

The Park Press

JUNE 2013

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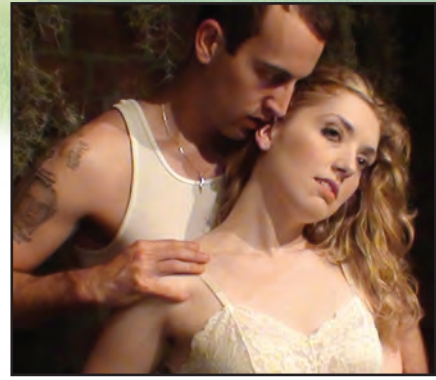
WPHS Crew Wins State

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Plants In Stupid Places

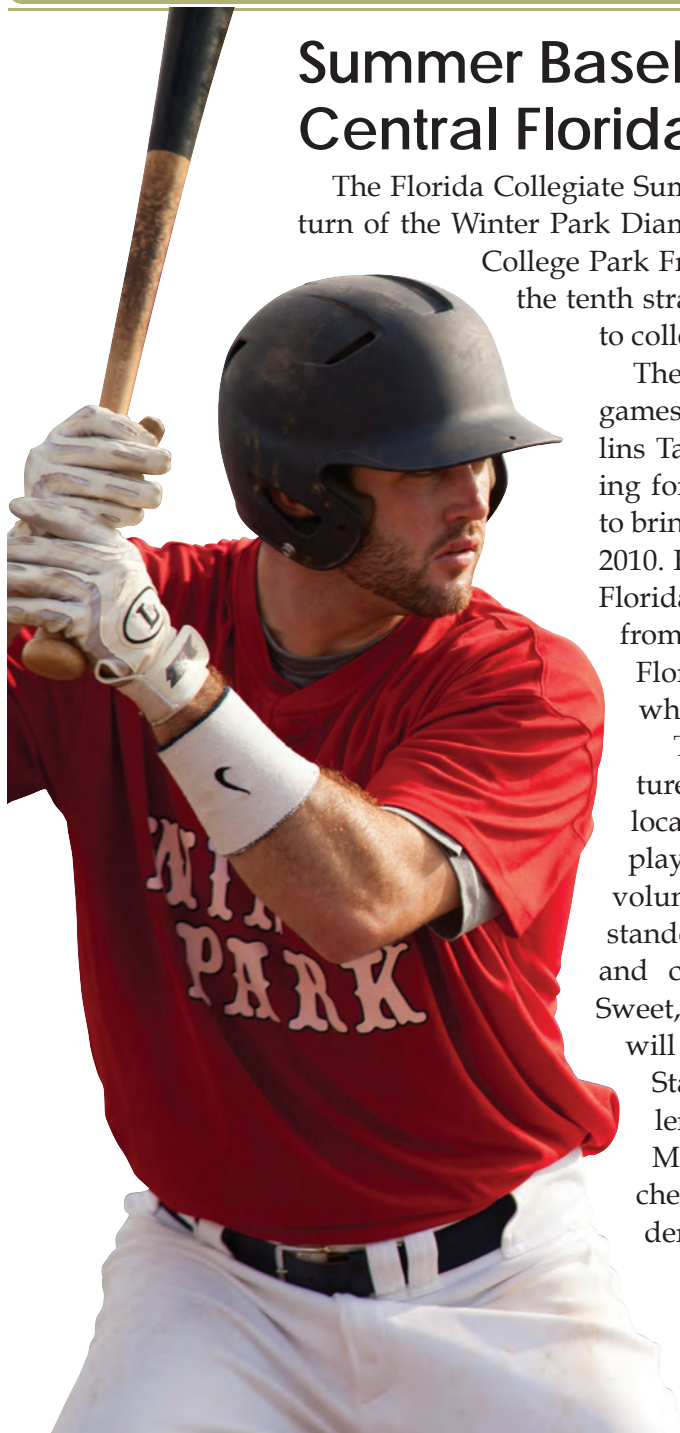
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Catch This Tiger Tail

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



Summer Baseball Returns To Central Florida For 10th Season

The Florida Collegiate Summer League is pleased to announce the return of the Winter Park Diamond Dawgs, as well as the addition of the College Park Freedom, for the 2013 season. This will mark the tenth straight year that Winter Park has played host to college ballplayers for the summer.

The Diamond Dawgs will again play their home games at Harper-Shepherd Field, home of the Rollins Tars. Head coach Kevin Davidson is returning for his third season as skipper, and will look to bring Winter Park their first championship since 2010. Helping him along the way will be reigning Florida League MVP Michael Danner, an outfielder from the University of Tampa, as well as reigning Florida League Cy Young winner Evan Incinelli, who attends North Florida.

The Diamond Dawgs coaching staff will feature a couple of familiar names for Winter Park locals. Mike Stanley, a former MLB all-star who played for the Red Sox and Yankees, will be volunteering his time along with former Rollins standout Boston Langley, who will be the strength and conditioning coach. Fan favorite Daniel Sweet, who played for Winter Park last summer, will be returning after a successful year at Polk State College, where he hit .307 with 30 stolen bases. Other newcomers to watch include Mike Melendez (Nova Southeastern), Ben Ancheff (State College of Florida) and KJ Alexander (Dallas Baptist).

Florida League fans might recognize the Freedom name and head coach Scotty Makarewicz from their time spent at The First Academy in Orlando over the past three

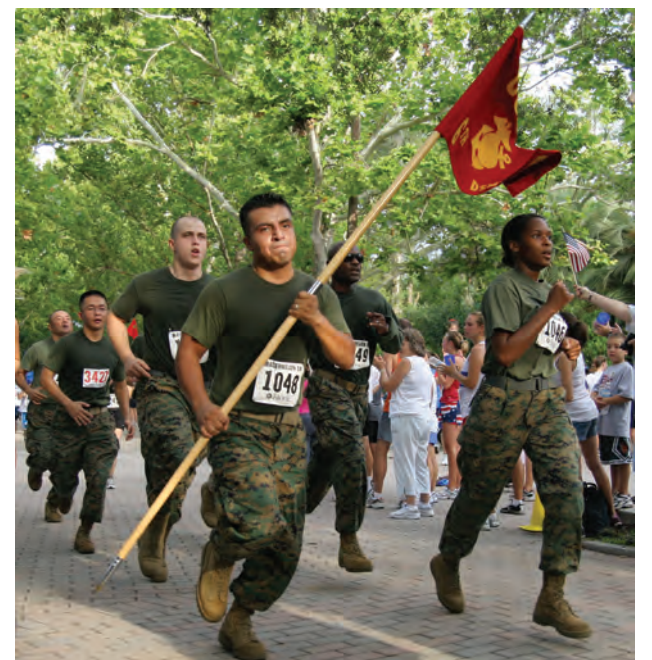
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Hunter Vision Watermelon 5K On July 4th

4000+ runners/walkers will go the extra mile to support military personnel at this year's race.

Runners, walkers and fitness enthusiasts of all ages can have summertime fun by participating in the Hunter Vision Watermelon 5k, Thursday, July 4 on Park Avenue in Downtown Winter Park.

The 3.1-mile run/walk begins at 7:00 a.m. It's an All-American-style celebration featuring a shady course, entertainment, free kids' run and Watermelon Eating Contest. Participants can show support for local veterans by contributing non-perishable food items for distribution



Continued on page 9



INTELLIGENT ALTERNATIVE INVESTMENTS

Private Equity ■ Venture Capital ■ Joint Ventures ■ Rental Property
Real Estate – (Development/New Construction) ■ Private Lending ■ Group/Pooled Lending

“81% of financial advisors and other investment specialists are using alternative investments in client portfolios, according Financial Advisor and Private Wealth Magazine-July 2012”

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Publisher's Message



Rick Cable

There's no place like home, or Antigua!

After almost 47 years on this planet, I finally carry a passport and have officially left my homeland for the first time. The trip was as much enjoyable as it was educational. First, I was carrying a U.S. passport that clearly stated, yes, he belongs to us. Until having this I only carried a driver's license that says basically he drives and resides here and can legally consume alcoholic beverages. Upon arrival in Antigua I was immediately dropped into a new environment, and managing the sensory overload experience became a constant challenge for me. The U.S. passport now states that I belong to the U.S., and therefore they want to know my purpose for visiting and how long I'll stay. My purpose was welcomed as I was there on business to help my friend and photographer/videographer extraordinaire, Steve Graffham of Winter Park Photography, to capture images for promotional material at three luxury resorts. The images will be used on various U.S. television shows such as "Kelly and Michael" and "Wheel of Fortune" to promote Antigua as a vacation destination.

Steve and I were graciously hosted by the owners and staff of St. James Club, The Verandah and Galley Bay. In the world of photography I found the day starts before sunrise, and they end about an hour after sundown. Good weather is a premium and like Florida, Antigua's weather can change without notice. It's not an easy job, at times you work from a list of necessary shots, but then the photographer gets to hunt for creative opportunities. Hunting for creative opportunities and footage is the area that I liked the best, and it became clear that impromptu shots are the ones where Steve excels above and beyond. The goal is to capture the list shots and then blend with creative shots to create a final product for the client. Steve's worked with this client for nine years, so it was great to see him up against his own long-standing reputation of delivering for this client.

Perhaps the most creative shot came as Steve managed to gain access to a 40ft. Caterpillar lift, and placed himself above the prehistoric national monument known as Devil's Bridge. (For trip pictures please visit the Publisher's Message at www.theparkpress.com.)

While the days were long, we found ourselves kicking back and soaking up the culture and scenery in the evenings with a feeling of accomplishment. I cannot say enough nice things about the people, nor the experience, and therefore suggest you consider Antigua for an upcoming vacation. While there are many places like Antigua to vacation, there's no place like home. As always, thank you for reading The Park Press and we look forward to the great things to come.

Rick

Rick Cable
Publisher/Founder

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Hot Fun In The Summertime!

By Tricia Cable

School's out for the summer but if you are anything like us, your calendar is no less booked than during the school year. The kids may have more time on their hands, but for the parents, not so much. I am humbled everyday by those people in double income families with more than two children; I don't know how they do it.

We are multi-tasking fools for the most part with the occasional assist from Grammy to help out if the need to be in two places at once arises. The family calendar is mapped out months in advance but due to the unfortunate and fairly frequent last minute schedule changes, one of the two children under my command can often times be left stranded. Gotta love the "phone a friend" option of parenting, without a little help from my friends, my youngest would still be in car circle waiting for me!

We are multi-tasking fools for the most part with the occasional assist from Grammy

And yet with little to no help from me at all, the summer of 2013 has begun. Our summers back in the good ol' days were filled with morning chores and afternoon swims. To be honest, I have no memory of my parents during my dog days of summer. Oh don't get me wrong, we typically went on a business trip with my dad at some point and called it a vacation, but for the

most part, we were on our own and liked it. We feed ourselves whatever we could find around the house. We provided our own transportation to and from wherever we were heading, crossing busy streets on our own many times a day. My go-to mode of transportation was a bright orange Schwinn 10 speed affectionately named after my sixth-grade crush, Alan Cook. Not sure what ever happened to Alan Cook, but sure wish I still had that bike. No need for a spin class back then, the miles that I put on that Schwinn ensured I was getting my daily cardio.



We woke each morning to a chore chart meticulously created by the senior master sergeant in charge...my dad. We vacuumed, dusted, washed windows, mowed the lawn, emptied the dishwasher, made beds and cleaned up after ourselves. Shoot, one summer I remember helping my brother paint the house. What parent in their right mind gives a twelve year old that task? Oh, that's right, mine!

My parents were either real slave drivers or they had a great deal of confidence in me. Or maybe, they were just very strategically delegating household responsibilities to us so that when we left home- and trust me, with a chore chart like we had, you were counting the days- we were very well prepared to do our own laundry and pump our own gas. Shoot, on weekends for fun, I would help my dad change the oil and rotate the tires on the cars. I left home over prepared to say the least.

