Park Press Ine MAY 2014 Positive news that matters

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Baby Owl Shower SAVING

Fiscal Fitness



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Here Comes The Train!

Pop Culture Detours by George McGowan

This is the month when we will begin to see SunRail trains swooping passengers through Central Florida. Seeing a train going down the tracks is almost a visceral experience, something that naturally stirs the blood. The idea of travel on the rails brings up memories of afternoons in Winter Park's Central Park watching the trains go by with my young children waving, riding the NYC subway to Shea Stadium with my sister, waiting for a train (or trains) to pass as I drove to work when I served in the Air Force in Holland, and taking a long train trip from Amersfoort, Holland to Rome, Italy and waking to find our train winding its way through the scenic Alps.

Trains also make me think of train songs.

No, not songs by that clovingly awful "rock" band! Songs about trains, sung by unique American voices from the not-too-distant past. There are also some more recent songs and movies that use the train and train travel to tap into our nostalgia for "riding the rails."

When my firstborn was a small child, he was obsessed with trains. Thankfully, we had Thomas the Tank Engine to satisfy his need to make and re-make train lines, depots, and the trains themselves. We were also fortunate to find a CD full of train songs put together by the wonderful John Denver. This CD, "All Aboard!" was released just two months before Mr. Denver died in a plane crash and our entire family was so grateful that he recorded it and shared with us all. We enjoyed every minute of it and my wife and I continue to this day to recall its wonders and the memories it evokes. From the opening song, "Jenny Dreamed of Trains" written by Guy Clark and Vince Gill, through the classic "Waiting For a Train" made famous by Jimmie Rodgers, from the traditional standard "I've Been Working on the Railroad," to Johnny Mercer's "On the Atchison, Topeka and the Santa Fe." We were transfixed by the imagery and grandeur of train travel evinced by these wonderful songs and fantastic combination of music, lyrics and Mr. Denver's perfectly suited voice.

Jimmie Rodgers. You will find a link to the entire 10 minute movie "The Singing Brakeman" from 1929. This should be required viewing for everyone who calls themselves a county music lover. A classic cowboy singer crooning (and yodeling) a wonderful song. My heart was warmed just listening to it. Aren't we



SunRail Train pulls into the Winter Park Station. Photo by Steve Graffham.

lucky that someone took the time to digitize the clip and put on You-Tube for all to see and hear? It is a wonderful record of a classic train song.

Another wonderful train song is "The City of New Orleans" which many of you may remember Willie Nelson perform-

ing and popularizing in 1985. But it was written in 1971 by a man named Steve Goodman, a Chicagoan from a middle class Jewish home. He was awarded a Grammy posthumously in 1985, when Willie helped it win Best Country Song.

Continued on page 8

Stop right now and go to YouTube and search for "Waiting for a Train" by

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Publisher's Message



can't believe it's already May of 2014! Like most, we are busy juggling spring events, sports, the planning of summer vacations, activities, and camps around our normal daily routines. Planning at this time of year is

critical, especially when it comes to proactively scheduling for our children's summer break.

Tricia and I learned long ago, in the early years of parenthood, that if you want your child to attend a specific summer camp, you had to get in early. I recall one year, Tricia setting her alarm before sunrise so she could have all the enrollment information typed in, and ready to hit "send" as soon as registration began. We had missed getting the kids into this specific camp before, because it rivals the sell-out times of a Springsteen concert in the late '80s.

Perhaps this hectic summer planning is why we celebrate Mother's Day in May while there is still time to enjoy the calm before the storm. I believe being a mother is the most selfless and most challenging role that anyone could take on. I also believe that when they take on this role they are given superpowers that are beyond my comprehension as a male. My mother had "eyes

in the back of her head," and so does my wife. I gave up long ago trying to understand it, but it still amazes me to this day.

Moms are in most cases the "quarterback" of the household, and can remain calm, cool and calculating under the most stressful and chaotic situations. They know every countermove to most of life's challenges, and can heal a boo-boo with just a kiss. Oh, and they protect their own children, as well as others, like nobody's business.

If you need a good example of this, just pull off anywhere along the St. John's River and find a baby alligator. Please know that the mama will see you well before you see her, and she'll be approaching with her enlarged medulla oblongata in about two minutes. DO NOT FEED, TOUCH, POKE A STICK, OR TOSS ANYTHING AT THE GATOR! And please leave well before mama gets near land, as she can run short distances at up to 35 mph!

Yes, mothers are certainly to be admired for their seemingly superpower skills, but more importantly, appreciated for their unwavering commitment to their families.

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

Rick

Rick Cable Founder/Owner

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O Mother, Where Art Thou?

By Tricia Cable

have been a mom for almost 15 years now, and although I entered into motherhood with my eyes wide open, I have been somewhat ill prepared and flying by the seat of my pants since the 49-hour labor began. "Woo woo hee" and

"breathe through the pain" lasted for the first 24 hours, but by the second day, I was pulling out all the stops. Which has pretty much been my maternal motto since. Here's my real parenting philosophy, do what works!

I remember sitting around with all my friends before my first child, mentally preparing and planning for what kind of mother I wanted to be. I had the fantasy of homemade baby food, cloth diaper service and afternoon strolls down the avenue with my sleeping cherub in her stroller enjoying the ride.

Shortly after the emergency
C-section, I came to my senses. Nine months of religiously coating my expanding belly with cocoa butter to ensure that my lifelong dream of gracing (no pun) the pages of the Sports Illustrated swim suit issue weren't in vain...the reality of motherhood sunk in.

My greasy hair, pulled up in a ponytail atop my head not having been washed for the two days I attempted to give birth naturally; my face, devoid of any makeup that may have been there at the beginning of this journey long since melted away; and my new hardware...staples across my lower half apparently tasked with holding both halves of me together. Literally nothing had gone



as I had so painstakingly planned and, I could not have been happier.

What a glorious unexpected gift. For the first 34 years of my life, it had been all about me and in just a few seconds, or as long as it took for this new little human being to take her first breath, everything had changed. My life, as I knew it up to that point, was forever changed and little to nothing has gone as planned since.

I fought it for
the first few years as a parent. "Why
won't my baby take naps?" "Why
doesn't she eat as much as other kids?"
Listen, when they are tired, they sleep
and when they are hungry, they eat! I
got the baby thing down just about the
time they started walking and I have
mastered the elementary age just in time
for puberty. At this rate, I will be ready

for puberty about the time they are heading off to college. Good news for me, I have stopped fighting it and I do what works!

So as we pause for a moment this month to celebrate the moms of the world, be proud of the kind of mom that you are. Recognize your strengths, bask in your accomplishments and be amazed by yourself, you are remarkable and worth all the glory!



NEWS The Park Press MAY 2014

City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



May is always an exciting month in the City of Orlando. As we countdown to summer, I am glad to share with you some of our community events.

Join Mayor Dyer and me for the City's annual Bike to Work Day on May 9th. Meet in the Mennello Museum parking lot at 7:30 a.m. for a ride along the

Urban Trail in honor of National Bike Month. And don't forget, SunRail service is free through May 16th with the Florida Hospital Station within walking distance to the museum.

