enjoy indoors. Here are several ideas for beating the heat from a pop culture perspective.

Crank up the stereo! It's the 70s all over again. Download the latest album by Daft Punk, "Random Access Memories," and dance! Or you could simply put the headphones on and listen. The latest from this French electronic music duo is an anachronism, a dance music album that you can enjoy without ever hitting the dance floor. Daft Punk take the listener back in time to an era many thought was not worthy of our musical attention and then turns it on its side by making it a statement for making music the old way again. You know, with musicians? By listening to, and I mean taking out the headphones and making time to settle in and hear the nuances and textures and craftsmanship of musicians collaborating to create a sound and a feeling. As the Pitchfork reviewer puts it: "Most of all, they (Daft Punk) wanted to create an album-album, a series of songs

that could take the listener on a trip, the way LPs were supposedly experienced in another time." But I would add that once you experience "Random Access Memories" this way, you can then rip off the headphones, crank up the stereo and dance (inside, in the air conditioning, so you won't even get sweaty)!

For the music single that I believe will win the summer, get online and check out the video to "Q.U.E.E.N." by Janelle Monáe featuring Erykah Badu. This song immediately took over my brain and demanded that it be added to the top of the playlist. Now I admit that this song has no

meaning, no depth, and may simply disappear from view by the end of the year. However, for now, it's my "earworm" du jour. From the opening bass line to the quirky vocals and the smooth background singers, it has been dominating my thoughts for days. Maybe it is also the fact that it seems that the finger snaps on the recording are in the very front of the

Body and Soul: The Human Presence in Art from the **Orlando Museum of Art Collection**



mix, even in front of the vocals? Craziness! But a perfect summer song in this man's opinion.

Of course, Hollywood would certainly like all of us to beat the heat by going to the movies at our favorite cineplex this summer. Plenty of cool air and refreshments to be had, as well as the images flying by and the sounds assaulting our ears from the summer blockbusters. But may I suggest that you "flip the script" and use this summer to take in a film at the Enzian Theatre? I had the pleasure of slowing life down and seeing "Much Ado About Nothing," Joss Whedon's adaptation of the classic Shakespeare comedy, at this lovely theatre recently. Now, being a long time Central Floridian, I have been to the Enzian many times over the years. But, on this occasion, as we waited in line, we overheard two newcomers to the Enzian experience. These two young ladies were so excited to discover a movie house with such flair and care for the movie-going experience. They just wanted to see the movie and the Enzian was the only theatre showing it, but when they arrived they discovered a gem in the midst of the suburban hustle and bustle. Seeing the Enzian again through their eyes, I couldn't agree more. The Enzian is a wonderful Cen-

> tral Florida experience and it should be overrun with patrons. Show the Enzian some love and take in a movie there this summer.

> > Finally, it looks like summer TV might have some interesting selections. I will be tuning into the adaptation of the Stephen King novel, "Under the Dome," which looks like it just might be worthy of a view. A new FX series, "The Bridge," starts this month and stars two actors that have been good in just about anything they have been in, Diane Kruger and Demián Bichir. They are detectives from El

Paso and Juarez, respectively, who have to work on a case together after a body is discovered on the Texas-Mexico border. And finally, do you think it's time to give "Big Brother" another chance? Please say no.

Stay cool and enjoy some pop culture indoors this summer!

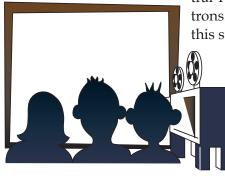
Joy To Winter Park -by Barbara Solomon 8 TRACK—THE SOUNDS OF THE 70'S WRITTEN BY RICK SEEBER DIRECTED BY ROY ALAN STARRING ALYSSA YOST, BELINDA JOHNSON, BERT RODRIGUEZ, AND TREVOR SOUTHWORTH