I guess my point in reliving all of these summertime adventures, is if not now, when? When is the right time to start delegating more household responsibility to our kids? I know we give them little bits and pieces along the way, but I think I am really on to something here. I don't

need a maid, I have two children! Who cares if the laundry isn't folded perfectly as long as I didn't have to fold it? Who cares if they miss a spot while dusting as long as long as I didn't do the dusting? Who cares if the bed isn't made perfectly or the dishwasher isn't loaded just right....OMG, happy summer to me, let the delegating begin! After all, it really is for their own good!! ■

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City Commissioner’s Message

Commissioner Robert F. Stuart, City of Orlando District 3



ROBERT F. STUART

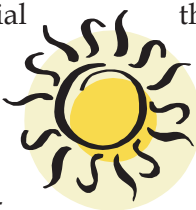
As we celebrate what is sure to be another great summer season in the City of Orlando, thanks for the opportunity to share with you what is happening all around our great community.

If you are looking for some last minute summer camp ideas, check out the different amenities that make up our Loch Haven Park area. The Orlando Science Center (osc.org), Orlando Shakespeare Theater (orlandoshakes.org), the Orlando Repertory Theatre (orlandorep.com) and the Orlando Museum of Art (omart.org) all offer unique summer camp experiences. Leu Gardens (leugardens.org) and the Orange County Regional History Center (the-historycenter.org) also offer great summer camp opportunities for school-aged children throughout the summer months.

The city is also proud to be a lead agency for a wonderful Central Florida program called Summer of Dreams, which provides a 10-week summer enrichment program for homeless students in Orange, Seminole and Osceola Counties. Since 2011, more than 2,200 students have participated in the program. With the support of great sponsors such as Fifth Third Bank and Siemens along with a wide-range of community partners, students are offered two meals a day, academic support, art and athletic activities, and field trips, along with one-on-one financial counseling for parents. For more information about how you can get involved, visit thesummerofdreams.com.

If you are searching for reasonably-priced family entertainment, both Loch Haven theaters are offering great summer musicals that are fun for the whole family. The Orlando Rep is featuring “The Amazing Adventures of Dr. Wonderful (and her Dog)” from July 27 - August 4 and the Shakespeare Theater is producing a great version of “Sleeping Beauty,” which will run from June 20 - July 28.

One of our city’s hidden gems, the Pottery Studio, offers Family Night Pottery from 6-7:30 p.m. on June 5 & 19 as well as July 10 & 24. Adults are \$10 and children (must be 6 or older) are \$5 each. Also beginning in June,



the studio offers Kids Pottery and Art Adventures camps beginning June 13. For more information about both of these great programs, please call 407-246-4488 or visit cityoforlando.net/pottery.

While we celebrated Moms in May, June is a time to celebrate Dads! Both Leu Gardens and the Orange County Regional History Center offer free admission to all of our resident Dads. Join them for a fun family day touring gardens full of temperate and tropical plants or viewing a special exhibit about the history of Central Florida’s own Universal Studios.

Also, if you are a seasonal resident or maybe spend the summer months on an extended vacation, please know that both our city’s Solid Waste and Wastewater Departments have programs that allow you to suspend your services and receive up to two months credit on your bills. For more information on these programs, please call 407-246-2314 (Solid Waste) or 407-246-2213 (Wastewater).

As you finalize your summer plans, it isn’t too early to start planning your street or your neighborhood’s National Night Out party! As I mentioned last month, we are excited to celebrate our city’s 30th Annual National Night Out on Tuesday, August 6, 2013. National Night Out is celebrated all across America and is an evening when neighbors come together in a united stand against drugs and crime in their community. District 3 continues to hold the most parties every year and this is a tradition that I hope we can continue for many years to come! I believe strongly that getting to know your neighbors through National Night Out block parties and Neighborhood Watch meetings can have a direct effect on reducing crime in our city.

Whether you are an experienced block captain or just want to know more about Neighborhood Watch and NNO, please call the Orlando Police Department’s Neighborhood Watch Unit at 407-246-2369.

Also, 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.

Best wishes for a fun and relaxing summer with family and friends. As always, thanks for your support of our Great City! -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



KEN BRADLEY

The Spirit Of Giving

“What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal.” -Albert Pike, author

The culture of philanthropy is strong in Winter Park. From Winter Park residents such as Diane Holms, who was recently awarded the Association of Fundraising Professionals 2012 Outstanding Philanthropist, to benevolent foundations such as the Charles Hosmer Morse Foundation, Winter Park Health Foundation and The Edyth Bush Charitable Foundation – the spirit of giving is alive and prosperous in our city.

This month, Saturday, June 22, 2013 marks the 40th anniversary of one of our very special foundations headquartered in Winter Park - the Edyth Bush Charitable Foundation. From its inception in 1973, The Edyth Bush Charitable Foundation has had a clear direction from its founder, Edyth Bush- “Make Central Florida a better place for all of its citizens.” From investing in the arts to health and human services programs, the foundation is focused on examining the needs of the community and engaging the right organizations to address those needs to assure successful impact.

In the past four decades, the Edyth Bush Charitable Foundation has lived up to its mission through the award of more than 3,165 grants to 790 non-profit organizations totaling more than \$100 million in funding. Of that \$100 million, over 660 gifts and \$20 million have been specifically gifted to Winter Park causes such as the:

- redesign and expansion of the Archibald

- Granville Bush Science Center at Rollins College that will be dedicated in September 2013.
- Winter Park Chamber of Commerce’s “Chamber Cares,” fundraising campaign that awards funding to one community organization, cause or project.
- “Art of Philanthropy” award at the Winter Park Sidewalk Art Festival. The award recognizes the piece of artwork that expresses “the love of mankind” and represents philanthropy at its very best. 2013 was the first year for the award.

In addition, the foundation historically supports Winter Park organizations such as the Winter Park Day Nursery, Winter Park Memorial Hospital and the Philanthropy and Non-Profit Leadership Center at Rollins College.

Winston Churchill once said, “We make a living by what we get, we make a life by what we give.” Edyth Bush’s life of giving continues to make a positive difference in our community and the lives of Central Floridians.

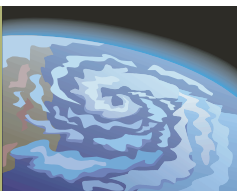
Regardless of the amount of the gift, great or small, I encourage all citizens to give to the needs they see around them.

On behalf of the City of Winter Park, I wish The Edyth Bush Charitable Foundation a Happy 40th Anniversary!

Sincerely,

Kenneth W. Bradley Mayor,
City of Winter Park ■

Hurricane Preparedness



Please make note of these valuable city resources to help you prepare for the upcoming hurricane season:

- cityofwinterpark.org
 - Info at Your Fingertips > Hurricane Preparedness
 - Departments > Fire-Rescue > Emergency Management
 - OUTREACH – sign up to be immediately notified of any major emergency situation that may impact you, your business and your neighbors via your home phones, cell phones, and/or e-mail
- Facebook cityofwinterpark.org/facebook
- Twitter cityofwinterpark.org/twitter

Other important resources

- Non-emergency information line (goes live upon Emergency Operations Center activation) 407-599-3494
- Message Center Information e-mail (goes live upon Emergency Operations Center activation) Message-Center@cityofwinterpark.org
- Winter Park Electric Utility power outages 1-877-811-8700
- Winter Park Water & Wastewater Utility outages 407-599-3219



Maitland Mayor's Message

Mayor Howard A. Schieferdecker



HOWARD A. SCHIEFERDECKER

Maitland City Council Honorable Character Oath

As part of our commitment to become “A Community with Honorable Character,” our city council, at our Monday, April 22 meeting, enthusiastically committed to the following oath:

As a member of the Maitland City Council, I acknowledge that as a city leader and Maitland city resident my role is to do my best to establish policy that will fulfill the best interests and needs of the residents of our community. I understand that my decisions affect the well-being of our community, now and in the future.

The residents and businesses of City of Maitland are entitled to have fair, ethical and accountable local government. Such a government requires that public officials:

- Comply with both the letter and the spirit of the laws and policies affecting operations of the government.
- Be independent, impartial and fair in their judgment and actions.
- Use their public office for the public good, not for personal gain.
- Conduct public deliberations and processes openly, unless legally confidential, in an atmosphere of respect and civility.

To this end, the City of Maitland City Council has adopted this Code of Conduct to encourage public confidence in the integrity of local government and its fair and effective operation.

Therefore, I promise to:

Represent our city with honesty and integrity, and not advance my personal interests at the expense of my fellow residents. I recognize that stewardship of the public interest must be my principal concern. I shall work for the common good of all and not for any private or personal interest and I will endeavor to treat all persons, claims and transactions in a fair and equitable manner;

Adhere to and uphold the laws governing my conduct and that of our city, opposing all forms of corruption and governmental practices



harmful to our community; These laws include, but are not limited to: the United States and Florida constitutions; the City of Maitland Charter, general City laws pertaining to conduct, election campaigns, financial disclosures, employer responsibilities and open processes of government; and City ordinance and policies;

Fulfill my duties in accordance with the processes and rules of order established by the City Council;

Protect the rights and dignity of all affected by our city, opposing discrimination and exploitation. I shall refrain from abusive conduct, verbal attacks upon the character or motives of other members of the City Council, boards, commissions, committees, staff or the public;

Inform myself of public issues, listen attentively to public discussion before the Council and focus on the business at hand;

Make decisions based upon the merits and substance of the matter at hand;

Make it my responsibility to publicly share substantive information that is relevant to a matter under consideration that may be received from sources outside of the public decision-making processes;

Assure independence and impartiality on behalf of the public good, I shall not use my official position to influence government decisions in which I have a financial interest where I have an organizational responsibility or a personal relationship that would present a conflict of interest under applicable State law;

Not take advantage of services or opportunities not available to the general public for personal gain by virtue of my public office that is I shall refrain from accepting gifts, favors or promises of future benefits that might compromise my independent judgment or action or give the appearance of being compromised;

Respect and preserve the confidentiality of information provided to me concerning the confidential matters of the City. I shall neither disclose confidential information without proper legal authorization nor use such information to advance my financial or private interests;

Respect and adhere to the Council-Manager structure of the City of Maitland City Government as provided by State and local law;

Uphold the rights of future generations to advance their standard of living in a healthy community;

Invest in developing myself, our citizens, and our city to create sustainable and inclusive prosperity;

Continue to uphold the high ethical standards that are the foundation of the City of Maitland.

In making this oath, I will remain accountable to myself and our citizens for my actions for upholding these standards.

This oath I make freely, and upon my honor.

My hope is that this will inspire other municipalities to create and commit to a similar oath. As we all know, Honorable Character is needed so badly in this country. We, as public officials, need to set the example of “Change Starts with Me.”

Howard A. Schieferdecker, Mayor, City of Maitland ■



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by The Winter Park Police Department

How Do I Decipher Crime Statistics?

The Winter Park Police Department has always had the philosophy that the more informed the community is, the better prepared it is to make decisions that continue to increase the standard of living we all enjoy. Part of that is being aware of the crime trends within the city. We are diligent in providing the community information on current crime trends and incidents utilizing numerous outlets. Our Neighborhood & Business Watch Programs have regular meetings and through the program coordinator, get regular alerts about current trends city-wide and individualized statistical reports upon request for their area. Our crime mapping program, which maps index crime incidents as defined by Florida law, is available on our website (<http://www.wppd.org/stats/map2.asp>) and updated with the latest crimes every night at midnight to provide the community with the most up-to-date information available. Our Facebook WinterParkPD and Twitter @winterparkpd are constantly updated not only with crime trends, but also with our current initiatives and events. Another way our community can receive information about the crime trends in our city is via the Uniform Crime Reports (UCR) collected and disseminated by the Federal Bureau of Investigation.

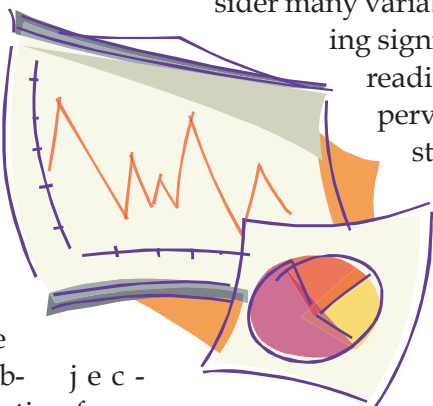
It is, once again, time for the current 2012 UCR to be released and it is often referred to by the media as an accurate picture of the crime occurring in jurisdictions nationwide. UCR numbers are developed by the FBI to be universal nationwide, however, all states are different in terms of how they define specific crimes. For example, in the northeast United States, what they call a “robbery” we in Florida call a “burglary.” What the state of Florida may classify as a “burglary,” the FBI UCR may classify as a “theft from a structure.” You can see that deciphering the UCR in terms of accurate portrayal of crime statistics in a jurisdiction can be difficult.