As we celebrate Bike Month, we want your input on where you would like to see future bike trails in our city. Check out engage.cityoforlando.net to give your feedback on this and other topics important to our future plans.

From May 14th-27th, The Orlando International Fringe Theater Festival is coming to venues in and around Loch Haven Park. Celebrating 23 years in our community, we boast the oldest Fringe Festival in the United States. Kids Fringe will take place on the grounds of the Mennello Museum both weekends of the festival (May 18th, 19th, 24th and 25th) from 10am to 2pm. For more information on all of the performances, interactive art for the kids and other details, visit orlandofringe.org or check out the Kids Fringe Facebook page.

Head to Lake Eola on May 30th and every last Friday this summer for "Movieola" on the East Lawn. Enjoy games and music beginning at 6:30 p.m.

followed by a family friendly movie starting at 8 p.m. This event is free and open to the public. Check out cityoforlando.net or our Lake Eola Facebook page for more information.

At the end of the month, please join us for the Mayor's Summer Safety Series taking place in District 3 on May 27th from 5:30-7 p.m. at the Loch Haven Neighborhood Center (610 N Lake Formosa Drive). Meet our new Police Chief, John Mina, and learn crime prevention tips at our public safety resource fair.

As we transition into summer, public safety continues to be very important as much of our crime is committed by juveniles. When school is not in session, this gives some youth extra time to get into trouble. With this in mind, please be aware of your surroundings and call the police whenever you see something that looks out of place in your community.

For the past few months, our Community Policing Division has been engaged in "Operation Lock It Up," trying to encourage residents to lock their cars and homes as well as secure their valuables. In just 12 hours of canvassing neighborhoods, the Orlando Police Department has found more than 100 unlocked cars in District 3 alone. A vehicle break-in to an unlocked car can take a criminal just

Orlando Mayor Buddy Dyer, **District 3 Commissioner Robert F. Stuart** and Police Chief John Mina present a







May 27, 5:30 - 7 p.m. **Loch Haven Community Center** 610 N. Lake Formosa Drive Orlando, FL 32803 Meet Orlando's new Police Chief and learn how you can partner with the City to keep Orlando safe. This event will also include a public safety resource fair.

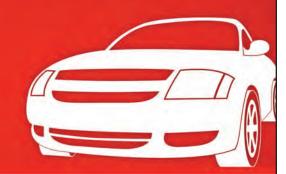
15 seconds and then they are gone. This makes it extremely difficult for our law enforcement to catch them in the act. This is something that every single one of us can do to help protect our neighborhoods... it is that simple... please just lock your car.

As always, thanks for your support of our neighborhoods. I look forward to seeing you around town this month!

-Robert

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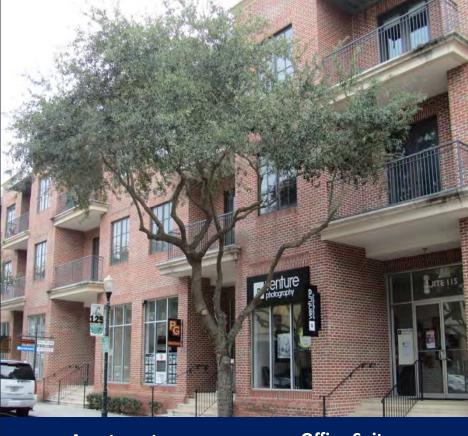


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The Park Press | MAY 2014 NEWS

Winter Park Mayor's Message

Mayor Ken Bradley



Ken Bradlev

More Parking For Winter Park

The city has opened 88 new parking spots in downtown Winter Park. We have enjoyed unprecedented growth over the past five years. Park Avenue is 100% occupied! We've

received extraordinary publicity recently, from the Super Bowl commercial to the cover story and feature on US Airways magazine to the valuable word-ofmouth praise--Winter Park is certainly an exciting destination for business, shopping, entertainment and restaurants. With this overwhelming success comes the challenge of parking, especially during peak times, holidays and special events. There is a true and definite need for more parking spaces.

After looking at short and long term parking issues in the downtown business district, the city commission directed staff to identify up to 100 new spaces designated for public parking. In response, staff creatively proposed the demolition of its Public Works Administration building (former fire station), repurposing existing spaces in the City Hall lot for public use and also the restriping of a portion of New York Avenue. All of these new spaces have been achieved with very little additional costs. Already they are easing our downtown parking shortage.

The new lot pictured below was completed with gravel in time for the annual Winter Park Sidewalk Art Festival. Even with just a temporary lot, hundreds of art lovers eagerly pulled their cars right into the new space as they enjoyed the festival. The lot will be paved soon and be a great addition to events held at the Farmers' Market as well as new parking for downtown shopping.

In addition to the new spaces created, the city recently launched a Merchant Employee Pilot Parking Program that offered hang tags for merchant employees to park in designated parking spaces. This was done to open up prime parking spaces along the Avenue for customers and visitors to enjoy. With employees parking in designated locations, our customers, diners and shoppers can find convenient parking just a few steps away from their favorite store.

With a focus on parking and the recent changes, please make note of the time limits posted at each parking area. Parking enforcement will be traveling through our city and would appreciate your help in keeping our downtown area open and friendly for our residents, guests and loyal customers.

And to not need a parking spot, why not to take advantage of the free rides on SunRail beginning Thursday, May 1 thru Friday, May 16 at our newlyopened Winter Park Train Station? Our new station is certainly worth a stop! Rail travel has always been a part of our city's charm since the 1880s, and is now enhanced by the new station and this new commuter rail system.

New parking spaces and SunRail-two more reasons why Winter Park is one of the finest cities in Florida!





Going...



Going...



Gone!

Spoil mom this year! Treat her to our annual Mother's Day Brunch



May 11 ~ 10:00 am to 2:30 pm

Carving stations, chocolate fountains, Tap Room Crab Cakes, and so much more. Adults: \$39.95 · Children (10 and under): \$12.95 Reservations required. Seatings every half hour.

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Maitland Mayor's Message

Mayor Howard A. Schieferdecker



At the city council meeting held on February 24, the Maitland Police and Fire Rescue Departments presented Vice Mayor Linda Frosch and Dr. Mark Round,

president of the Friends of First Response-Maitland, with an award of appreciation for their dedication and support toward the two departments. Vice Mayor Frosch and Dr. Round are the co-founders of a non-profit organization, Friends of First Response - Maitland. The organization was created in 2008 after a visit by Vice Mayor Frosch to a Maitland fire station. During her visit she noticed a wish list of items that the firefighters were in need of around the station. Due to tight budgets from the economic downturn most of these items were unable to be purchased through the department's budgetary process.

The Friends of First Response has numerdonated ous items including dress uniforms for all firefighters, pots and pans, Bulldogg Tuff chairs, a beautiful September 11 memorial painting in the foyer of new Station 45, an EMS transport event cart, and patio furniture for the Police Department. In addition to these donated items,

the organization sponsored a one-day lecture on active shooter training presented by nationally-recognized speaker William Long for the Maitland Police and Fire Departments.