Even before the show starts, you're put in the mood by the preshow music. The songs were divided into eight sections, my favorite Light Up My of which was DISCO. The 70s actually produced some of the most diverse music of the 20th Century. From Marvin Gaye to The Doobie Brothers; from Donna Summer to Barry Manilow; from Melissa Manchester to James Taylor; it was a decade of hit songs that we all remember. The four performers certainly the most outstanding, both in his delivery and his ease of motion across the stage. He was smooth as could be! It is worth going to see this show just for his performance. My favorite of his selections was "I Write the Songs." Bert's strong tenor had even more range than Trevor's, and he looked adorable in his second act costume. Alyssa had an extremely pleasant voice--I loved when she sang "Don't Cry Out Loud." However, I found Belinda's voice a bit too strident, although she seemed to dial it

down when she sang the lovely "You

Life" and "The First Time Ever I Saw Your face." Unfortunately she looked angry through most of the show, which is not very endearing in a performer. I thought the highlight of the evening was the sax solo of "Just the Way You Are," performed by Ned Wilkinson--it was musical poetry!

It is a fun show, and the audidid them justice. I found Trevor ence ate it up! The girls behind me loved it because it was "the music we grew up with." I felt the only thing missing was the punk movement, which began in the late 70s. But, oh well, how much do I know? So if you loved the music of the 70s, put on your platform shoes and hustle on down to The Winter Park Playhouse for a night of shaking your booty! Playing through July 20th at The Winter Park Playhouse, 711 North Orange Avenue. For more information call 407-645-0145 or visit WinterParkPlayhouse.org.



This exhibition celebrates the Orlando Museum of Art's recent acquisition of the sculpture, Soundsuit, by Nick Cave. Soundsuit reflects Cave's interest in costume as a means of transforming the performer's identity. The exhibition also includes paintings, sculptures and photography by contemporary artists and a selction of traditional textiles.

Nick Cave, Soundsuit, 2011, ceramic birds and figures, metal flowers, gramophone, wig, beads, metal armature, appliquéd, knitted and crocheted fabric on mannequin, 112 1/2 x 58 x 47 1/2 in., Purchased with funds provided by the Acquisition Trust.

Orlando Museum of Art 2416 North Mills Avenue Orlando, FL 32803 www.omart.org



Barb's Best Bets for July: "Bus Stop" at Theatre Downtown, "Collected Stories" at Mad Cow, and a cabaret with Roy Alan at The Winter Park Playhouse.



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

Who Knew Johnny Mercer Had So Much Insight?

Johnny Mercer is and why I've chosen to highlight him in the byline this month - here's a hint: "You've got to acc-en-tuate the positive, e-li-minate the

AYESHA G. FUHR

negative, latch on to the affirmative and don't mess with Mr. In Between...."

I've recently finished up some training on trauma and the manner in which it maladaptively stores in the body and affects the brain. Now, there are a lot of terribly interesting things upon which I could expound at this moment, but this is not a science journal and you really probably would prefer I didn't burden you with such gravitas as you blithely peruse your neighborhood Park Press.

However, what I will say is this - I have found myself exposed to a confluence of information recently that has made me reevaluate the power of positive thinking. Now, I'm no Stuart Smalley and you won't find me gazing into my mirror while donning my snazzy blue cardigan. But, between my cursory understanding of neural networks in the brain, my knowledge of how resistant our habituations can be, and my overarching belief in the existential flow of the universe... I am left quite systematically endorsing the power of affirmation.

Let me explain: (and please excuse the plebeian articulation of these thoughts)

1) Neural networks are basically the pathways and circuitry involved in our brain systems. So, imagine a number of different pathways - and now consider what happens when you consistently use one (or even one set) of them? If you're like me, you're envisioning grass pathways in the woods and one that may be more downtrodden than the

If you're wondering who others. It's been used the most, has had the most repetition and is the one to which most attention has been paid. What if that pathway was your internal negative or pessimistic thought pattern? Seems to me, that you may have completely ignored the other more positive and optimistic pathways and thereby basically failed to use energy or (in the case of neural networks) 'light up' those routes. The underlying basis of this is that we can literally unlock different neural networks that have gone 'dormant' from lack of use by simply engaging them. Ergo, the more you work to light up the areas of the brain that respond to positivity, the more you reinforce that area's ability to be more active and sustainable in your functioning.