According to the U.S. Department of Justice, “The Uniform Crime Reporting (UCR) Program is a nationwide, cooperative statistical effort of more than 17,000 city, university and college, county, state, tribal, and federal law enforcement agencies voluntarily reporting data on crimes brought to their attention. Since 1930, the FBI has administered the UCR Program and continued to assess and monitor the nature and type of crime in the Nation. The Program’s primary objective is to generate reliable information for use in law enforcement administration, operation, and management.”

Official Annual and Semi-Annual UCR statistics for Winter Park and all cities and counties in Florida are available at <http://www.fdle.state.fl.us/fsac/ucr/> and official annual UCR statistics for all reporting cities nationally are available at the FBI UCR link at <http://www.fbi.gov/stats-services/crimestats>. These links are the only official UCR sites to obtain the UCR guidelines or statistics for the city of Winter Park, Orange County or any other city or county.

The U.S. Department of Justice cautions against accepting the statistics at face value as “many entities – news media, tourism agencies, and other groups with an interest in crime in our Nation – use reported figures to compile rankings of cities and counties. These rankings, however, are merely a quick choice made by the data user; they provide no insight into the many variables that mold the crime in a particular town, city, county, state, region, or other jurisdiction. Consequently, these rankings lead to simplistic and/or incomplete analyses that often create misleading perceptions adversely affecting cities and counties, along with their residents.”



USDOJ continues to state that “to assess criminality and law enforcement’s response from jurisdiction to jurisdiction, one must consider many variables, some of which, while having significant impact on crime, are not readily measurable or applicable pervasively among all locales. The strength (personnel and other resources) and the aggressiveness of a jurisdiction’s law enforcement agency are also key factors in understanding the nature and extent of crime occurring in that area. For example, one city may report more crime than a comparable one, not because there is more crime, but rather because its law enforcement agency through proactive efforts identifies more offenses. Attitudes of the citizens toward crime and their crime reporting practices, especially concerning minor offenses, also have an impact of the volume of crimes known to police.” Winter Park has an extremely active and collaborative relationship with our citizens that continues to increase.

No meaningful comparisons or valid assessments of crime can be made unless all variables that can affect crime in our city are examined. As the crime statistics for Winter Park are published by the UCR, the Winter Park Police Department encourages its citizens and extended community to participate in the Neighborhood & Business Watch programs and visit the FBI website to compare with our crime mapping program to seek accurate statistics that are gathered using Florida definitions of crime. Information regarding the Neighborhood & Business Watch Programs is available by calling Officer Lina Strube at 407 599 3664.

U.S. Department of Justice information for this article was gathered from the U.S. Department of Justice Federal Bureau of Investigation. ■

Mayflower Retirement Community Donates To Goodwill

Since 2012, Residents Have Donated Nearly 15,000 Pounds to Support Job Programs

Residents at The Mayflower Retirement Community recently collected 325 pounds of items during a donation drive to benefit Goodwill Industries of Central Florida. The items will be sold in the nonprofit’s stores, with proceeds supporting vocational programs that help people find meaningful work.

“Every 24 pounds of donations provides one person with these vital services,” said Bill Oakley, president of Goodwill Industries of Central Florida. “Since 2012, Mayflower residents have given nearly 15,000 pounds worth of items – enabling us to help more than 600 Central Floridians. This is a wonderful example of the impact donors can have on our community.”

During the drive, about 20 residents contributed items such as lamps, pictures, silk floral arrangements, kitchen items, golf clubs and clothes.

“The Mayflower partners with Goodwill because we believe in its mission of building lives that work,” said Jana Ricci, director of marketing at The Mayflower. “Donation drives are a convenient way for residents to give back to the community. It’s a ‘win’ for everybody involved.” ■



MVP Sports Clubs Revitalizes Cardio Fitness Center In Eatonville

Eatonville residents can now enjoy a secure, indoor space where they can work out and get fit.

MVP Sports Clubs, the operating/management company of RDV Sportsplex, in conjunction with Healthy Central Florida (HCF), unveiled the newly refurbished Eatonville Cardio Fitness Center at the Hungerford Preparatory School Gym last week at 100 E. Kennedy Blvd. It's free and open to all Eatonville residents. MVP Sports Clubs painted the space and installed new flooring, flat screen TVs and all-new cardio and fitness equipment.

"MVP Sports Clubs and RDV Sportsplex are thrilled to partner with HCF in providing a

Cardiovascular Exercise Training Studio for the Town of Eatonville," said Karl Droppers, president of MVP Sports Clubs. "We have enjoyed a great working relationship with the Town and the Rec Center in the past when we supported the 'Kingdom Courts' project in the gymnasium. We think the new room will create a great space for the community to gather and exercise together."


HCF recently released a study that showed chronic health conditions like obesity, diabetes,


heart disease and high blood pressure were all well above the national average in Eatonville. The findings also revealed that more than half of residents are overweight or obese and most don't get enough physical activity, contributing to chronic health problems.

"This is a critical step in improving the health and well-being of residents of a town who suffer from diabetes at more than double the national rate," said Jill Hamilton Buss, HCF executive director. "In a focus group of Eatonville residents who all suffered from diabetes, one woman noted, 'We don't have a place to work out in Eatonville. There are no YMCA's or workout facilities in the town.' Now they do."

RDV Sportsplex opened in 1998. It is part of the MVP Sports Clubs family, which manages and operates health club facilities in Central Florida and West Michigan with more than 33,000 members. ■









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Winter Park Crew!

A big “congrats” to the members of the 51st annual Winter Park crew team who captured yet another state title! This most recent victory is their 32nd state title. Every boat rowed hard in a very tough competition under even tougher conditions to achieve such hard-fought and well-earned success.

There is stiff competition in the world of crew. There are several strong high school teams in the state and a growing number of club teams that Winter Park crew races against each year. Winter Park remains a scholastic team and is 100% parent and booster funded.

WP crew has a great program. The kids work out six days a week all school year long. It is believed to be one of the most disciplined programs in the state and rivals many college programs. The WP crew is respected throughout the country as a perennial powerhouse. Several team members receive college scholarships each year. In this year’s graduating



class, there is one team member heading to Tennessee, one to Barry University, two heading to the University of Pennsylvania, one to Berkley and one to the U.S. Naval Academy.

Winter Park crew is lead by women’s head coach Mike Vertullo, who is assisted by Steven Freygang and Brett Peckham. The men’s team is lead by head coach Dan Bertossa and assisted by Matt Cascaddan and Lisa Snyder. The team is made up of more than 90 boys and girls. See details from the State Championships below.

2013 Florida Scholastic Rowing Association State Championships:

Winter Park Crew Team:	State Scholastic Champs 2013
Men’s Team:	State Scholastic Champs
Women’s V1:	Second Scholastic
Men’s V1:	Silver Medal, First Scholastic
Women’s V2:	Bronze Medal, Second Scholastic
Men’s V2:	Silver Medal, First Scholastic
Women’s LTWT:	Gold Medal
Women’s V3:	Silver Medal, First Scholastic
Men’s V3:	Gold Medal
Women’s freshman:	Third Scholastic
Men’s freshman:	Second Scholastic



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Continued from page 1

Summer Baseball Returns To Central Florida For 10th Season

years. However, the Freedom have found a new home in College Park for 2013, and will be playing their home games at Bishop Moore High School.



The Freedom is a Christian-based ministry team whose players volunteer their time to the community when they aren't playing baseball. They look to field a competitive team this summer led by a group of four players (Joe Altieri, Vincent Leto, Lawrence Pardo, and Cody Hernandez) from USF, currently ranked in the top 25. Michael Dunnigan, a freshman from Saint Leo, is 7-0 on the season and was named the Sunshine State Conference Pitcher of the Week two times this year.

The home opener for the Freedom will take place on June 5, and the Diamond Dawgs will open on June 6. Most home games start at 7:00 p.m., with Sunday games beginning at 5:00 p.m. Admission is \$5 for adults, and \$3 for seniors/children/military. ■

Continued from page 1

Fifth Third Bank's Summer Of Dreams Enters Third Year


through the Orlando VA Medical Center's Veterans in Need Program. There is also team competition where runners and walkers form teams. The largest team will have a \$500 donation made on their behalf to a local 501(3) organization



that supports military service. All registered military service personnel will be entered into a prize drawing to win a Military Appreciation Staycation. The prize includes a two night stay at Rosen Centre, two tickets to SeaWorld & Aquatica and a \$75 Darden restaurant gift card. The randomly chosen winner will be announced after the race.

Proceeds benefit the Track Shack Foundation, a 501(3) organization established to promote health and fitness with an emphasis on youth athletics.

Registration required. For more information or to register run to www.TrackShack.com. ■



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Florida Hospital Opens First Milk Depot In Central Florida

In an effort to help women and babies in Central Florida, Florida Hospital officially opened the first Milk Depot in Central Florida. The Florida Hospital Milk Depot will serve as a convenient drop-off location to moms who are looking to donate breast milk to help other babies, especially at-risk preemies in the Neonatal Intensive Care Unit (NICU), receive crucial nutrition.

“In the United States, there is a critical shortage of donor human milk,” said Kari Vargas, assistant vice president at Florida Hospital Orlando. “Donating breast milk is truly a labor of love, and the opening of the Milk Depot will hopefully remove some of the barriers from the donation process and make it more convenient for moms to donate this precious gift.”

Local moms throughout Central Flori-

da have already been rallying around this cause. “My daughter was born two and a half months early so I know how scary it can be to have a premature infant,” said Bethany Bergen, mom to daughter Piper, now eight months old. “I knew I wanted to breastfeed and it was easy for me. I cannot imagine the stress that moms who are unable to breastfeed go through. I was

mula. In 2012, Florida Hospital required the use of nearly 10,000 ounces of donor milk.

“In the Neonatal Intensive Care Unit at Florida Hospital, we instituted a protocol several years ago to give breast milk to babies who were born at 29 weeks or less or weighing less than 1500 grams. As a result, we have seen a tremendous reduction in the number of infections and life-threatening diseases,” said Dr. Raj Wadhawan, medical director of the NICU at Florida Hospital for Children. “Donor human milk is a great option for moms who are unable to breastfeed since it provides critical nutrition for the baby and can truly be a lifesaving part of their treatment.”

All mothers who donate at the Milk Depot will be pre-screened and tested through an intensive process to ensure that they are healthy and their own child’s wellbeing is not being compromised. Since there are only 11 Milk Banks in the United States and none in Florida, Florida Hospital is affiliated with the Mother’s Milk Bank in Denver. Once a mom brings her donation to the Milk Depot, Florida Hospital will store the milk in a deep freeze and then package and ship the donation to Denver for processing. The donor milk is pasteurized and tested prior to bottling to ensure that it is safe for the baby and is also nutritionally sound. The Milk Bank then distributes the donor human milk based on need to the most at risk infants.

The Milk Depot will be located in the Lactation Center across the street from Florida Hospital Orlando.

To find out more information on becoming a donor, please call 407-303-2599. ■



The Florida Hospital Milk Depot will serve as a convenient drop off location to moms who are looking to donate breast milk to help other babies, especially at-risk preemies.



Local mother, Dr. Ariel Cole, donated the batch of donor human milk at the grand opening of the Florida Hospital Milk Depot. (From left to right: Stacie Gehring, lactation consultant, Dr. Raj Wadhawan, medical director of the NICU, Dr. Jessica Auffant, OB/GYN, Dr. Ariel Cole, first donor, Kari Vargas, assistant vice president at Florida Hospital Orlando)

able to donate my extra breast milk, and it was so rewarding to know there was something I could do to help other babies in need.”

The Academy of Pediatrics recommends pasteurized donor human milk to premature infants when a mother’s own milk is not available. Research shows that human milk is especially important for preterm and sick babies who are at a much greater risk of infections. Human milk helps babies build strong immune systems and is easier on the digestive system than for-

Business Spotlight

What Is A Self -Directed IRA?

How long have self-directed IRAs and real estate IRAs existed?

Self-directed IRAs have been permitted since 1975 as part of the Employee Retirement Income Security Act of 1974 (ERISA) and the creation of IRAs. At that time, qualified plans, such as defined benefit, profit sharing, and money purchase pension plans, were considered self-directed IRAs. Initially, the investments of choice were most commonly real estate and notes.