The Friends of First Response-Maitland raises money through corporate and private donations as well as through their annual kickball tournament. The tournament is held each



Above, Mayor Howard Schieferdecker, Fire Chief Kim Neisler, Vice Mayor Linda J. Frosch, Deputy Chief Bill McEachnie, and Dr. Mark Round.

spring and brings teams throughout Maitland and Winter Park to compete for a trophy.

Fire Chief Kimberly Neisler commented, "We are so fortunate in the City of Maitland to have the support of our residents and the Friends of First Response. The efforts of this group have enhanced pride in our department. Without community sup-

port the growth and stability of the Fire Department would suffer. With support of the Maitland Friends of First Response and the community, we are destined to remain a highly productive and functional group."



County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



Ted B. Edwards

Orange County's law enforceagencies sometime pay a heavy price to keep us safe. In less than two months Orange County lost two brave officers in

the line of duty. Orange County Deputy Sherriff Jonathan Scott Pine was tragically gunned down on February 11 while chasing a wanted felon through a residential neighborhood in the southwestern part of the county. On March 22, Windermere Police Officer Robert German was slain while investigating two suspicious teenag-

Both Deputy Pine and Officer German felt called to service in law enforcement. Before his career at the Sherriff's Office, Deputy Pine had received a MBA and was a successful bank manager. In 2011 he was hired by the Sherriff's Office which was the fulfilling career he was looking for. Deputy Pine is survived by his wife and three children. Officer German was a five-year veteran of the Windermere Police Department. After graduating from college, Officer German worked in airport security. His frequent on the job interactions with police inspired him to make a career change. Officer German joined the Windermere Police Department in 2008.

We mourn the loss of Deputy Pine, Officer German, and every other officer who loses their life in the line of duty. They were doing what so many other brave men and women in law enforcement do every day to combat criminals and keep our streets safe. These officers cover a wide variety of duties, from traffic enforcement to murder and burglary investigations. The Orange County Sherriff's Office, for instance, includes many specialized services outside of regular patrol duties ranging from an aviation unit to homeland security to a horseback mounted patrol. Sherriff's deputies are even part of the Metropolitan Bureau of Investigations, a multiagency task force that includes personnel from federal, state, and local law enforcement organizations that focus on organized crime.

We are committed to doing everything we can to keep our law enforcement officers safe on the job. You can help by promptly reporting crimes in progress to your local law enforcement agency. You can also help by volunteering your time with your local law enforcement agency. Volunteer opportunities include

the citizens on patrol and citizen observer programs, the reserve deputy program, and the Police Athletic League.

I am grateful for the hard work and dedication of our men and women in law enforcement, and with the rest of the community, mourn the tragic loss of two of our finest. Orange County is blessed to have some of the finest law enforcement officers in the state. As always, my staff and I are available to answer questions you may have about local law enforcement or any other issue affecting Orange County. We can be reached at 407-836-7350 or by email at district5@ocfl.net.

(ed B. Church

Ted Edwards **Orange County Commissioner** District 5





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Representative's Message

Karen Castor Dentel, PhD, Florida House of Representatives

Karen Castor Dentel, PhD

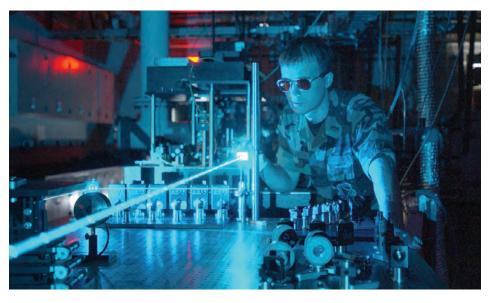
The 60-day Florida Legislative Session wrapped up in Tallahassee on May 2nd, but my

advocacy for the people in House District 30 continues. Economic development and high-quality education remain my top priorities, which is why I support Florida's High-Tech Corridor. What started as a partnership between USF in Tampa and UCF in Orlando, known as the Florida I-4 High-Tech Corridor, (http://www.floridahightech.com/about.php) has expanded to now include UF.

The High-Tech Corridor has become a key region for advancing many growing industries. The popularity of the digital media and entertainment sector has taken off with the help of our educational

institutions and the gaming companies that reside in Central Florida. The College for Optics and Photonics at UCF is another jewel that promotes high-tech activity related to manufacturing, medicine, communications and aerospace right in our own backyard. The hub of this powerhouse of innovation, and ironically the least well known, is the National Center for Simulation housed at Research Park in UCF.

UCF's Modeling and Simulation Training Center brings all branches of the military together to develop ways to keep our soldiers safe, using advanced cutting-edge technology. This important asset employs 12,500 people, and brings over \$3 billion to our community, keeping our brightest minds in Central Florida. However, this could be at risk of closing and/or moving out of state due to Congressional Base



Realignment and Closure (BRAC) decisions.

In response, I am joining members of the Orlando Regional Chamber of Commerce and other elected officials this month in Washington D.C. to meet with our congressional delegation where we will ensure that our congressmen and women know the significance that this facility has to our community, our state, as well as the revolutionary work that they are

doing for our country.

I appreciate your support as we work to defend these important industries and educational institutions and ensure that Central Florida continues to thrive.



Karen Castor Dentel, PhD Florida House of Representatives



GRENADIERS

Colonial High School Class of '64 Reunion

The Colonial High School class of 1964 invites all classes of the 60s to join them in celebrating their 50th reunion celebration.

July 19, 2014 from 7:00 p.m. to midnight at the Radisson Hotel UCF located at 1724 Alafaya Trail. For more information, or to secure your reservation, please contact: Nina Entrekin - 813-962-3785 – ninaentrekin@yahoo.com

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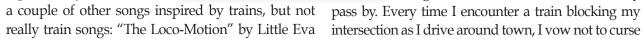
Continued from page 1

Of course, Johnny Cash recorded his share of train songs, most famously "Folsom Prison Blues" which uses the scene of a train coming down the tracks as a lament to a life lost to crime: "When I hear that whistle blowing, I hang my head and cry."

But my favorite train song of all time is "Chattanooga Choo Choo" as performed by Glenn Miller and his Orchestra. As with many favorites of mine, it is because of listening to it as a youngster with my family. I can see my mother and father dancing the Lindy to it when I close my eyes.

When you have a few minutes to kill, head over to Wikipedia and search "train songs" and you will find over 1,000 titles listed there. Some of the others that make my list as runner's up: "People Get Ready" by

Curtis Mayfield, "Take the 'A' Train" by Duke Ellington, "Casey Jones" by the Grateful Dead, "Down in the Tube Station at Midnight" by the Jam, "Last Train to Clarksville" by the Monkees, and "Midnight Train to Georgia" by Gladys Knight and the Pips. And just for fun,





Train photo by Steve Graffham

and "Train in Vain" by the Clash.

As we welcome SunRail to our community, let's picture all the little kids waving to the trains in wonder as they

the train for delaying me, but celebrate it by calling to mind one of the many train songs I love. I sincerely hope the SunRail trains are a successful addition to our Central Florida culture and I think we can make them so by using them to create happy memories filled with train songs.