> 2) Now to our habituations – we have pretty resilient thought and behavior patterns. (For better and worse, I may add.) Given that we're consistently reacting to the world and to our surroundings almost instinctually, that means we're consistently taking in information and 'fitting it into' our basic schema, or world view. We created this world view from a very young age (rather subconsciously) and we continue to reinforce it by positioning information into the exact manner in which it would fit into our puzzled foundational beliefs. If, early on, you experienced certain things not going quite as you would have liked them to go - you made an early adaptation to your understanding of the way the world worked and your place in it. As a result, you are still operating on a pretty early paradigm and one that, at this point, may just not be that accurate. There are startling numbers in regards to how many negative thoughts an individual has per day - why continue

to habituate those when there's actually another (more beneficial) option?

3) And last, my overarching philosophy on the nature of existential flow... This one is a bit more difficult to explain in a succinct paragraph. However, for these purposes, let's say that this is more about the phenomenon of feeling as though you are in the exact right place at the exact right time, doing the exact right thing. That is to say that the universe is providing for you the rhythm necessary to hit your stride exquisitely. There is, of course,

all of that stuff about the law of attraction and "The Secret" and, to be honest, I never read the book. But, there is something to be said about the energy you put out into the world and what comes back. Even if it's just about the energy you release into your brain and what you can accomplish as a result.

To oversimplify - in the words of Henry Ford, "Whether you think you can, or you think you can't - you're right."

Though I could most likely wax on for quite a while longer, I will wrap this up now with a general invitation. I'd ask you to evaluate where you are in terms of your own positivity and ingenuity in creating different outcomes in your life. Consider the possibility that things could be different and try an affirmation or two... The results may be startlingly profitable.

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

Ayesha G. Fuhr, M.A. practices at 2150 Park Avenue North, Winter Park, FI 32789 as a Registered Mental Health Counselor Intern and can be reached at ayesha@livemeaningfully.net or 407.796.2959.



hoo



Aloma Elementary Principal Dr. Drew A. Hawkins

results. We showed increases in third- ; der the "Summer Information" page ; of year activities. There were shows, ; We showed decreases in third, fourth supply lists, bus route information, and fifth-grade reading, fourth and and registration information are also fifth-grade math, and fifth-grade sci- available on the school website. ence. We were above the district and grade science. Below are the scores in detail comparing last year to this year. 2011-2012 2012-2013 Test 3rd Grade Reading 78% 72% 4th Grade Reading 65% 68% 61% 5th Grade Reading 63% 77% 86% 3rd Grade Math 62% 4th Grade Math 70% (Higher than district and state averages) 2011-2012 2012-2013 Test 4th Grade Writing 37% 44% 48% 62% 5th Grade Math 5th Grade Science 52% 51%

The decreases are not what we expected, and in order to be proactive, we have already started formulating ; mer and we are looking forward to the ; ers Award for Middle School is Taylor plans and changes to address the decreases and turn them around. New the year with our "Mane Event" which student Sophia Lotz. Congratulations reading and math curriculum will ; will take place Thursday, August 15. Taylor and Sophia! Both students were be implemented this year across the : More information regarding this event : chosen from an essay they submitted : on what has been an incredible year district, and we will be revising our ; will be posted on our school website ; about something they have done at ; for student accomplishments in acaaction plans for writing and science as well as the marquee in front of the home, in school, or in their community as well for the 2013-2014 school year. school. See you there! Our grade level teams have worked together to revise our academic schedule to make sure we are maximizing instructional time. We will continue to ability-group our students during the intervention/enrichment block time, while also planning for increased math intervention. The teachers will use the district's Information Management System to help organize planning, curriculum, and resources for the students. Our teacher pre-planning training will focus on our mission and goals, along with a clear focus on in- ter Pan and Wendy flew through the structional strategies and professional air on wires, it is hard to believe they development. Our leadership team were once K4 (Pre- K) students trying will continue working together as we : to undo their own seatbelts to get out plan for the 2013-2014 school year.