Over time, the self-directed portion of the retirement industry has become more recognized and accepted as an investment diversification strategy because investors can purchase a wide variety of assets. Many investors are venturing beyond real estate and notes to other options that comply with the federal rules of permitted transactions.

What is a self-directed IRA or real estate IRA?

The term “self-directed” simply means that you, as an individual, have complete control over selecting and directing your individual retirement account investments. With a self-directed account, you can buy real estate, notes, limited partnerships, commercial paper, and many other types of assets. You make all decisions regarding your investments.

A Real Estate IRA is a self-directed IRA that holds real estate.

With a self-directed IRA or real estate IRA, you are not limited to the investment offerings of an IRA custodian or trustee. By using Entrust as the administrator for your self-directed IRA account, you have much greater flexibility in the number of investment choices you have. You are not limited to investing in stocks, bonds or mutual fund investments that are set up by the custodian. ■

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JOHN GILL

fiscal fitnessby John Gill

Basic Saving Is The Foundation

The other day I overheard a conversation about how the “old fashioned” savings account was useless, specifically because the interest rates were so low and the money was not really working. It was an interesting question because investing money seems sexy and cool, while saving money seems dull and boring. The fact is that a strong savings program is the key to effective investing.

Why is that the case? There are a couple of reasons. Saving is another component of investing just like other financial instruments or real estate. Saving is the act of accumulating money for short term needs and wants, while investing is generally for longer term needs. An emergency fund (last month’s topic) is a great example of a strong savings situation. Saving for the holidays, for vacations, for the down payment on a car (or for the total cost of the car) are other examples. These needs and wants are ongoing activities that probably do not warrant the sale or liquidation of investments. These are things that can be planned for through saving without sacrificing potential returns.

The ease of access to the funds is another characteristic of a savings account. Generally speaking, you can walk into a bank or other financial institution and withdraw funds at will. In essence, you show up, fill out a withdrawal document and take your funds. With a financial investment it generally takes some time, three to five days, to get your funds. That’s because the security or financial instrument must be sold and settled before your funds become available.

Savings accounts are generally characterized by lower rates of return relative to most investments. In today’s market the rates are in the one percent range or lower on an annualized basis. While that is low relative to other investments, savings are also characterized by another attribute, very low risk compared to most investments. Because most savings instruments are bank savings accounts or certificates of deposit, the risk of not receiving the initial amount saved is extremely low and is bolstered by FDIC insurance. How can one boost the rate of return on funds stashed in savings and certificates of deposit?

Consider moving funds from a regular savings account to a money market account. These ac-

counts pay higher interest rates and you have the same access, perhaps better, to your funds. This is because many savings accounts have limits on the number of withdrawals per month before a fee is assessed. A money market account offers higher interests rates coupled with the ease of checks although withdrawal limits may also be in effect. Certificates of deposit offer another savings vehicle. Staggering the maturity of the certificates of deposits can help to boost savings yields while retaining the safety of relatively risk free savings.

Today’s banking environment offers many choices and options to save money. In Central Florida the banking selections are diverse and range from large national banks and local community banks to credit unions and Internet banks that are worthy of consideration.

When considering a bank, credit union, or other savings institution, make sure that it is protected by the FDIC, (Federal Deposit Insurance Corporation), if a bank or savings institution; or the NCUA, (National Credit Union Administration), for credit unions. This will insure the safety of your funds. The current maximum amount insured is \$250,000.

By building a robust savings program in concert with a systematic investment plan you will generate significant dividends for your future fiscal fitness. ■

Investing money seems sexy and cool, while saving money seems dull and boring.

If you have questions, comments, or an interest in an area of focus relating to finance that you would like to see covered in a future issue of The Park Press please call John at 407-353-0594 or send email to FiscalFitness@gmail.com.



DAVID CIAMBELLA

family business perspectiveby David Ciambella, CFP CSP

What’s Going To Work? Teamwork!

Taxiing away from the gate in Dallas following a client meeting last month, I was gazing outside of my window and could not help but notice the flurry of activity taking place by the American airline employees getting my flight ready for takeoff. At the time this flurry of activity caught my attention I was deep in thought as to how I would be handling a relatively intense and delicate situation when my plane hit the ground on the East Coast. The task I had ahead of me was fostering teamwork and aligning expectations between two high level employees in one of my client’s businesses.

The prior week a longstanding business owner client had requested help as he was exasperated and frustrated that two highly-compensated members of his senior management team were having difficulty gelling as a team. This is not uncommon especially when an individual is recruited from the outside and comes in with a new perspective, challenges the status quo and initiates change. Change is never easy and there is a natural tendency for loyal, tenured employees to protect their turf- especially when the organization has had a healthy track record of profitability. In this particular case, the client’s organization had grown substantially resulting in the need to hire an experienced chief operating officer (COO) which happened approximately a year ago.

Immediately upon my arrival to the business, the senior management team gathered in a conference room (without boxing gloves) and we engaged in an open, honest dialogue beginning with me offering a few ice breaker questions. The first question was: what is the purpose of a team? There were differ-

ent answers from each individual and collectively we agreed that the purpose of forming a team is to leverage the strengths of each individual and to help make their weaknesses irrelevant. The business owner reaffirmed the reason he hired an experienced COO from the outside was to bring strengths to the organization that did not exist and to complement the strengths of the existing management team. We discussed some characteristics of successful teams which included forging strong relationships, putting aside personal agendas and egos, and working together to achieve a common goal.

The truth is the collective IQ and experience of these two senior executives is quite impressive. However, they were lacking a fundamental element of teamwork: TRUST. Trust is the foundation upon which healthy relationships are formed and is a critical characteristic of cohesive teams. Reflecting back upon the American Airlines reference above, and the airline industry in general, trust is critical to the safety and success of each flight any commercial airline flies. Pilots trust each other in the cockpit, pilots trust and depend upon air traffic control to help them navigate the skies, and pilots must trust their ground personnel and mechanics to insure that their airplane will fly as intended. Everyone plays their role; from gate agent to ground crew prepping planes between flights to baggage handlers feverishly transferring bags from plane to plane. All of these individuals are members of a team in pursuit of a shared goal: transporting pas-

sengers safely and on time to their destination.

Fortunately, the client meeting had a successful outcome. Members of the management team honestly expressed themselves and actively listened to each other with the intent to understand. Additionally, each member took personal responsibility for their role working in silos versus together as a team. The meeting ended with a renewed commitment to each other and agreement on the organizational priorities that will help achieve the vision and mission of the business.

Management synergy and teamwork is prevalent in virtually every successful business or championship team. Teams are generally only as good as their coach.

Consider investing time to coach your team to success by evaluating the following questions:

- How would you assess management synergy and teamwork in your business or in your respective department?
- Are you a champion of teamwork or one of the roadblocks resisting change?
- How about the “synergy and teamwork” in your family? Is it presently an asset or a liability?

Whether you are a business owner, manager, employee or an inactive family member in a family business, each of us has a responsibility to foster a team environment that promotes interdependence and reliance upon each other. Perhaps it is time to engage in an offsite team building exercise where members of your team (and or family) can interact in a non-business setting, learn more about each other and participate in activities where they have an opportunity to work together, have a little fun and ultimately strengthen relationships. As the acronym TEAM so accurately states: together everyone achieves more! ■

Trust is the foundation upon which healthy relationships are formed



A photograph of a man with dark hair and a beard, wearing a white shirt, holding a newborn baby. The man is looking down at the baby with a gentle expression. The baby is wearing a white long-sleeved shirt and is looking up at the man. The background is softly blurred, showing what appears to be a hospital room with light-colored walls and a window. The overall tone is warm and intimate.

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Amy Smith Photography

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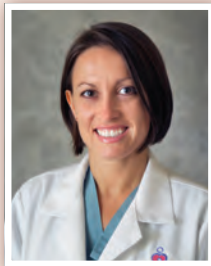
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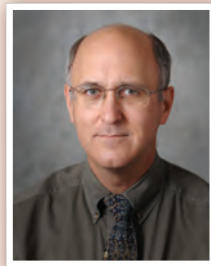
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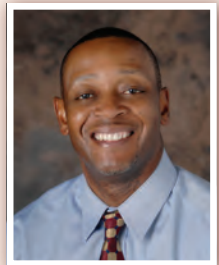
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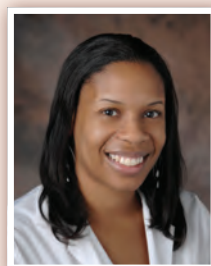
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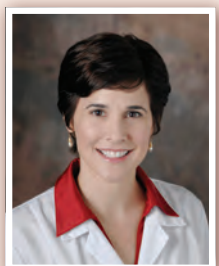
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Business In The Parks

Taylor Morrison (North Florida Division) recently hired **Carol Penny** as vice president of purchasing. In this role, she will be responsible for all aspects of material procurement and architectural operations in the Orlando and Jacksonville markets. Penny began her career in the Central Florida Division of M/I Homes, then moved on to hold several executive-level positions within the purchasing function of Beazer Homes USA, including regional and national vice president of purchasing. She is a certified residential general contractor and earned her degree from Buckinghamshire Chilterns University in the United Kingdom.

Pursuit Physical Therapy is proud to announce the recent grand opening of their physical therapy clinic at 1000 North Maitland Ave, Maitland, FL. Owner **Dr. Ron Miller**,



DR. RON MILLER

DPT, OCS is credentialed by the American Physical Therapy Association (APTA) as a Board Certified Physical Therapist and certified through the Titleist Performance Institute for golf swing analysis and the treatment of golf related injuries. Dr. Miller is also an active member of the APTA, Florida Physical Therapy Association (FPTA), American Academy of Orthopaedic Manual Physical Therapist (AAOMPT), and is currently elected to the position of Vice Chair, for the East Central District of the FPTA.

Rollins College Assistant Professor of International Business **Tonia Warnecke** was recently awarded a Fulbright grant to research economic and global development. This fall, she will study at McGill University in Montreal, Canada, where she'll hold the Fulbright Visiting Research Chair in International Development Studies. Warnecke has spent years researching female entrepreneurship in Asia – specifically, women who work for survival, such as street vendors or artisan craftspeople, these women seldom receive the type of education needed for upward mobility. Warnecke hopes to bridge the gap between this informal type of entrepreneurship and entrepreneurial programs geared towards

wealthier and educated women. Earlier this year, Rollins College was named one of the top producers of Fulbright Scholars among master's institutions across the nation. Since Fulbright began awarding grants in 1951, Rollins has produced 42 scholars.

Royal Oak Homes, has appointed **Mike Bruno** purchasing manager. Matt Orosz, co-president of Royal Oak Homes, said Bruno has more than 14 years of purchasing experience. In his new role, Bruno will be responsible for costing and purchasing materials and services for Royal Oak.

HKS, Inc. appointed **Laura A. Thielen**, R.Ph., IIDA, LEED AP as vice president in the firm's Orlando office. She relocated from the HKS Dallas office to lead healthcare interior design efforts in the Orlando office. Thielen has experience in all phases of interior architecture as well as practical knowledge of a broad range of healthcare projects. She is a member of the HKS Healthcare Operations and Planning Committee and is also a registered pharmacist. She holds an associate's degree of applied science in interior design from El Centro College. She also has a bachelor's degree in pharmacy from the University of Georgia. She is currently in her professional third year of an interior design degree from El Centro College.

Smart Coffee HD held their grand opening last month at their new location at 521 S. Park Avenue. The café provides fair trade coffees, teas and homemade comfort food crafted with organic ingredients.

Royal Oak Homes, based in Orlando's Baldwin Park, has appointed **Brad Smith** as building assistant. Colby Franks, executive vice president of Royal Oak Homes said Smith will be working out of Royal Oak's community of Barrington Estates in Clermont. Smith has more than five years of experience in the construction industry.