Free Door Alarms Available To Save A Life

As the weather continues to warm up and families return to recreational water activities, the Florida Department of Health in Orange County is offering a free small device that could help save a child from drowning. Any Orange County resident who has a residential pool with children between the ages of one and 12 years may be eligible to receive free door alarms that can be placed on a door or window leading out to the pool area. The alarms, which alert a parent when a child has opened a door or window, are being provided through a statewide drowning prevention campaign, called WaterproofFL, while supplies last.

It takes less than thirty second for a child to drown, and Florida leads the nation in drowning deaths in children between the ages of one and four. "Parents and designated water watchers must keep their eyes on the kids at all times. Don't let your guard down," said Dr. Kevin Sherin, director of the Department of Health in Orange County.

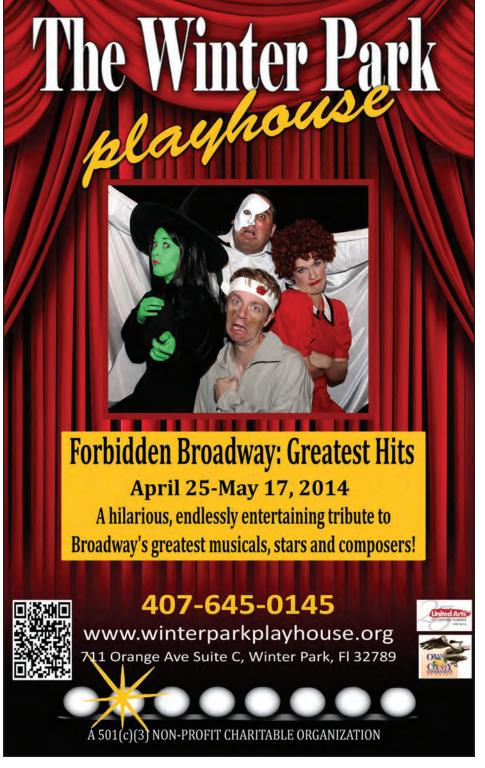
The Residential Swimming Pool Safety Act requires pools built after 2000 to have at least one approved pool safety feature. However, over 90% of Florida's home swimming pools were built before this act.

The WaterproofFL campaign focuses on three layers of protection: supervision, barriers, and emergency preparedness.

- Supervision is the first and most crucial layer of protection, meaning that someone is always actively watching when a child is in the pool.
- Barriers mean that a child should never be able to enter the pool area unaccompanied by a guardian. A barrier should physically block a child from the pool.
- Emergency preparedness. The moment a child stops breathing there is a small, precious window of time in which resuscitation may occur, but only if someone knows CPR. Knowing how to perform CPR can mean the difference between life and death.



You can help prevent Florida's children from drowning by implementing the layers of protection and pledging to become a Water Watcher. To receive a free door alarm, contact Karen Johnson at the Florida Department of Health in Orange County at 407-858-1456. For more information on the campaign, go to http:// www.waterprooffl.com/.



The Park Press | MAY 2014 **NEWS**

Three Generations Of Firefighters **Proudly Serve**



Orange County Fire Rescue welcomed three generations of firefighters to its ranks including Matthew Howell, Michael Howell and Walter Howell.

oldest full-time employee, Walter Howell's philosophy on leadership and workplace ethics could be applied at any organization in Central Florida.

"When you go to work for somebody, give them an honest days' work," Walt said. "If you do that, you will progress upward."

As Walt celebrates the great milestone of turning 80 years old, he continues his service with Orange County Fire Rescue.

Walt fought his first fire in 1959 and has been active with the fire service ever since. He was a volunteer with the Pine Castle Fire Department and became a reserve captain with Orange County Fire Rescue when it was formed in 1981.

Walt eventually took a job with the Fire Rescue Logistics Division, making sure all the firefighters have the tools and supplies they need. Today, Walt still delivers those needed supplies to fire stations around the county.

"My favorite part of the job is meeting and interacting with people throughout my route," said Walt.

Still, Walt's proudest moment at Orange County was pinning the badge on his grandson Matthew Howell during Matthew's ceremony to become a firefighter.

In January 2014, Orange County Fire Rescue welcomed three generations of firefighters to its ranks including Walt's son Michael Howell.

Walt talked in great detail about the overwhelming energy in the room during the ceremony. He described how the reserves in the audience rose to their feet and shook his hand as he returned to his seat, thanking him for his many years of service to the residents of Orange County. Many attendees said they were proud to see him symbolically pass the torch to the next generation.

"Through dedication perseverance I've been given the honor of joining the family tradition. I have learned those traits along with other valuable ones by watching my father and grandfather progress through their careers," said Matthew

As Orange County Government's Howell. "It is an honor to say that I had my father and grandfather pin my badge on at the graduation ceremony for Orange County Fire Rescue. It is a great joy to be able to stand shoulder to shoulder with both of them and to be able to call them not only my biological family but also my fellow brothers of the fire service."

> One would expect Howell family gatherings to include tales of the big fire. However, Matthew explained dinner table discussions focused on family events such as births and engagements.

> "We didn't talk about the job at home," said Battalion Chief Michael Howell, Matthew's dad, who just retired after 37 years of fighting fires. "Work was work and family was family."

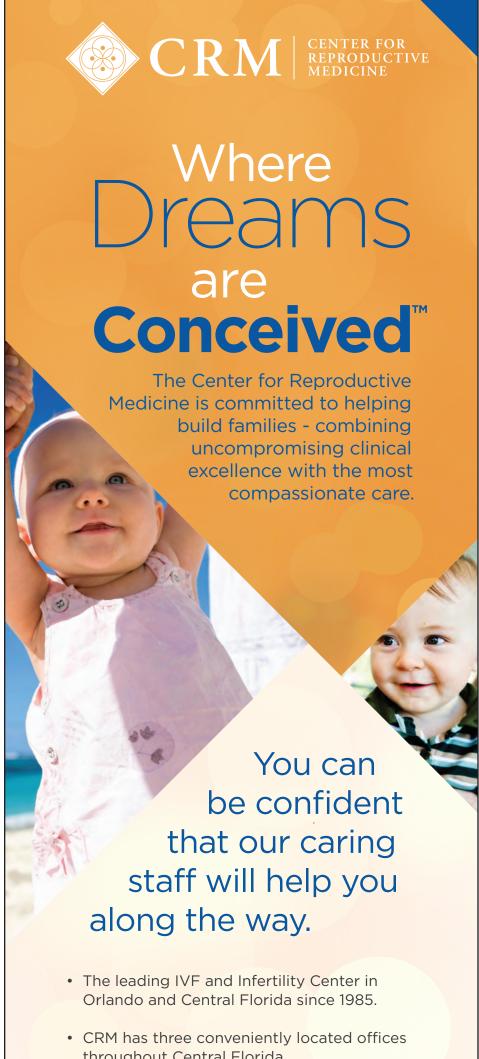
Walt and Michael never pushed their sons to join the fire service. A shared set of beliefs and passions brought these men down the same career path. All three chose firefighting out of a desire to help people in need.