Thank you again for your help and : Every Student! Every Day!"



building this month. We are so grateful to those who supported the half- ; how key these formative years are, not ; pride that the students will have. We ; a Nobel Laureate, and creative writing cent sales tax that made this building only in terms of academics, but also in thank you for the shoes and for your students participated in a panel discuspossible for our students and community. The building will be safe for our students and will contain the latest in technology. If you have a kindergarten child attending Brookshire for the 2013-14 school year, please register as soon as possible. We will have our kindergarten round-up on August 1 at 10:00 a.m., but it would help us if you registered prior to this event. Our kindergarten teachers will be making home visits in August.

the beach! All students should be relaxing with a good book from our summer reading list as well. All summer reading lists and summer assignments We have received our overall FCAT ; are listed on our school webpage ungrade math and fourth-grade writing. : at www.glenridge.ocps.net. Student :

Even without our students present, state scores in third, fourth and fifth- ; summer is a busy time at Glenridge ; ness, and most importantly Faith. grade reading, and third and fourth- Middle! Beginning June 17, our office grade math. We were below the dis- ' has new summer hours, open from ' comes from looking forward to a well- ' trict and state scores in fourth-grade 7:30 a.m.-5:00 p.m. Monday through deserved rest for everyone. As we look writing, fifth-grade math, and fifth- Thursday. The office will be closed ; forward to the summer, our minds and • every Friday until mid-August. Addi- • hearts overflow with a gamut of memtionally, the school will be shut down ories: successes, laughter, tears, trifor the week of July 1 through July 5. 🖞 umphs, friendships, and above all, the 🛉 Report cards and FCAT reports are • on-going closeness with our dear Lord. • ers and snack on some delicious treats available in the front office for pick up.

students in need of course recovery • definitely left their mark here on • start the new school year on August or 8th Grade Reading Camp through campus. The graduating class gifted 19. We look forward to starting the July 17. Additionally, the YMCA sum- • the school a beautiful addition to the mer camp is taking place at Glenridge • Middle School entrance. Brick pavers through late July. For more information regarding the YMCA camp, please • names on them with a cross design. visit the YMCA office (located on the We want to thank Oldcastle Coastal conferences, and so much more! (Lower than district and state averages) front of our gym) from 8 a.m.-5 p.m. or for their generous donation and Arik call 407-623-1415 x 2267.

> We hope you have a terrific sum-2012-2013 school year! We will kick off Lee, the winner for Elementary School

Park Maitland School Head of School Cindy Moon

A few weeks ago, Park Maitland presented its 45th sixth grade production at the Bob Carr Performing Arts Center. With well over two thousand people in attendance, "Peter Pan" was a huge hit. The sixth graders were poised and polished, and it is astounding that these were mostly 12 and 13-year-old children. Even as Peof the car at their first carpool.

Days later at sixth-grade gradua- •

Principal Mrs. Gerri Gendall

parties, awards, and our eighth gradgraduates continue on their educational journey, we pray that the years ahead ; will definitely a busy summer! will be filled with Love, Peace, Happi-

Highlights:

Summer school is being held for • Our wonderful class of 2013 has have been hand-laid with the students' March for his superb craftsmanship

> The 2013 Disney Dreamers and Dothat has inspired others, and makes their world, and our world, a better place.

> On behalf of the American Heart Association a big thank you goes the SJCS community for raising a total of \$2,780 through the Jump Rope and Hoops for Heart programs. A special shout-out goes to Gabby Garcia in second grade and Reese Mrozek in fourth grade for being our top Jump Rope for Heart fundraisers. Another special shout-out goes to Christopher Schultz in seventh grade and Laila Hunt in sixth grade for being our top Hoops for Heart fundraisers. "It takes 'Heart' to be a 'Hero'

• The school collected new shoes for • our Lenten Project this year and we are • happy to announce they are on their • Upper School students won accolades your support! We are "Team Eagle: tion, it was the same reminder. The way to our Sister Diocese, San Juan de in world languages, mathematics, and previous day our kindergarten chil- la Maguana in the Dominican Repubdren "bridged" to first grade. They ilic, high up in the central mountains.