Two local financial firms, The Vaughn Group and Provident Financial, recently announced that they are joining to form one entity – **The Vaughn Group, Inc.** The firm will

be the only one of its size in Central Florida to provide full-service financial solutions, ranging from wealth management and estate planning to insurance and employee benefits. All highly credentialed professionals, the key principals – **Hardy Vaughn, Kevin Taylor, Kyle Taylor and Cindi Johnston** – will guide the direction of the new company based in Orlando. Vaughn has been a qualifying and life member of the Million Dollar Round Table for the past 39 years. For three consecutive years, Kevin and Kyle Taylor have been named to an elite group of Five Star Wealth Managers, representing less than two percent of wealth managers in Orlando. Johnston



VAUGHN GROUP - KEY PARTNERS

is a long-time member of the National Partners Financial Group Employee Benefits Committee, which identifies industry trends, manages agency reviews, and provides ongoing education in the employee benefits industry.

Heart of Florida United Way (HFUW), Central Florida's most comprehensive health and human services agency, has hired **Wendy Jackson** and **Tammy Clelland** as account executives in the resource development department. Jackson brings more than 20 years of experience as a B2B account executive in the mortgage industry. She entered the nonprofit sector as a volunteer over three years



WENDY JACKSON



TAMMY CLELLAND

ago, initially while living abroad for seven years in Amsterdam on the board of the International Women's Contact Group as its charity officer. She later served as an intern and volunteer in advancement for Give Kids The World. Clelland spent 10 years in the nonprofit sector as executive director of

the Muscular Dystrophy Association. She earned a bachelor's degree in advertising at the University of Florida and later obtained her master's degree in health from the University of North Florida.

Mark A. Jones, currently president of Orlando Health's Dr. P. Phillips Hospital, has been appointed president of **Orlando Regional Medical Center (ORMC)**, and senior vice president of the Orlando Health organization, effective June 1. He succeeds Shannon Elswick, who is retiring. Jones joined Orlando Health in 1986 and has since held several administrative roles. He was appointed president of Dr. P. Phillips Hospital in 2008 after serving in key leadership positions at ORMC including vice president of operations for ORMC and Lucerne Hospital, 2006 – 2008; chief operating officer for ORMC 2005 – 2006; and administrator of clinical support and business development for ORMC and Lucerne Hospital, 2003 – 2005. Jones received his Bachelor of Science degree from Florida State University in 1984. He also attended Georgia State University where he received a Master in Business Administration (MBA) in 1986 and a Master of Health Administration (MHA) in 1987.



MARK A. JONES

Rollins College recently named **Mamta Accapadi** as vice president for student affairs. Since March 2009, Accapadi has served as the dean of student life at Oregon State University, where she is a member of the Student Affairs Leadership Team and works closely with academic partners to strengthen student retention and engagement. Previously, she served as the assistant director of the Multicultural Information Center at the University of Texas at Austin. Accapadi received her Ph.D. in higher education administration, with a concentration on Asian American identity and social justice education from the University of Texas at Austin. She also holds a M.Ed. in higher education administration and B.A. in microbiology, both from the University of Texas at Austin. Accapadi will join Rollins in early August. ■



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in the garden

by Stephen and Kristin Pategas

Plants In Stupid Places

Oh my, have we seen some good ones. There are the plants struggling in the wrong soil, or improper light or moisture conditions. The ones planted in the incorrect season or totally out of their hardiness zone. But the most obvious mistakes are plants planted in inappropriate locations.

Tropical plants meant only for the warmer climes of South Florida will suffer or even die in our normal winter temperatures. Plants from cooler climates usually fry in our summer heat. Some of these plants are favorites from other places where we gardened. For some gardeners who escaped the cold weather for Florida's warmth, favored plants travel along in the backseat, are found at an unknowing or self-serving garden center or are ordered off of the Internet. Apparently hope springs eternal for those who claim their sad-looking and struggling hosta or Japanese maple really does look just fine.



Carefully select the surface to grow the creeping fig (*Ficus pumila*) upon.



Plant the wax privet tree (*Ligustrum japonicum*) at least 12 feet from a structure.



The Washington palm (*Washingtonia robusta*) can reach more than 50 feet in height.

- Know these basics about a plant before you buy it or accept it from someone:**
- Its name (botanical preferred), so you can do more research about it. Would you eat something not knowing what it is or whether it's safe to eat? Google the plant but check multiple sites since we've seen misinformation online. Start with the University of Florida IFAS Extension: <http://edis.ifas.ufl.edu/>.
 - Is it on the invasive plant list? These plants will grow throughout your yard and easily spread to natural areas. No-no's include Mexican petunia, asparagus fern, sword fern and elephant ear. While they are durable and cover lots of ground they are not good bargains since removing them from your landscape is high maintenance. Visit <http://www.fleppc.org/list/2011PlantList.pdf> for the latest list.
 - How tall and wide does it grow? Just take a look at the accompanying photographs to see what kind of problems can occur. Do not expect a plant to never get any larger than when it comes home with you.
 - How does it propagate itself? Plants with prolific seeds with a high germination rate or aggressive underground runners are hard to control and do not contribute to a low-maintenance garden.
 - What soil and moisture levels does it need? Since Central Florida soils range from well to poorly drained, know what type your garden has and what the plant needs.
 - What light conditions does it need to thrive – sun, shade or in-between?
 - What hardiness zone does it thrive in? Central Florida is in Zone 9b (average annual extreme minimum temperatures of 25 to 30 degrees). During the summer while traveling well north of Florida in Zone 7a (0 to 5 degrees) we've seen Zone 9 and 10 tropical and semi-tropical plants for sale at big box stores. Even worse is the lack of signage stating they won't survive outdoors beyond that area's summer season.
- If your hosta or other plant from another Zone REALLY does look great after a full year let us know where it is growing so we can rush over to get a cutting, seed, or offset! ■

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

All photography by Stephen G. Pategas/Hortus Oasis



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SCOTT HILLMAN

real estate in the parks by Scott Hillman

What It Takes To Make Your Home More Appealing To Buyers

If you've decided to sell your home, the most important thing you can do is make your home look welcoming by creating a series of impressions that not only set your home apart from other homes on the market, but will also build an emotional connection that appeals to the psychological needs of the buyers.

According to research done by Proctor & Gamble, 69% of buyers surveyed listed location as the most important characteristic they are looking for. No surprise there. Curb appeal (12%), a "homey" interior (10%) and size (9%) ranked two through four in buyer preference. In other words, 78% of what buyers are looking for (location and home size) are predetermined and pretty much out of your control.

That leaves a very important 22 percent of things buyers are looking for---exterior and interior appearance and livability---solely in your hands. Both can be accomplished at minimal cost and more often than not will be the key to taking your home from 'for sale' to 'sold.'

Since you don't get a second chance to make a good first impression, curb appeal is key to getting buyers out of their cars and inviting them inside. A fresh coat of paint, a well-manicured lawn and vibrant garden, a well-lit entry, and an

uncluttered yard will create a very positive visual appeal. Also, take care of any needed repairs so your home looks ready to move into. Buyers will often shy away from a home that needs work.

To create an appealing, "homey" interior and make your home look well cared for, clean, declutter, and eliminate any odors. To make rooms feel larger and help buyers visualize what spaces will look like with their belongings, add a fresh coat of paint, preferably in neutral colors; open curtains and blinds for maximum natural light; and remove and store clutter such as extra furniture, knick-knacks and other personal items. Also consider replacing worn carpet, refinishing worn hardwood floors, and replacing cracked tile if it is in your budget. All can be a great return on your investment.

Since the kitchen is considered by many to be the heart of the home, create an added "wow" factor and visual memory point by updating appliances and remodeling with subtle touches like new cabinet hardware and stylish light



fixtures to create a warm and inviting environment. You don't have to break the bank to make these changes, but they will enhance your home's market value.

By following these guidelines, prospective buyers will not only imagine living in your home, they will want to. ■

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.

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pop culture detours

by George McGowan

It's Logical To Revisit Past Obsessions

When you have a large collection of music, like I do, and you are old, like I am, you get the chance to revisit albums and artists that were past obsessions. Recently, I have revisited two obsessions from two distinct periods of my life. Both artists deserve much more acclaim than they have received, although one has just been inducted in the Rock and Roll Hall of Fame.

Way back in 1979, when I was in high school, a little album named “Breakfast in America” was released by a band named Supertramp. Now, in 1979, my music taste was just developing. I would soon become the music snob that I now am, dismissing most popular music for bands that were more edgy, defiant and “in your face.” But, until then, I went with the crowd. And Supertramp was definitely with the crowd as “Breakfast in America” rocketed to number one in the summer of 1979. The album had four top twenty hits in America, topped by “The Logical Song” which peaked at number six. The album was the first I remember constantly playing from beginning to end. Side one, song one was “The Logical Song” arguably one of the better opening tracks on a record album. But what made the album great was that it had an equally good song that opened side two, “Take the Long Way Home.” Back in those days, when an album had a great track on side two, it gave you a reason to spring up from your bed to flip the record over and not simply let the record player re-play side one. “Breakfast in America” became the first album in my memory to be played non-stop from start to finish, over and over again.

Recently, a music podcast that I listen to regularly (Sound Opinions) named “Take the Long Way Home” as a “desert island jukebox pick” so I dialed up the “Breakfast in America” album and listened to it again for the first time in many a year. All of the music and lyrics came immediately to mind and I was able to enjoy the album again from my advanced age. As I listened, you can bet that I had a new reaction to the opening lyrics of “The Logical Song” and it opened up the song to me anew: “When I was young, it seemed that life was so wonderful, a miracle, it was beautiful, magical. And all the birds in the trees, well they’d be singing so happily, joyfully, playfully, watching me. But then they send me away to teach me how to be sensible, logical, responsible, practical. And they showed me a world where I could be so dependable, clinical, intellectual, cynical. There are times when all the world’s asleep, the questions run too deep for such a simple man. Won’t you please, please tell me what we’ve



learned? I know it sounds absurd. But please tell me who I am?” Let’s just say that so many years later, I was glad to have this album in my life once again.

More recently, in 1999, I first discovered an artist who I only knew from his novelty hits, “Short People” and “I Love L.A.” This American original, Randy Newman, released an album named “Bad Love” in 1999, which many writers at the time mentioned was his return to popular song writing from many years of successful movie scoring. Of course, I had heard of Newman, but I had never listened to his music beyond the two songs above that made it onto the radio. The reviewers of “Bad Love” convinced me to give the album a try and it opened up another world to me. Newman is obviously deserving of his recent induction into the Rock and Roll Hall of Fame as a song writer and singer. His point of view is one of the more unique in the music world and he continually challenges the listener to both feel and think about his music. What made this album in particular meaningful to me were two songs: “Every Time It Rains” and “I Miss You.” Both of these songs reconnected me to the love of my parents, who both passed away much too young. I encourage all of you to seek out these songs as the music is every bit as emotional as the words.

Makes me cry every time! You can assume (and you would be right) that after hearing this gem that I would seek out more music by Mr. Newman. It is all wonderful. He can write in many different genres, many of his songs are laugh out loud funny (check out “Political Science”), and many of them are thought-provoking and even intellectually challenging, if music can be so. I have too many favorites to name, so I will only close with by recommending another love song. Check out his song “Marie.” And as an added bonus, you can also hear and see a wonderful cover version of “Marie” by up-and-coming country singer Caitlin Rose on vimeo.com. ■

Catch This Tiger Tail At Theatre Downtown

—by Barbara Solomon

TIGER TAIL

WRITTEN BY TENNESSEE WILLIAMS DIRECTED BY FRANK HILGENBERG
STARRING TIM BASS AND BRENNA WARNER



Frank Casado/Silva Vaccarro & Brenna Warner/Baby Doll, Photo by Tom Larkin

Theatre Downtown brings us yet another powerful Tennessee Williams play. Set in a small Mississippi town, it is the story of a young girl sold to a horrible older man by her dying father. Baby Doll (Brenna Warner) has been spoiled her whole life, and now finds herself having to deal with the advances of her husband-in-name-only, Archie Lee Meighan (Tim Bass). At the opening of the play, Archie has set the neighboring plantation on fire, and asks Baby Doll to give him an alibi. Not the brightest bulb on the Christmas tree, she gives him up to Silva (Frank Casado), who runs the burnt down gin mill. After getting the job of milling 27 wagon loads of cotton, Archie goes to work, leaving Baby Doll to entertain Silva. And, boy, does she entertain him!

Tim Bass is perfect as the mean, sneaky Archie Lee. He terrorizes Baby Doll’s aunt, played by Sarah

Benz Phillips, convincingly terrified of everything, even the ringing phone. Brenna is adorable as the mindless Baby Doll, forever flirting with Silva, the sexy young Italian foreman, who takes Baby Doll in retribution for the fire Archie has set. The rest of the cast, ably directed by Frank Hilgenberg, gives great support to the bigger roles.