Michael credits his work ethic and leadership skills to his dad, and he has instilled the same values in his son.

Walt is not only dedicated to Orange County, but he's also proudly devoted to his family, church, and community. He credits his faith for his longevity and his continued desire to serving Orange County. Walt, who has been married to his wife Corrie for 58 years, plans to remain active in his church and serve as a reserve captain firefighter.

The three generations pointed out how much the fire service has changed over the years. When Matthew, who is now assigned to Fire Station 66, began his career, he was required to have more than twice the amount of training as his father Michael. Despite changes in firefighting equipment and training over the years, the Howell family's core beliefs have not changed.

Orange County Fire Rescue is proud and fortunate to have such dedicated firefighters within its



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



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10 NEWS The Park Press | MAY 2014

Streamlining Women's Health Care

Assessment utilizes DNA testing to reveal preventative care measures for individual patients

Busy women often tend to put the needs of their family, their job, or their community ahead of themselves. With that in mind, Florida Hospital Winter Park Memorial is now offering the Winter Park Health Assessment (WPHA) to take the stress out of juggling multiple doctor visits by tackling 26 hours' worth of appointments in just one day. This program provides convenient sameday analysis in nearly a dozen different areas, including genomic testing, also known as DNA testing. This reveals a specialized look into a patient's DNA make up, providing information on



Left to Right: Krystle Nguyen, health ambassador and client services; Herminio Alamo, clinical nurse manager; Guita Kurd, director of operations; Kacie Fick, R.N.; Tamara Kennerknecht, R.N.

potential genetic risks such as stroke, breast and prostate cancer, obesity and diabetes, rheumatoid arthritis, Alzheimer's disease, Parkinson's disease, and other ancestry and inherited conditions.

Participants will also have an

EKG, blood work, stress test, hearing and vision test, coronary risk panel, chest x-ray, nutrition assessment and more- all in a spa-like atmosphere. Although the main focus of the WPHA is women's health and preventative care with assessments

including mammograms and pap smears, men's health assessments are also available upon request. "WPHA is for those seeking a healthier, happier lifestyle through preventative and proactive care. From the first appointment to follow-up care, WPHA gives its guests the highest quality of care possible," says WPHA medical director Frank Stone.

With immediate results, physicians can measure patient data points and create personalized health strategies to take home the same day. Also included within the program are quarterly checkins to continue to achieve a higher level of health through total wellness living – body, mind, and spirit. For further information or to book your WPHA, visit www. winterparkhealthassessment.com.

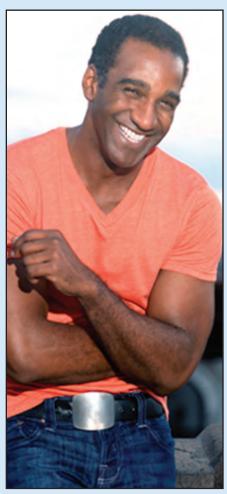
Norm Lewis Makes History As Broadway's First Black Phantom

"Phantom of the Opera" is the longest running show in Broadway history. Thirteen men have played the role of Phantom on Broadway, but the one making headlines is Norm Lewis.

He was featured as ABC's Person of the Week. In an interview with ABC Norm said, "I'm just so excited to be a part of this history. People have a certain vision of a particular character and, a lot of times, we as minorities don't fit that particular vision. And now, I think that people are a little more open to that."

"Phantom of the Opera" starring Norm Lewis begins on Monday, May 12, at the Majestic Theater.

Norm is from Eatonville, graduated from Edgewater High School and attended acting classes at The Maile Image, Modeling & Acting School. He is known for his role of Sen. Edison Davis on ABC's hit show "Scandal."



Broadway actor, Norm Lewis.

"The Diebel Legacy Fund" - A New Name, But Same Mission

The N. Donald Diebel Jr. MD Good Samaritan Fund has a new name, "The Diebel Legacy Fund." In addition to the new name, The Diebel Legacy Fund has also launched a new website. The new name and website will continue to maintain the legacy of the "Good Samaritan" mission. www.diebellegacyfund.org.

"We are excited for the new name of The Diebel Legacy Fund in honor of my son Don, who on June 8, 2002, stopped on the Florida Turnpike to help a couple in their overturned vehicle and was struck and killed by a tractor trailer," said Dr. Diebel, president of the board of directors. "We will continue our vision of the Diebel Legacy Fund by creating a community where Good Samaritan acts are the rule rather than the exception."

The mission has been, and continues to be, recognizing, honoring and perpetuating the concept of the Good Samaritan and to assist in the development of future physicians who share this passion. This has led to the Legacy Fund piloting a program in collaboration with the University Of Central Florida College of Medicine. This collaboration was based on the similarity of core values of the college and the Diebel Legacy Fund.

The UCF College of Medicine currently has an active medical mission to the Dominican Republic. The Legacy Fund supports sending medical students on those missions after they have helped closer to home by volunteering in our own community. Currently this local effort is at the Grace Medical Home. By working closely with the College of Medicine, the Legacy Fund actively participates in the development and mentoring of young physicians who share the Good Samaritan ideal.

"We are delighted to report that this collaboration has been very successful and will continue to be," said Dr. Diebel. "This investment serves several purposes; it provides health care to those who otherwise would have to do without and it helps produce physicians who will carry this spirit forward throughout their medical careers."

The Diebel Legacy Fund is an affiliate of the Central Florida Foundation. The Central Florida Foundation is a public grant-making foundation headquartered in Orlando since 1994, that serves as a trusted philanthropic home for more than 400 charitable funds established by generous individuals, families and corporations. www.cffound.org





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Perseverance Pays Off

A team of ninth graders from Winter Park High School recently earned their third invitation to compete in Future Problem Solving International's (FPSPI) World Championships. Founded in 1974, the goal of FPSPI is to develop the ability of young people globally to design and promote positive futures using critical, creative thinking. The Team Global Issues competition, with competitors from more than 40 states and 16 nations, emphasizes teamwork and creative problem solving to address critical world issues. Participants research science, technology, economics, politics and social issues in advance of the competition. They are then provided a futuristic scenario and, in two hours, are asked to generate innovative solutions in ways that demonstrate their knowledge, creativity and collaboration.

Winter Park's team of problem solvers- Courtney Larson, Miriam Scheinblum, Colin McCracken and Robert Van Valkenburgh- were first introduced to the Future Problem Solving Program at Lakemont Elementary School where they were coached by their enrichment teacher,

Donnie Maynard. When the team moved on to middle school, it discovered that the school did not have a future problem solving program and could not find a teacher to coach the team. Not wanting to give up, the team enlisted parent volunteer, Anita Scheinblum, to coach. In 2011, years of hard work by both the team and Mrs. Scheinblum paid off and the team was not only crowned Florida state champions but also achieved a third place finish in the Junior Division of the International Championship.