St. James Cathedral School June! As we anticipate the start of con-struction of a brand new facility on our campus for our current Child Development Center, there is a lot of excite-Our school was buzzing with end ; ment in the air. In preparation for the building, we will be adding some portables to our soccer field to help with ers had a beautiful graduation. As our the transition and there will be lots of classroom shifts later this summer. It

Save the date! We will be having a large yard sale to help us down-We felt the natural excitement that size some of our extra materials, toys, books, and more! Please join us at 424 Ruth Lane in Downtown Orlando on July 20 from 8 a.m.-3 p.m. All proceeds benefit the Church to School Outreach "Bibles for Students." You can also enjoy a lunch of hot dogs and hamburgfrom the bake sale.

> Students will be back on campus to new school year with home visits from our teachers, new technology devices for our middle school students, new uniforms, student-led teacher/parent

Trinity Preparatory School Headmaster Craig Maughan

As Trinity Prep's forty-fifth school year comes to a close and we say goodbye to the Class of 2013, we look back demics, arts, athletics, and community service.



Thirty-one seniors were recognized in the National Merit Scholarship competition, and twenty-three juniors were recognized for their high scores on the PSAT. Middle School students were second in the state in the Science Olympiad and competed at Nationals. computer coding.

Trinity Prep's award-winning stuwere so excited and beaming in their : We filled 15 large moving boxes full of : dent newspaper launched a website, dress clothes. To see the accomplish- i new shoes! The Mission office thanked i and our student literary journal "Skyments of the students as they move : the SJCS community and wrote... "It is : light" went online as well. Students in We will be moving into our new through the years from one "gradua- i not hard to imagine the smiles on our i Trinity Prep's Peace Jam Club presenttion" to the next is a reminder of just : Dominican brothers and sisters and the : ed their "Spread the Love" project to sion with U.S. Poet Laureate Billy Col-Trinity Prep won the 2012-13 Florida our parents for working with us so : 3A Team Academic Award. This is the willingly and with such love, care, and ; first time we have won this award, dedication. St. James Cathedral School : and we are extremely proud of all our student-athletes and coaches for their dedication and commitment to excel in academics and athletics. Our students gave back to the community as well, building Trinity Prep's fourteenth house with Habitat for Humanity in Winter Park, collecting 13,000 pounds of food for Second Harvest Food Bank, and holding fundraisers for Susan G. Komen, UCP, Boston Marathon bombing victims, and Oklahoma tornado relief. Visit www.trinityprep.org to see



School! We hope you are enjoying the ; and eventually fly through the air as summer with family and friends. Don't : they did this year in "Peter Pan." forget to keep reading by the pool or at

developing the whole child and pre- generous spirit and loving hearts." • paring them for the future.

Community service and outreach, our children and as such have a propublic speaking, art and performing ; found impact on them. Thank you to ; High School Athletic Association Class arts classes, becoming healthy and active, understanding diversity, collaboration, creativity, perseverance, critical thinking skills, becoming self-aware, and leadership; these are the true lessons and values the children referred to in their speeches at graduation and every day during their years at Park Maitland. These are the skills that will bring them, and us, ably into the 21st century.

As summer begins, relax, enjoy, and feel confident that as every school year ends, a new group of Pre K students Greetings from Glenridge Middle : will learn to undo their own seat belts

We are all teachers in the lives of : lins.

is truly a shinning example of a Christcentered community.



Summer is in full swing at Trinity Lutheran School! The teachers may be enjoying some much deserved time off but the campus is still buzzing with • activity. Camp Trinity is well underway with field trips, community service projects and fun activities planned daily both on and off campus. Vaca- • our Class of 2013 college picks. Have a tion Bible School was a great success in • safe, fun summer!

COMMUNITY CALENDAR

Audubon Park Garden District Events **Ongoing Events**

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

First Monday of Every Month To celebrate their 50th anniversary, admission to Leu Gardens is free the first Monday of each month during 2013. For more information please call 407-246-2620 or visit www.leugardens.org.

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 Avenue. For more information please at 407-246-2620 or visit www.leugardens.org.