As always, a Williams play leaves us with plenty of food for thought. This one actually has a happy ending. Lessons here are plenty: crime doesn’t pay, an eye-for-an-eye, and salvaging relationships are just a few I’ll mention. If you want to learn the rest, get yourself down to the bayou for a little Tiger Tail.

Playing June 7-June 30 at Theatre Downtown, Corner of Orange and Princeton Avenues. For more information call 407-841-0083 or visit www.theatredowntown.net. ■

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Barb's Best Bets for June: “8 Track” at The Winter Park Playhouse and “Dreamgirls” at Mad Cow.



AYESHA G. FUHR

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

"We're A Nation Hungry For More Joy: Because We're Starving From A Lack Of Gratitude." – Brené Brown

In my humble opinion, Brené Brown is one of those modern day forces of nature. Not only is she an innovator in the realm of therapeutic research and insight, but she also seems like a pretty phenomenal woman. She's certainly brilliant and would be an esteemed colleague, but more than even that - she strikes me as the kind of woman who could also be your dearest friend, trusted confidante, cheerleader extraordinaire and margarita buddy all-in-one.

Nonetheless, I digress. I have made a habit of sharing her TED talk with my clients and friends and I was re-reading one of her books the other day in search of inspiration. I found this quote and it struck me.

As I write this, it's actually just a couple of days before my (insert clearing throat noise here) thirty mumbleumble birthday. I learned

long ago, from my father, the benefit and beauty of taking some time to reflect as one year ends and the next begins. It is most notable that this reflection always hinges on an *inventory of gratitude*.

My thirty (mumbleumble minus 1) year was a dynamic one. I learned so much from my clients, I loved so much with those closest to me, I worked on simplifying my life and eschewing the clutter... and I continued to grow. My mother used to say that the times of true growth were often the most difficult ones. (In reply - I'd thank her kindly for the insight and ask her to put a good word in with the Big Guy to give me a bit of "time off" in the growth department.) Now, of course, I recognize just how profound the human capacity for growth and drive towards self-actualization really is.

Last year brought me a number of gifts. As I went to 'count my many blessings,' I was once again surprised by how they tend to multiply when you begin to enumerate them. It seems to me that we all too often underestimate the power of a grateful heart. I routinely remind my clients that emotions are not mutually exclusive. That is, we can feel more than one emotion at a time. The one exception to this rule (of which I'm aware) is: Gratitude and Emptiness.

It is extremely difficult to feel both grateful and empty/miserable/self-pitying at the same exact time. By definition, we are "full" of thankfulness (and often ready to give of ourselves back to another) when we engage in gratitude.

As such, perhaps we are hungry for joy because we are starving for gratitude...

This month (though it may not be your birthday) what would it be like to create your own gratitude inventory? What could it provide if you made it a family initiative? Whether just once or nightly at dinner or before bed - what sort of momentum might it offer in the way of satiating that hunger for joy? My hope for you is that you take a moment to consider those people/places/things/memories/hopes for which you are grateful.

Put them down somewhere.

Share them with another.

Thank someone responsible for one of them. See how they multiply if given a garden in which to grow...

Be Well; Live Meaningfully.

Till the next time, Ayesha ■



My mother used to say that the times of true growth were often the most difficult ones.

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

The Chamber Is Accepting Applications For 2013-14 Chamber Cares Campaign

Launched in 2008, Chamber Cares, a small business and community philanthropy effort, has raised almost \$100,000 to support initiatives like the UCF College of Medicine's inaugural class, Senior's First emergency Meals-On-Wheels program, Winter Park Public Library, Winter Park Day Nursery and Down Syndrome Association of Central Florida.

"Thanks to the significant support of the Edyth Bush Charitable Foundation, Rollins College, the Winter Park Health Foundation and many generous businesses and individuals we have been able to make a significant impact on the lives of many people in Winter Park," said Patrick Chapin, president & CEO of the Winter Park Chamber of Commerce.

Chapin added, "It shows that we are as much a Chamber of "Community" as a Chamber of "Commerce" and I'm extremely proud of this important program."

The Chamber will accept applications from non-profit Chamber members who are in good standing. Applications must be received by July 1, 2013 to be considered. For full requirements, please download an application.

Information regarding the Chamber Cares program or application can be found at www.winterpark.org or by calling (407) 644-8281. ■



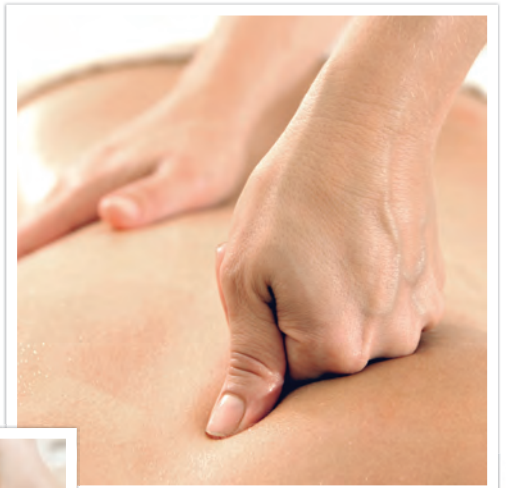
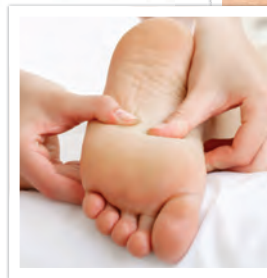
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Orlando Health Hospitals Awarded An “A” For Patient Safety

Grade underscores Orlando Health’s commitment to quality care

Four Orlando Health hospitals were recently honored with their second “A” Hospital Safety Score by The Leapfrog Group, an independent national nonprofit run by employers and other large purchasers of health benefits. The hospitals are Orlando Regional Medical Center, Health Central Hospital, Dr. P. Phillips Hospital and South Seminole Hospital. The “A” score was awarded based on a number of factors including the hospitals’ rates for preventable medical errors, injuries, accidents, and infections. The grades reflect Orlando Health’s commitment to providing high quality care to patients.

One of Orlando Health’s most successful quality initiatives has resulted in a significant decline in the incidence of Central Line-Associated Bloodstream Infections (CLABSI) across the system. In just five short years, Orlando Health has reduced its CLABSI rate by more than 66 percent. The neurological intensive care unit at Orlando Regional Medical Center has surpassed over 1,260 days (3.4 years) without a single central line associated

blood stream infection. At South Seminole Hospital, clinicians have surpassed 370 days for the entire hospital.

South Seminole Hospital also became the first Orlando Health facility to implement a transparency initiative. In February, the hospital installed and activated digital quality boards in public areas. The boards provide medical outcomes data directly to patients and families by displaying information about the number of patients with blood infections, blood clots, urinary infections, falls with injury and bed sores. In addition to the actual outcomes on display, the information also includes the hospital’s goals for each measure, and ways families and visitors can help ensure a safe health care environment. Other Orlando Health hospitals will soon begin rolling out the initiative.

“The “A” grades are a direct result of the steps we’ve taken as an organization over the last few years to enhance the quality of care we provide to patients,” said Jamal Hakim, M.D., chief of quality and transformation for Orlando Health. “Not only have we have targeted specific areas for quality im-

provement, we have developed a sustainable structure to support the improvement process, including the naming of Chief Quality Officers (CQO) at each hospital and within our physician group.”

Orlando Health’s Chief Quality Officers are Larry Spack, MD and Donald Plumley, MD – Arnold Palmer Hospital for Children; Arnold Lazar, MD – Winnie Palmer Hospital for Women & Babies; Robert Rainer, MD – Orlando Regional Medical Center; Antonio Crespo, MD – Dr. P. Phillips Hospital; Thomas Kelley, MD – South Seminole Hospital; Bart Rodier, MD – Health Central Hospital; Mark Swanson, MD – Orland Health Physician Partners.

“These CQOs are actively involved in leading initiatives focused on the continued improvement of quality metrics within their respective areas and across the system,” said Dr. Hakim. “Their very presence represents Orlando Health’s commitment to continuous improvement of clinical care quality and patient satisfaction. We have partnered them with their Chief Nursing Officer at each facility, and this partnership has given us huge capability for change that we did not have before.”

“Our entire team worked very hard to achieve the “A” grades, so we are extremely proud,” said Sherrie Sitarik, president and CEO, Orlando Health. “But the ultimate winner today is the patient. And for that, we are very pleased.”

To see Orlando Health’s Leapfrog scores as they compare nationally and locally, visit the Hospital Safety Score website at www.hospitalsafetyscore.org. ■



park press pets

by Sherri Cappabianca

You Know You’re A True “Pet Parent” When...

Today, for many of us, our pets are our family, our furry children. Many more single men and women and child-less couples make pets part of their families; in fact, over 80% of people view their pets as family members. Pets are more dependent on us than their two-legged non-furry counterparts and we want them to grow, flourish and live a wonderfully long and happy life. I’ve heard people use the words “pet parent” and “pet owner” interchangeably. While they may seem like the same thing, in our view, they’re not. So what is the difference between a pet parent and a pet owner? Here’s some examples, some silly and some serious!

True pet parents:

- Form true, deep, and lasting personal attachments with their pets.
- Talk to their dogs as if they were human family members! In a recent survey, 77% of people admit to talking to their dogs. I guess I’m in that 77% because I talk to my dog Yankee regularly!
- Celebrate their dog’s birthdays, often complete with birthday parties and presents.
- May buy Christmas gifts and put up stockings for their pet.
- Spend time with their dog even when tired from a long day at whatever. Talk, play, laugh, share and love – you’re the center of your dog’s world.
- Never view their pets as a possession, like a car is a possession.
- Aren’t just pet parents on the weekends!
- Never, ever consider giving up an animal just because they become inconvenient, too much trouble, or older.
- Are the kind and benevolent pack leader.
- Believe that compassionate and positive training will bring out the best in their dog. Dog parents know training is not just to prevent destructive behavior, but understand that it also provides intellectual stimulation.
- Are knowledgeable about their pet’s world – training, toys, food/nutrition, exercise, and health issues.
- Are proud of him/her and will do most anything to ensure their physical, mental and emotional health.
- Can read their dog’s feelings to know when something just isn’t right and take action to find out what may be wrong.
- Are selfless; they share their dog with others, if possible.
- Willingly stand up for the voiceless.
- Know when it’s time to say “goodbye” and honor that.

The list is endless and everyone, I’m sure, can add another thought. Bottom line, when you are a pet parent, you’ve made a commitment for the life of that pet. And in return, you’ll never receive more love and devotion from any living being than you will from your pet. ■

Sherri Cappabianca, an expert in the field of canine health and fitness, is the author of 2 books on canine health, and is the co-owner of Rocky’s Retreat Canine Health & Fitness Center, located in Orlando. For more information, visit www.rockysretreat.com.



schools

All 19 High Schools Make List Of America’s Most Challenging High Schools

The Washington Post released its annual list of America’s Most Challenging High Schools. For the first time ever, all of the school district’s 19 traditional high schools are represented. Colonial and East River high schools are making their first appearances on the list. All public high schools that have a Challenge Index of 1.000 or higher are placed into rank order and published on the Washington Post website.

The Washington Post’s Challenge Index is calculated by dividing the number of graduating students by the number of Advanced Placement (AP) and International Baccalaureate (IB) tests given during the school year. Furthermore, as the Post site says, “The Challenge Index is designed to identify schools that have done the best job in persuading average students to take college-level courses and tests.”

Of the Orange County Public Schools (OCPS) high schools that were ranked, 11 OCPS schools were listed in the top 25 percent nationwide. Listed in rank order those schools are:

- University
- Winter Park
- Lake Nona
- Olympia
- Timber Creek
- Freedom
- Edgewater
- Dr. Phillips
- West Orange
- Jones
- Wekiva

The schools’ national rankings and index scores are in the table:

Washington Post Rank	High School Name	Challenge Index
201.....	University.....	4.101
254.....	Lake Nona.....	3.773
281.....	Winter Park.....	3.909
296.....	Olympia.....	3.556
308.....	Timber Creek	3.488
316.....	Freedom.....	3.462
368.....	Dr. Phillips	3.274
405.....	Edgewater	3.456
407.....	West Orange.....	3.136
412.....	Jones.....	3.121
469.....	Wekiva	2.982
667.....	Apopka.....	2.490
760.....	Boone	2.318
1061.....	Evans.....	1.904
1176.....	Ocoee	1.776
1182.....	East River	1.768
1500.....	Cypress Creek.....	2.333
1707.....	Oak Ridge.....	1.231
1723.....	Colonial	1.217

Data may change on a daily basis as updates are made to the list by the Washington Post.