In 2012, as seventh graders competing against eighth and ninth graders, the Winter Park team won their Regional Championship but did not qualify for the international competition. Last year, the team won the Regional Championship, finished second in the State Championship and participated but did not place in the International Championship. Now, as ninth graders, having again qualified, the team hopes the third time is the charm and has their sights set on the International Championship scheduled to take place June 12-15, 2014 on the campus of Iowa State University.



A team of ninth graders from Winter Park High School recently earned their third invitation to compete in Future Problem Solving International's (FPSPI) World Championships.







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New Safety Program Improves The Vehicle-Driver Harmony For Seniors

With the goal of keeping seniors safe on the roads, driving experts will stage a new safety program designed to help seniors find out how the "fit" of their personal vehicle affects their driving. Older adult drivers will line up their vehicles at Rollins College Hamilton Holt School May 6 to take part in CarFit, an innovative national program designed to give a quick comprehensive check on how well an older driver and their vehicle work together. The event also provides motorists with community traffic safety resources intended to keep them driving safely longer.

The Rollins Center for Lifelong Learning (RCLL) will conduct CarFit check-ups at the Rollins College Hamilton Holt School parking lot located at 203 East Lyman Avenue, Winter Park, FL 32789 (one block east of Park Avenue) between 10a.m. and 2p.m. for free, to seniors age 50+. Participants must register for a time slot by emailing jnorburn@ rollins.edu or by calling (407) 691-1251.

"As we age, changes in our vision, flexibility, strength, range of motion and even size and height

may make us less comfortable and reduce our control behind the wheel," said Dr. Jill Norburn, director of the Rollins Center for Lifelong Learning. "CarFit provides older adults with the tools to understand and apply the safety features of their vehicles.

At the CarFit event, trained volunteers complete a 12-point checklist with each driver. Among the items checked: is the person positioned correctly in the driver's seat? Can the person reach the pedals easily? Does the person know how to adjust mirrors properly or have the flexibility to use the mirrors?

After visiting the trained volunteer professional, the driver can consult with an occupational therapist who, if needed, discusses ways drivers can maintain and improve aspects related to their driving health. The therapists also provides information to participants addressing individual needs, including information about local community resources on exercise, nutrition and other programs to help keep them safe on the road.

The Rollins Center for Lifelong Learning offers

courses to anyone 50 or older. Classes typically meet once a week for four weeks and are 90 minutes long. In the spring alone, 50 classes were available for seniors to choose from. They have courses in constitutional law, cooking, languages, computers, religion, fitness, Shakespeare, Florida history, Maya, publishing, terrorism, singing and more. No tests or finals! To view the photo gallery to see what classes are like, just go to http://www. flickr.com/photos/rcllstars



Audubon Birds Of Prey Center's Annual Baby Owl Shower May 10

Spring is here and with it comes baby bird season. During "baby season," as the Birds of Prey Center calls it, the clinic receives approximately 20% of their annual patient load. Most of these young birds have been temporarily displaced from their nests. The center's ultimate goal is to get all these babies back into the wild where they belong. Many of these babies will be reunited with their families or placed in foster nests. Others that are orphaned or that cannot be returned with their families are being raised and prepared for life in the wild.

Each spring the center holds its annual Baby Owl Shower to raise funds to offset the increased costs during "baby season." Join them to celebrate Mother's Day and spring! Non-releasable baby raptors are expected to be available to view. Other organizations will be joining us this day for educational activities and programs. Admission is "free" that day with baby gifts from the Center's wish list, used in caring for these young raptors. Contact the Center at 407-644-0190 for more details or if you have questions.

All funds raised will help offset the cost during baby bird season. Funds will be used to buy food, medications, medical care and other essential supplies. To give you an idea of what it takes to care for these youngsters, a typical season looks like this:

Food - 287 pounds of fish, 148 quail, 595 chicks, 679 mice, 93 rats, 5000 crickets and 4000 mealworms. We went through 2 knives and three pairs of scissors cutting it all up into baby-size portions!

Hydration - 12,000ml of fluids were administered. Clean-up - we washed 956 baby blankets and used 150 pounds of newspaper.

Labor - 500+ volunteer hours were donated to rescue, feed, clean cages and care for the babies.

WISH LIST ITEMS

Every day items:

- Green friendly items are appreciated (i.e. green friendly cleaning products, etc.)
- Economy (lg.) size laundry detergent Greased Lightning Cleaner (gallon)
- Multi-pack duct tape Multi-pack hand soap
- King size flat sheets Cases (laundry) bleach
- O'Cedar 10: pro scrub roller mops & refills 40 lb. bags dog food (generic)
- Case of paper towels 3 packs
- 20" X 25" AC filters
- 20lb bag pine shaving/bedding (or aspen)
- Shipping tape heavy duty 2"
- Gerber or Beechnut chicken or turkey baby food (meat & gravy only)
- 6 packs Scotch Brite heavy duty scrub sponges (yellow or blue)

Medical Supplies:

- 2-pack bottled sterile eye rinse
- Garden hoses, 50' heavy duty
- Multi-pack roll gauze (2")



Each spring the center holds its annual Baby Owl Shower to raise funds to offest the increased costs during "baby season."

Equipment:

- Large garbage cans
- 2" vet wrap sisal rope 3/8" or $\frac{1}{2}$ "
- Multi-pack non latex surgical gloves
- Long-handed heavy duty scrub brushes
- Distilled water (gallon)
- Plastic Astro-Turf door mats



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Business In The Parks

Harvey L. Massey, chairman Board the of Massey of Communications, is pleased t o announce the appointment of Sam **Stark** to the position of president and chief officer (CEO) to the

Orlando-based full services advertising, design, public relations strategic and marketing agency. Stark has a



Sam Stark

strong background in business operations, marketing, event management, and promotions. Prior to joining the Massey team, Stark, a seasoned destination and sports marketing executive, led the sales and marketing efforts for the newly created Chicago Sports Commission (CSC) in his role as executive director. Before his move

to Chicago, Stark served president as CEO of and the Central Florida Sports Commission, was CEO of the Winter Park Chamber



Andrea Massey-Farrell

of Commerce, and co-founded Mainstreet Marketing, a sports marketing firm. Stark succeeds Andrea Massey-Farrell, who has been appointed president and chief operating officer (COO) of the newly-formed Harvey L. Massey Foundation, and is a graduate of Rollins College with a B.A. in political science.

The Orlando office of HKS Architects, Inc. was recognized with the Firm of the Year Award from

the American Institute Architects, Orlando Chapter during organization's Design Excellence Matthew Clear Gala. The gala,



held on April 5 at the Orlando Country Club, occurs annually to celebrate the people behind outstanding architectural design in the Central Florida area. "The AIA Orlando Design Awards recognize outstanding architectural achievements, and the HKS Orlando team is very humbled by this honor," said Matthew Clear, AIA, LEED AP, principal, Orlando office director for HKS Architects, Inc. "We have worked hard to foster an environment for growth and success, which we're proud to celebrate alongside others in the architectural community." In addition to being named Firm

of the Year, the Orlando office of HKS also received an Award of Honor for the Florida International University Parkview Housing project. Parkview Housing is an on-campus residence hall at FIU providing more than 600 students with new housing that promotes an active live/learn community environment through a variety of common-use spaces, and is seeking LEED Gold certification.