July 13 5th Annual Bastille Day Celebration – 5:00 to 7:00 p.m. in the Audubon Park Garden District along Corrine Drive. For more information and tickets please visit www. apgardens.com.

Baldwin Park Events

July 5 Baldwin Park Fireworks Celebration – 4:00 to 10:00 p.m. on New Broad Street with fireworks over Lake Baldwin starting at 9:00 p.m.

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 Drive. 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 Street. 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 Avenue between Princeton and New Hampshire.

Now – July 15 Vote Lake Eola as America's Favorite Park – The City of Orlando is asking for residents and visitors to cast their votes daily at www.coke.com through July 15. Check ins on Foursquare earns five votes at a time, and 20 minutes of activity at the park logged into the MapMyFitness app earns 10 votes. First place wins a \$100,000 grant, 2nd place, \$50,000 and 3rd place, \$25,000.

Now - August 12 Kids Get In Free on Mondays - 10:00 a.m. to 5:00 p.m. at the Orange County Regional History Center. Guest can bring up to four children under 12 with one paying adult. For more information please visit www.thehistorycenter.org.

& Fuller. 6:00 to 7:00 p.m. at the Marks Street Senior Center. For more information please call 407-422-3017.

July 27-28 The Rep Family Theatre Festival Party in Loch Haven Park - The festival is presented by Target and includes various performances starting mid-July at the theatre. The festival features "Shrek, The Musical" as well as performances by Bari Koral and the Family Rock Band. Please visit www.orlandorep. com for an updated schedule and more information.

August 24 Annual Philips Phile Texas Hold'em Poker Tournament - This event raises money for the Mustard Seed of Central Florida at the Orlando Science Center, and is hosted by Real Radio 104.1's The Philips Phile, along with local Orlando

celebrities. For more information visit www.RealRadio.fm.

Maitland Events

Every Sunday Maitland Farmers' Market at Lake Lily

Every Tuesday Preschool Stories 10:30 to 11:30 a.m. at the Maitland Public Library located at 501 S. Maitland Avenue.

Every Thursday Healthy Maitland Walk 6:30a.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.

July 5 eLab – 10:00 a.m. to noon at the Maitland Public Library located at 501 S. Maitland Avenue. Please bring your eReader and for more information call 407-647-7700.

July 9 Healthy Maitland - 4:00 to 5:50 p.m. featuring cooking with George Glaser, at the Maitland Public Library. For more information please call 407-647-7700.

July 10 Central Florida History with Jim Robinson - 7:00 to 9:00 p.m. at the Maitland Public Library located at 501 S. Maitland Avenue. For more information please call 407-647-7700.

July 12 Youth Writing Workshop with Elaine Person – 10:00 a.m. to noon at the Maitland Public Library. For more information please call 407-647-7700.

July 1 – 31 Free Museum Admission for Maitland Residents – offer includes the Maitland Art Center, Maitland Historical Museum, Telephone Museum and the Waterhouse Residence Museum. For more information please call 407-539-2181 or visit www.ArtandHistory.org.

July 23 Artists' Critique & Conversation at the A&H - 6:00 p.m. at the Art & History Museums- Maitland's Germaine Marvel Building located at 210 W. Packwood Ave. This program is free and the public is welcome to attend. For more information please call 407-539-2181 or visit www.ArtandHistory.org.

Winter Park Events **Ongoing Events**

Every Saturday Winter Park Farmers' Market -



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

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 - August 30 33rd Annual Student Show - the juried student exhibits will be on display at the Alice and William Jenkins Gallery at Crealde and includes painting, drawing, ceramics and photography. For times and more information please call 407-671-186 or visit www.crealde.org.

July 4 22nd Annual Hunter Vision Watermelon 5K - The 3.1 mile run/walk begins at 7:00 a.m. on Park Avenue. Proceeds benefit the Track Shack Foundation, a 501 (3) organization established to promote health and fitness with an emphasis on youth athlet ics. For more information or to register please visit www.trackshack.com.



July 4 18th Annual City of Winter Park Olde Fashioned 4th of July Celebration - 9:00 a.m. to 1:00 p.m. in Central Park.