Among Florida districts with 100 percent representation of eligible schools on the list, only one other district had more traditional schools cited for their challenging programs than Orange County Public Schools. ■

schools



Aloma Elementary

Principal Dr. Drew A. Hawkins

We are still waiting for FCAT scores to be released for writing, reading, math, and science and will update you when they arrive. Our teachers and staff have worked very hard this year with your children, and we are confident in the progress they have made.

We appreciate your support with our PTA events this year. Our PTA worked very hard providing the following: the Welcome Back Dance, Goodies for Grandparents, the restaurant nights, the skate nights, the story night, the Santa Shop, the school dance, the Mother's Day cakes, the Muffins for Moms, the Donuts for Dads, and the great Teacher and Staff Appreciation activities. It took a lot of work to put on all these events, and we are looking for more parents to join and volunteer some of their time.

We would especially like to thank Mrs. Jennifer Barrett, our PTA president, who has served our school since 2008. She and her family are moving this summer, and we are going to miss working with her! We appreciate all that she has done to support our students, teachers, staff, and school!

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




Brookshire Elementary

Principal Dr. Marc Rummler

On Saturday, May 11, 42 teams competed at the Science Olympiad at the University of Central Florida. Thirteen lab-based, research-based, or pre-built events that involved physics, chemistry, earth space science, biology, and/or engineering were devised to correlate with national and state science standards. These hands-on, interactive, inquiry-based challenges were enthusiastically attempted by our students. At the conclusion of all thirteen events, Brookshire placed first! Way to go Bulldogs!

If you have a kindergarten child attending Brookshire for the 2013-14 school year, please register now at our temporary location at 1500 Falcon Drive. After June 10th, we will be located at Lakemont Elementary until we move into our new building on July 8. Thank you Dr. Cunningham, principal of Lakemont, for providing us with office space.



Fern Creek Elementary

Principal Dr. Patrick Galatowitsch

Even though summer is just around the corner that hasn't stopped our Fern Creek Bulldogs from continuing to learn, grow and

build relationships within our school and community. Just last week Fern Creek won a \$20,000 Fight Hunger Together Grant from Wal-Mart all because of votes from our community! If you participated in this campaign we would like to thank you for helping us, we are so grateful for you. The money we won will be used to



From The Fern Creek Foundation

sustain our "Weekend Snack Pack" program and will be instrumental in helping us end childhood hunger on the weekends. Our school family is very invested in our food pantry and recently our best volunteers have come from our fifth-grade classes. Not only are we educating our students, we are teaching them to be courageous leaders who serve. Although Fern Creek is wrapping up the school year, we are gearing up to host summer school for some students in kindergarten through third grade. This is a great opportunity for some of our students to solidify their academic skills. Lastly, we wish our graduating fifth graders well on their new journeys ahead in middle school.

We welcome and encourage the involvement of parents and the community in the life of our school. To inquire about opportunities to become involved, please contact the school principal at galatop@ocps.net.



Glenridge Middle School

Principal Heather Hilton

We want to thank everyone for a great 2012-13 school year. We wish our eighth grade class the best of luck in high school and look forward to hearing about your continued success! Final grades will be calculated soon and report cards will be available in mid-June. FCAT scores will be available for pick up with report cards as well. Dates for report card pick up will be advertised on our school marquee and website soon.

Even without our students present, summer is a busy time at Glenridge Middle! Beginning June 17, our office will have new summer hours, being open from 7:30 a.m.-5:30 p.m., Monday through Thursday. The office and school will be closed every Friday until mid-August. Additionally, the school will be shut down for the week of July 1 through July 5.

Summer school will be held for students in need of Course Recovery or 8th Grade Reading Camp from June 12 through July 17. Information regarding these programs will be mailed to students who need to attend. YMCA summer camp will also be held at Glenridge June 10 through July 18, with camp taking place Monday through Thursday. For more information regarding the YMCA

camp, please visit our front office or the YMCA office (located on the front of our gym) during afternoon hours from 4-5:30PM or call 407-623-1415 x 2267.

All students entering seventh grade for the 2013-14 school year are required to have a TDAP immunization prior to attending classes. The Florida Form 680 must be submitted to the front office. Any student who does not have the required state immunizations prior to the first day of school will not receive a student schedule or be allowed to attend class.

We will kick off the year with our "Mane Event" which will take place Thursday, August 16. More information regarding this event will be posted on our school website as well as the marquee in front of the school.

Until we see you again we wish you a safe and restful summer vacation. Don't forget to take a good book with you on your travels!



Lake Sybelia Elementary

Principal Dr. Julie Paradise

Our school year has ended and now we are getting ready to begin our Extended School Year program for our exceptional education students. We will also be hosting the YMCA Summer Camp for this area. It will be a busy summer as we all work together to be ready for the 2013-2014 school year.

Our summer hours will be Monday through Thursday from 7:00 a.m. to 4:00 p.m. If you need us, just come to the front office or you can call (407) 623-1445. We will be registering children all during the summer and encourage you to register as soon as possible. Please mark these dates on your calendar:

Wednesday, August 14

- Class lists are posted on the front doors
- after 4:00 p.m.

Friday, August 16

- Meet Your Teacher
- 1:00 to 3:00 p.m.

Monday, August 19

- First Day of School for 2013-2014
- 8:15 a.m.

Have a safe and wonderful summer!



Lakemont Elementary

Principal Dr. Brenda Cunningham

This school year has really flown by! It's been such a pleasure to be part of the Winter Park community these past three years, and I look forward to many more.

I would like to thank our parents, community members and partners for supporting our children and our school this year. It's been a year filled with academic learning, community service to those in need, and family fun. I'd like to give a special thank you to our PTO and SAC members, especially those who served in leadership roles: the PTO president, Tracey Watson; and the SAC chairperson, Julia Cartier. I know it's fun to be involved with committees and school functions, but it's a lot of hard work, too. Those who served in PTO and SAC consistently went above and beyond what is expected and re-

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ally helped make this an outstanding school year. I appreciate you all!

I want to encourage you to continue to challenge your children academically this summer. Have them read independently and learn new vocabulary words. Ask them to keep a journal of their summer recreation and/or summer travel. Also, our school is participating in a fun summer reading project: the Scholastic Summer Challenge, featuring "Read for the World Record." Be sure to look for information coming home from the school and on our school website: www.elk.ocps.net.

Next year's school theme will be "Saddle Up for Success," and we'll see all our little buckaroos back at the Lakemont Corral in August! Have a wonderful and safe summer!



Maitland Middle School
Principal Ronald Maxwell

Hello to our Golden Hawks Family. May was a busy month at Maitland Middle School with End of Course (EOC) exams in algebra, geometry, Spanish, and civics. It was also a time for grade level awards ceremonies and we congratulate all those who earned an award this year. All three grade levels had their annual field trips to area theme parks on May 17. And a dance was held on May 31 honoring all of those students in our Golden Hawks Club. The county track meet was held on May 17 and 18 and we congratulate all of the track and field athletes. Band, Chorus and Orchestra held their spring concerts in May. And, our orchestra students traveled to Atlanta in May for a competition. Maitland Middle held the "Spring Fling" on May 3 at the school. There were poetry and film presentations, the performing arts groups participated and several area food trucks were there for everyone to enjoy. Congratulations to Ms. Nielson, our Media Specialist for organizing a wonderful event. Also, congratulations are in order for Ms. Nielson and the members of the book team that competed in Battle of the Books on May 1. All middle schools in the area participated and the team from Maitland came

in 2nd place. It was a great job by Sasha Moore, Alex Neal, Lucas Cocco, Claire Prudhomme, Hope Oladipo, and Rachael Maynard.

The final exam period at Maitland Middle will be from Monday, June 3 to Wednesday June 5. Wednesday, June 5 is the last day of school. We wish all of our graduating eighth graders much success as they enter their high school years. Just a reminder that our curriculum guide for the 2013-2014 school year is on our website. If you have questions for us feel free to contact us anytime at the school. We hope everyone has a safe, relaxing summer. And, remember, at Maitland Middle School we are building a bridge to the future.



Park Maitland School
Head of School Cindy Moon

Students Tackle Remarkable Goal

Recently the Park Maitland School gym was the place to party on campus. There was music playing, people rocking, cheering, and most importantly table after table set up with an assembly line of students packaging healthy meals for hungry kids locally and abroad. The goal was 18,000 meals in an hour and, as usu-



al, Park Maitland students stepped up to the plate and produced amazing results!

This exciting project was truly synergy in action. Our fifth grade ambassador program, We Schools in Action, raised funds to pay for the

event and to invite Feeding Children Everywhere to our school to help run and participate in the action. It was then turned over to one of Park Maitland's unique mentor programs, Jelly Fudge Friends. This is a partnership between first and sixth-grade students in which they form special friendships and meet throughout the year for special events together. Affectionately called JFF, these students chose to give up one of their regular fun events to give back to the community and focus on feeding the homeless, a cause for which Park Maitland has many community ties already.

The feeling of accomplishment was overwhelming for all students involved! Working together to scoop, measure, count, weigh, pour, and seal bags of "meals" was an incredible way for everyone to engage in local and global outreach. Meals will be going to local children and to children in Ecuador. It was heartwarming to see the looks of pride on the faces of all the eager participants!



St. Charles Borromeo

St. Charles Borromeo Catholic School held the annual National Junior Honor Society Induction Ceremony in April. This event "welcomed" twenty two incoming members from middle school (6-8

grades). Dr. Bernards, principal, began the ceremony congratulating the student members and their parents. NJHS officers then conducted a tra-



ditional candle lighting ceremony while describing the five pillars that form the framework of the Honor Society: Scholarship, Service, Leadership, Character, and Citizenship. All candidates were called by name to obtain a membership certificate, pin and sign the record book. The members then recited the Oath of Membership, led by David Quintero, eighth grade student chapter president.

The St. Charles Junior Chapter has been active since 2008 and during that time has inducted over 150 students. The SCBCS chapter of NJHS is under the leadership of Mrs. Su D'Alessio, faculty advisor. This past year, NJHS has been involved with various service projects which include a weekly collection of food items to support Brothers Keeper, an outreach of St. Charles Catholic Church.

To be eligible, a student must
Continued on page 22

Upcoming Boone High School Class Of 1993 Reunion

The Boone High School Class of 1993 will hold its 20-year reunion the weekend of July 26-27, 2013. We invite all Class of 1993 classmates to join us for a fun weekend of reminiscing and making new memories. Events include a welcome social Friday night, a family picnic on Saturday, and the main reunion event at Orlando Museum of Art on Saturday evening. For complete details, and to reserve your tickets, please visit <http://www.bhs1993reunion.myevent.com/>

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WHEN YOU CALL BEFORE JULY 31, 2013



HPA103

Continued from page 21
maintain a high grade point average and exhibit the five qualities of the National Chapter. As part of the application, potential candidates also submit a 150-word essay describing their contribution to NJHS if inducted. Faculty council members reviewed each application making the decision on final nominations.

“National Junior Honor Society is one of the most prestigious organizations for the middle level students. Our students will be challenged to maintain this high honor throughout their school years,” said Dr. Pamela Bernards.

Congratulations to the following 2013 candidates:

8th grade - Thomas Liao and Noah Manchon

7th grade - Aidan Jimenez, Alexis MacArthur, and Tyler Tucci

6th grade - Hayward Bibby, Matthew Forster, Alex Henke, Kaylee Hua, Clayton Mullinax, Jaquelyn Nguyen, Victoria Pham, Brooke Sheaf, Scott Sheppard, Connor Sturgeon, Normandi Tapia, Sydney Taylor, Julia Uvalle, Carlos Aranda, Nuria Lizarraga, Bennett Moses, and Meghan O’Grady.

For more information about St. Charles Borromeo Catholic School visit www.scbcs.net.