Universal Engineering Sciences is celebrating 50 years in business. They have covered Central Florida,



Sy and Mark Israel

the state and the southeastern part of the United States for 50 years and are family-owned and operated, founded by Sy Israel. His son, Mark Israel, is now the president. Universal Engineering Sciences is the largest family-owned firm of its kind in the United States. They have provided engineering services for over 100 projects that include the Amway Center, the Orange County Convention Center, the Orlando Science Center, and SunRail. Over the past 50 years they have estimated \$400 billion in projects and \$150 right here in Central Florida. They have over 17 locations throughout Florida and Georgia and have 450+ employees.

Orange County School Board vice chair and District 5 board member, Kathleen "Kat" Gordon, was recently elected chair-elect of the National Black Council of School Board Members at the annual conference in New Orleans LA. The National Black Council is a council within the National

School Boards Association. Mrs. Gordon has served on the Orange County School Board for 13 years. The National Black Council of



Kat Gordon

School Board Members promotes and advances equal education opportunities for African-American students. The council developmental monitors academic achievements of students while addressing the concerns and challenges faced by school board members working with these issues nationwide.

ImageServe, Internet development company for businesses, recently celebrated



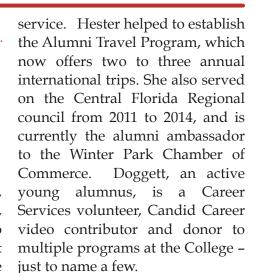
its Dave Owen

20th anniversary. Over the years, ImageServe has worked with small, medium and large organizations to create and improve their Internet projects to reach new markets, increase revenues and reduce expenses. Locally, they've done work for such

> organizations as Florida Barter, Florida Frame House and Gallery, and both Winter Park Art Festivals. According to Dave Owen, president of ImageServe, "Our goal has always been understand customer's businesses first. Then we create an Internet approach to help achieve their goals. There

many technologies and techniques available via the Internet today and we take care in recommending the tools appropriate for each particular organization."

Rollins College recently awarded Winter Park residents Saundra Hester '59 and Tyler Doggett '04 '08 MBA, with its 2014 Alumni Service Award. The recognition honors alumni who provide leadership for the college through their volunteerism and acts of



Attorney Tracy de Lemos, of the law firm of Winderweedle, Haines, Ward & Woodman, P.A., was recently appointed to the board

of trustees of the Winter Park Library. The Winter Park Public Library is governed by an administrative board trustees that meet as a group



Tracy de Lemos

monthly and serve on a number of committees. Their focus is on setting organizational and fiscal policy and fundraising. Members represent a wide variety of businesses, organizations and the community at large, bringing their diverse backgrounds and talents to the board. Tracy de Lemos practices in the law firm's Winter Park office in the area of real estate, title claims, eminent domain and complex business litigation. She is a member of the Florida Bar and the Orange County Bar Association, and

> admitted to practice the Northern, Middle and Southern Districts of Florida, as well as all Florida Courts. She received her bachelor's degree from Florida State University majoring in in real estate and marketing, and earned her law degree at the University of Florida Levin College of Law.



Saundra Hester receives the 2014 Alumni Service Award.

Tyler Doggett receives award.

Cuhaci & Peterson Architects Engineers

Planners recently appointed Bill Leverence as technical manager. Lonnie Peterson, chairman at Cuhaci & Peterson, said Leverence is a University of Oklahoma graduate and has more than 30 years of experience with the focus on prototype design and

maintenance. Leverence currently working with the restaurant team at Cuhaci & Peterson.



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Continued on

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John Cill

fiscal fitness by John Gill

Retirement - Are You Ready?

No. That is the answer for most people. Why? There are many reasons, from not saving enough, to retirement accounts being decimated by

the Great Recession.

As individuals were released from jobs many took full ownership of 401K plans from their former employers. Those funds were parked in IRA money markets or money funds to protect them from the fluctuations and volatility of the market. While this may have provided protection in the short term, it's time to start thinking about long term goals.

The power of compounding, along with systematic contributions, can help to make up for some lost time if contributing to an IRA fits into an investor's investment and tax strategy. The other component is selecting the right fund for the retirement investment. The majority of us have neither the time, inclination, or training to manage their retirement funds actively. But this is a very important pot of money. One type of fund to consider is a targeted retirement fund. A targeted retirement fund is a mutual fund with a major difference compared to the typical mutual fund. First, let's refresh our mutual fund memories.

A mutual fund is a professionally managed investment vehicle that pools money from many investors and invests it in stocks, bonds, short-term money market instruments, and/or other securities. A mutual fund allows small investors to participate in the broad market in a diversified manner. Basically a mutual fund allows a small investor to get professional money management

and diversified investments for a reasonable price and peace of mind.

A targeted retirement account is a type of mutual fund with an additional level of management. The additional level of management provides active management of the account as the account holder approaches retirement. This active management is usually lacking when an individual owns a typical IRA mutual fund

How does it work?

In a typical mutual fund the prevailing investment philosophy is constant. For example, if the fund invests primarily in large company stocks, then it will always invest in large company stocks. The fund manager will buy and sell stocks throughout the life of the fund to make sure the fund is generating the highest returns possible. The key point is that investments will always be large company stocks unless the investment policy and philosophy changes.

In a targeted retirement account the fund manager changes the composition of investments as the targeted retirement date approaches. As an example if an investor today has determined their retirement date to be 2050, the fund might be invested in high growth U.S. companies and the stocks of companies from emerging countries. As time progresses, the fund is going to do things which reduces risk. After a certain amount of time the portfolio may change to the shares of large, well-known companies within the United States, Europe and Japan. The next shift in investment strategy may be reducing the number of stocks in



the portfolio and adding corporate bonds of well-known U.S., European, and Japanese companies. The next shift may be a continued reduction of stock investments and a greater concentration of bond investments.

As retirement approaches, investments will continue to reflect a reduction of risk with stocks declining as a proportion of the portfolio coupled with a corresponding increase in the proportion of bonds.

As with any investment, targeted retirement funds are not a retirement panacea. These funds provide a nice alternative for increased diversification with an active management component to help with a focused retirement savings effort with the goal of enhancing the fiscal fitness of retirement.

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

Clean Out Your Closet... And Make A Difference

If you're among the seven out of ten Americans tidying their homes this spring cleaning season, you may be wondering what to do with all those things you no longer use. Whether it's a once-worn pair of cowboy boots or a CD collection gathering dust in the closet, most of us have unneeded items that could go a long way toward improving our community.

By donating to Goodwill Industries of Central Florida, you can help provide vitally needed job training and placement services to people with disabilities and other barriers to employment. Goodwill accepts gently used clothes, shoes, books, electronics, household items and décor – and the proceeds from our retail stores stay right here in Central Florida.

For every 24 pounds of donations, we can provide vocational services that help someone find meaningful work. Our Job Connection Centers offer assistance at every step of the job search – from résumé writing and interview practice to matching people with potential employers.