July 4 Independence Day At The Pool – noon to 5:00 p.m. at the Community Center Pool located at 721 W New England Ave.

July 11 CoffeeTalk – 8:00 to 9:00 a.m. featuring Vice Mayor Sarah Sprinkel at the Winter Park Welcome Center.

July 11 Garden Talks with Stephen and Kristin Pategas of Hortus

Oasis - noon to 1:00 p.m. (bring lunch) at the Winter Park Public Library. Featured topic is "Making it in the Shade - Shade Gardening," and the cost is \$5 per session. To register please visit www.http://wppl. org/ or call 407-623-3279.



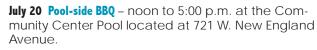
July 11 – 14 Park Avenue Summer Sidewalk Sale – Hours vary by store. For more information please call 407-644-8281.

July 11 Popcorn Flicks – 8:00 p.m. featuring "Grease" at the Central Park Main Stage.

July 14 Performance by The Calvin Ringers – 10:30 a.m. and 7:30 p.m. at the Winter Park Presbyterian Church. The Calvin Ringers are a talented group of teenage hand bell ringers who have performed at notable venues such as the White House, Disneyland, Epcot, The Crystal Cathedral and Rockefeller Center. This performance is free and open to the public, and the church is located at 400 S. Lakemont Avenue.

July 16 Blood Drive for Jose – Type 0+ is needed to help local second grader with his battle with Burkitt's Leukemia. For donation times and more information please call the Winter Park YMCA Family Center at 407-644-1509.

July 17 "Create Your Garden Sanctuary" by Stephen & Kristin Pategas of Hortus Oasis - 7:00 to 9:00 p.m. at Harry P. Leu Gardens. Registration is required by calling 407-246-2620.





Ongoing Events

Now - September 1 Extreme Weather Interactive Safety Station -Developed jointly by IDEAS Orlando and the Florida Division of Emergency Management this interactive learning station teaching children how to stay safe from dangerous weather and is piloted at the Orange County Regional History Center. For more information please visit current exhibitions at www. thehistorycenter.org.

July 3 Red Hot and Boom - 4:00 to 11:00 p.m. at Cranes Roost Park in Altamonte Springs. Fireworks begin around 9:30 p.m.

July 4 Fireworks at the Fountain – 4:00 to 10:00 p.m. at Lake Eola Park. Fireworks hosted by the City of Orlando begin at 9:20 p.m.

July 18 "Charting the Senior Years" – Free seminar to discuss estate planning, advance directives, nursing home asset protection, Medicaid and veterans benefits hosted by The Elder Law Center of Kirson



Mondays (May 6, 13 and 20) Meditation & Stretching - 11:30 a.m. to 12:30 p.m. at the Albin Polasek Museum & Sculpture Gardens Located at 633 Osceola Avenue. To register please call 407-647-6294 or visit www.polasek.org.

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

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. to 1:00 p.m. on Tuesdays and Fridays, and from 10:00 a.m. to 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.

July 23 "Charting the Senior Years" Seminar – 6:00 to 700 p.m. at the Winter Park Community Center. The seminar is hosted by Board Certified Elder Law Attorney Patricia Fuller and Attorney Heather Kirson, and is free and open to the public. Reservations are requested by calling 407-422-3017.

August 1 "Discover the Principals of Green Gardening" by Stephen and Kristin Pategas of Hortus Oasis - noon to 1:00 p.m. (bring lunch!) at the Winter Park Library. Cost is \$5 per session, and to register please call 407-623-3279 or visit www.wppl.org.

August 17 Celebration of Running 5K presented by Florida Hospital – this is part of the Track Shack Running Series and offers various race distances. Proceeds benefit the Orlando Science Center. For more information and to register please visit www. trackshack.com.



September 5 "Tackle Trees, Shrubs and Hedges" by Stephen and Kristin Pategas of Hortus Oasis - noon to 1:00 p.m. (bring lunch!) at the Winter Park Public Library. Cost is \$5 per session, and to register please call 407-623-3279 or visit www.wppl.org.



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