St. James Cathedral School
Principal Mrs. Gerri Gendall

Pre-K Panthers – Springing into Action

St James preschool students are “green and growing.” Spring is in the air and summer vacation is just around the corner, but spring means there is plenty of action happening in and around our beautiful school.

April showers bring May flowers and Pre-K has been busy using their green thumbs to plant a special

garden while learning about water cycles and plant growth. Spring also means Mother’s Day and we prepared something extra special for those extra special Moms – a beautiful “Mother’s Day Tea Party” complete with tea pots, flowers, refreshments, gifts and lots of love. Father’s Day might fall during the summer break, but we’ve taken care of the Dads, too – with an equally fun and entertaining “Donuts for Dads” day.

Our Pre-K classes are always ready for an adventure whether it’s learning new words in Latin or Spanish, or discovering new worlds like outer space. Throughout the year, we’ve used our A-B-Cs to generate word lists and as starting points for show-and-tell. We participated in holiday activities like a beautiful Christmas pageant. And now we’re preparing for a very special end-of-year musical production based around the barnyard! Our Pre-K chicks are getting excited to once again come out of their shell to perform again! We will really spring into action at our Pre-K Field Day in June, complete with train rides, a bounce house, face painting and more!

We start every day with a prayer on the playground with mom and dad and we continue to keep Jesus in our hearts as we make regular visits to our newly-renovated chapel. We thank Him for the opportunity to come together to learn and we look forward to each and every new adventure that awaits us. We love Pre-K at St. James Cathedral School!



Trinity Lutheran School
Principal Melissa Bergholt

Summer is here! When did that happen? Didn’t we just start this school year?

At Trinity Lutheran School, we are blessed to have had another successful year with our students, teachers, staff and parents. TLS staff members were honored and pampered during Staff Appreciation Week with cards and pictures, breakfast, lunch, gifts and a car wash! We have a wonderful support system from our parents and we are incredibly lucky they chose Trinity to educate their children! In turn, we will honor an amazing group of parents who have gone above and beyond the 25 volunteer Parent Required Involvement in Christian Education (PRICE) hours, with a luncheon and special “thank you” gift.

Our National Junior Honor Society students ended the year with a service project to benefit a local organization. We offered our K-8 students a chance to be “Barefoot for a Day” and bring in gently-used shoes to donate to Rebecca’s Garden. Those who brought in shoes to help with the shoe drive were allowed to go barefoot or wear socks the entire day (while in the classroom)! The shoe drive was a suc-

cess!!! We collected 128 pairs of shoes! Trinity is a wonderful place to celebrate children, family, education and God. Have a safe and wonderful summer



Winter Park High School
Principal Tim Smith

It Takes a Whole Village
Submitted by Maureen Scanlan, Assistant Principal

“Personal Excellence in a Caring Place” is Winter Park High School’s vision. At WPHS we strive to have all students reach their personal academic best in a rigorous and supportive atmosphere. The old adage, “it takes a whole village to raise a child,” surely has some merit because without our parent and community groups we would not be able to provide the level of support we do for our students. So, as we come to the close of another successful school year, it is with much gratitude and reverence that I would like to recognize the parent and community groups who have assisted us in upholding our school’s vision.

This year computer-based testing has increased significantly. Thanks to the fundraising efforts of The Winter Park High School Foundation, we were able to create a new computer lab just in time for testing season! The addition of the new lab has helped dramatically, as it has allowed our computed-based classes to continue instruction in their classrooms and for us to test all students within the allotted time frame. The WPHS Foundation has also started a new campaign to raise money to renovate our Ann Derflinger Auditorium. The campaign is titled “Raise the Curtain.” The foundation has set the ambitious goal of raising \$500,000 over the next several years to improve the condition of the auditorium. This venue truly benefits and serves the entire community. If you would like more information on how you can contribute to this effort, please go to our school website at www.wphs.ocps.net and click on the link to The Foundation.

In addition to the incredible support from the WPHS Foundation, our PTSA has continued to support the “Tradition of Excellence” at WPHS. PTSA parents provide endless hours of service to WPHS each year by volunteering to help with Welcome Back Cats and many other events. Throughout the year, a special group of volunteers also works in our College and Career Center, providing essential information to Wildcats regarding college applications, grants and scholarships, and other educational opportunities. Additionally, we have mentors who meet with stu-

dents weekly, helping with academic and other school related issues. Our PTSA also offers teacher grants twice a year to help with classroom needs. Moreover, PTSA funds programs to help prepare our students for high-stake tests. The WPHS PTSA also goes to great lengths to make our entire staff feel appreciated, from our welcome back breakfast during pre-planning to the many appreciation events they host throughout the year – we thank them!

The School Advisory Council has devoted many hours to reviewing various parts of the school and offering very helpful ideas for school improvement. The council receives updates on our annual School Improvement Plan and assists with excellent ideas and recommendations. They are an invaluable team who work with diligence and fidelity to help us improve upon our challenges as well as strengths and have contributed many effective strategies to help us attain our goals. Once again, the council held the annual Parent Showcase in January. This event helps parents learn about a number of different concepts that are helpful in supporting their student’s education. Their time and contributions are greatly appreciated.

We would also like to give many thanks to the Winter Park Health Foundation. In order to focus on academic excellence our students must be physically and emotionally healthy. Through the foundation, we are able to provide our students and community with access to our medical clinic, a registered nurse, nurse practitioner, and the CHILL program, which provides counseling services for our students. In addition the WP Health Foundation, through the Healthy School Team, provides students and staff with many opportunities to learn how to be healthy through diet and exercise by providing classes at WPHS. Thank you for keeping us healthy!

We owe many thanks to our numerous booster parent organizations and Partners in Education who support the arts, academics, and athletics! Thank you for the endless hours you devote to enhancing the high school experience for our Wildcats!

Last, but certainly, not least, we would like to extend our heartfelt thanks to the City of Winter Park who supports us in our many community events from the Homecoming Parade to Picnic in the Park. We are appreciative of your support.

It truly does take a village – and at Winter Park High School we are very grateful to the village of Winter Park for helping us with our vision of “Personal Excellence in a Caring Place.” ■



PreK Mother's Day Picture



Student Planting



Students on stage



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COMMUNITY CALENDAR

Audubon Park Garden District Events

Ongoing Events

Every Monday night Community Market – 6:00 to 10:00 p.m. at Stardust Coffee parking lot located at 1842 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.



June 16 Free Admission for Dads – 9:00 a.m. to 5:00 p.m. to celebrate dads at Harry P. Leu Gardens located at 1920 North Forest Avenue. For more information please call 407-246-2620 or visit www.leugardens.org.

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.

June 13 "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 & Fuller. 4:00 to 5:00 p.m. at the Marks Street Senior Center. For more information please call 407-422-3017.

June 14 A Toast to Hope and Opportunity – 5:30 to 8:30 p.m. at the Orlando Shakespeare Theatre located at 812 E. Rollins Street. For more information please call 407-658-1818, or visit www.cflcc.org/toast-to-hope.

June 14 "Memories of Motown" - The Orlando Circle of Friends Chorus presents a look back at the hot songs, cool harmonies and dancing that brought the house down! 8:00 p.m. at the Orlando Museum of Art located at 2416 North Mills Avenue. For tickets and further information, please visit www.ocofchorus.com or call 321-345-OCOF (6263).

June 14-16 The Golfweek Father & Son Open - This annual event – which will be held at Reunion Resort & Spa – gathers amateur and professional golfers alike for three days of fun-filled competition and friendly rivalries. Space is limited, and slots will be filled on a first-come, first-served basis. Visit Golfweek-Events.com for full event details and to register today.



June 15 "Memories of Motown" - The Orlando Circle of Friends Chorus presents a look back at the hot songs, cool harmonies and dancing that brought the house down! 3:30 p.m. at the Orlando Museum of Art located at 2416 North Mills Avenue. For

tickets and further information, please visit www.ocofchorus.com or call 321-345-OCOF (6263).

June 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 & Fuller. 4:00 to 5:00 p.m. at the Winter Park Community Center. For more information please call 407-422-3017.

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

Maitland Events

Ongoing 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 6:30am; 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.

June 5 Friends Book Sale – 10:00 a.m. to 1:00 p.m. at the Maitland Public Library located at 501 S. Maitland Avenue.

June 6 Youth Summer Reading-Mastodon Program – 2:00 to 4:00 p.m. at the Maitland Public Library.

June 7 eLab – Learn How to Download ebooks – 10:00 a.m. to noon at the Maitland Public Library.

Winter Park Events

Ongoing Events

Every Saturday Winter Park Farmers' Market - 7:00 a.m. to 1:00 p.m.

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.

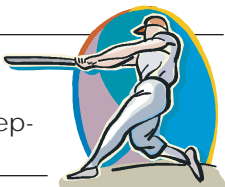
Every Tuesday, Friday and Saturday Winter Park Benefit Shop – the shop is located at 140 West Lyman Avenue and is open from 9:30 a.m. to 1:00 p.m. on Tuesdays and Fridays, and from 10:00 a.m. to 1:00 p.m. on Saturdays. Donate or purchase clothing, bedding, jewelry, kitchenware and more. Proceeds benefit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

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.

June 6 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 "Easy to Grow Herbs," and the cost is \$5 per session. To register please visit [www.http://wppl.org/](http://wppl.org/) or call 407-623-3279.

June 6 Season Opener – Winter Park Diamond Dawgs vs. Leesburg Lightning – 7:00 p.m. at Alford Stadium-Shepherd Field.



June 8 School's Out Pool Party – Noon to 5:00 p.m. at the Winter Park Community Center.

June 13 Popcorn Flicks – 8:00 p.m. featuring the showing of "How to Marry a Millionaire" at the Central Park Main Stage.



June 13 "Charting the Senior Years" seminar – 4:00 to 5:00 at the Winter Park Community Center. Board Certified Elder Law Attorney Patricia Fuller and Attorney Heather Kirson will discuss estate planning, advance directives, nursing home asset protection, Medicaid and veterans benefits. Free. Reservations requested by calling 407-422-3017.

June 13 Summertime Sip & Stroll – 5:00 to 8:00 p.m. hosted by the Winter Park Chamber of Commerce and Park Avenue Merchants Association along Park Avenue. Cost is \$25 per person. For more information please call 407-644-8281.

June 15 "Kids at the Casa: Dig into Reading" - 10 a.m. – 12 noon at the Casa Feliz. This event is in conjunction with the Winter Park Library's Summer Youth Reading Program and the Crealde School of Art will be sponsoring the crafts. No reservations are necessary, and there is no admission cost. For more information or questions please email bowens@casafeliz.us.

June 18 "Charting the Senior Years" seminar – 4:00 to 5:00 at the Winter Park Community Center and 6:00 to 7:00 at the Marks Street Senior Center. Board Certified Elder Law Attorney Patricia Fuller and Attorney Heather Kirson will discuss estate planning, advance directives, nursing home asset protection, Medicaid and veterans benefits. Free. Reservations requested by calling 407-422-3017.

June 20 "Business After Hours" - 5:30 – 7:30 p.m. sponsored by the Winter Park Chamber of Commerce and hosted at Holler Hyundai located at 1150 N. Orlando Avenue. Cost is \$5 for members and \$15 for non-chamber members. For more information please call 407-644-8281.

June 20 FEMA Flood Rate Insurance Map Public Meeting – 7:00 p.m. at the Winter Park Community Center.

June 22 World Refugee Day - a free cultural celebration uniting the diverse refugee population in Central Florida. Festivities include: cultural performances, arts and crafts, music, calligraphy demonstrations, world cuisine, traditional dances, face painting, and country exhibits. 10:00 a.m. to 2:00 p.m. at St. Margaret Mary Catholic Church located at 526 Park Avenue North. For more information call 407-658-2122 ext. 2122.

June 25 Ballroom Dance Lessons – 7:00 p.m. for beginners and 8:45 p.m. for intermediate at the Winter Park Farmers' Market. Class is every Tuesday for eight weeks.



July 1 City Blood Drive – 9:00 a.m. to 1:00 p.m. at City Hall

July 4 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 athletics. For more information or to register please visit www.trackshack.com.



July 4 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/](http://wppl.org/) or call 407-623-3279.

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

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.

July 20 Pool-side BBQ – noon to 5:00 p.m. at the Community Center Pool located at 721 W. New England Avenue.



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