Last year, Goodwill used generous donations from our community to serve almost 32,500 people, and helped to place almost 6,500 in jobs – strengthening our economy, and providing hope to families in Central Florida. By donating household goods,



underemployed get off to a fresh start. And if you're trying to teach your kids about caring for their community, why not make a game out of clearing out your closets and drawers?

Donating and shopping at Goodwill is a simple way to make a tremendous difference in our neighbors' lives. And with sustainability important to many of us, it's great to know that there's an alternative to throwing gently-used items in the trash. The next time you're de-cluttering, consider putting your items to work for a good cause. Your closet and your community will thank you. Visit www.goodwillcfl.org to find the nearest donation site.



Bill Oakley, president and CEO of Goodwill Industries of Central Florida.

Komen Central Florida Funds Largest Grant In History Of Affiliate

The Central Florida affiliate of Susan G. Komen is proud to announce the funding of its largest grant since the affiliate's inception in 1996 to the Florida Hospital Foundation.

Komen Central Florida has been funding breast cancer programs in the nine county area of Central Florida for nearly 20 years now and the recent \$100,000 grant to the Florida Hospital Foundation for the Komen Breast Care Program is expected to impact approximately 820 lives by offering screening mammograms, diagnostics, education and access to breast cancer treatment and support.

"We do a community based needs assessment every few years to determine what Central Florida needs to save lives from breast cancer and accept grant applications that address these findings," said Ashley Pruitt, mission coordinator at Susan G. Komen Central Florida. "Being able to partner with Florida Hospital to make such an impact is so important here when you consider just over half of eligible women receive a screening mammogram and we know that early detection saves lives."

Susan G. Komen is the world's largest breast cancer organization, and the Central Florida affiliate is one of 122 affiliates on the front lines dedicated to ending breast cancer in their communities. Komen affiliates fund innovative programs that help women and men overcome the cultural, social, educational and financial barriers to breast cancer screening and treatment. The Central Florida affiliate has invested more than \$6 million into breast cancer programs and is the area's largest, and in many cases the only, funder of these programs outside of the government. Without Komen funding, many local breast cancer programs cannot sustain or operate at full capacity.

The executive director of Florida Hospital's Cancer Institute, David A. Decker M.D., knows this grant will aid Florida Hospital in providing important services to hundreds of women in the Central Florida community. He said, "Through the generous funding of this grant, Florida Hospital Cancer Institute will take the battle against cancer to the next level. More women will have access to screenings, diagnostics and education leading to early detection and increasing the chances of survival of breast cancer." The program will utilize the new Florida Hospital for Women Mobile Wellness Coach to reach underserved women.

Since its founding in 1982, Komen has funded more than \$800 million in research and provided more than \$1.6 billion in funding to screening, education, treatment and psychosocial support programs serving millions of people in more than 30 countries worldwide. Komen was founded by Nancy G. Brinker, who promised her sister, Susan G. Komen, that she would end the disease that claimed Suzy's life. For more information please visit komencentralflorida.org.

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Raja Hayoum, was named senior engineering designer. He has more than 12 years of experience and holds a Master of Science in Structures and



Raja Hayoum

Foundation and a bachelor's degree in civil engineering from the University of Central Florida. Peterson said the architectural firm also named Muta Chokani, architectural graduate.

Muta has in master's architecture from Florida A&M University and years of two experience. She is currently working with the firm's Muta Chokani



Publix team, Peterson said.

Cityfish Restaurant announces Greg **Richie** its new executive chef. Richie is an



Greg Richie



award-winning chef who well-known to Orlando from his success at Roy's on Restaurant Row and Emeril's Tchoup Chop.

Andrea Massey-Farrell, president COO and Massey Communications is pleased to announce that Yvan Hernandez has joined the team at the full-service advertising, design, public relations and strategic marketing agency. As the new account services coordinator, Hernandez will be responsible for strategizing and implementing digital communications services for

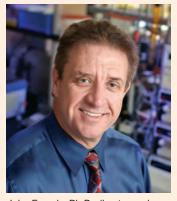
both the agency and its clients. Prior to joining the agency, Yvan served as social media assistant coordinator for the private practice of Laura Kern, APR. Yvan



graduated with from the University of Central Florida with a bachelor's degree in advertising and public relations. He was an active student member of the Florida Public Relations Association Orlando Chapter, and is currently on the board for the Central Florida Alumni Association of Delta Lambda Phi Social Fraternity.

Florida Hospital Center For Thrombosis Research **Celebrates 20th Anniversary**

Every year, up to two million Americans are diagnosed with deep vein thrombosis (DVT), and up to 300,000 of these will die. Although thrombosis (blood clots) claims more lives than breast cancer, AIDS, and traffic accidents combined, many people have never heard of it. John Francis Ph.D. founded the Florida Hospital Center for Thrombosis Research in 1994 with a goal to improve the diagnosis and treatment of patients with bleeding and clotting disorders. Recently, the Center for Thrombosis Research celebrated its 20th anniversary, making it the



John Francis, Ph.D, director and founder of the Florida Hospital Center for Thrombosis Research

longest-standing laboratory research department at Florida Hospital. This month is also national DVT Awareness Month.

With a full-time staff of 21, the Center for Thrombosis Research offers the widest range of specialized blood coagulation tests available in the state of Florida. Their laboratory performs more than 50,000 tests for bleeding and clotting disorders every year, making it the busiest laboratory of its kind in the Southeast and unique to Central Florida.

"Combining cutting-edge research and diagnostic testing is critical because thrombosis is the number one killer in the Western world," said Francis. "Blood clots are a significant cause of death in cancer patients and are often the first sign that a patient has cancer. Overall, thrombosis represents a major public health concern."

The center's research focuses on understanding the relationship between the blood clotting system and the growth and spread of cancer, assessing the risk of thrombosis, and new approaches to the diagnosis and treatment of blood clots.

Lone Sailor Memorial Honors Orange County's Military And Veterans

Mayor Teresa Jacobs of Orange County recently joined citizens in honoring veterans and active military personnel at the Lone Sailor Navy Memorial groundbreaking ceremony and the Central Florida Navy League of the United States annual Wounded Warrior Walk, Run, and Roll at Blue Jacket Park.

"As the former site of the legendary Naval Training Center, it is fitting that we now have a memorial to honor the courage and patriotic service of the thousands of young men and women who called Orange County home during their military training," said Mayor Jacobs. "This is a way of making sure that every service man or woman that is serving today knows how much we appreciate their devotion to our country."

Mayor Jacobs was also joined by Congressman Daniel Webster, Congressman John Mica, District 4 Commissioner Jennifer Thompson, City of Orlando Commissioner Robert Stuart, other elected officials and community leaders in the groundbreaking of the new Lone Sailor Memorial.

The monument is the 14th Lone Sailor Memorial in the nation and the first to be placed on former Navy property. It memorializes Orlando's Naval Training Center which was used for enlisted recruits from 1965 through 1995. More than 650,000



Mayor Jacobs, second from right, joined community leaders and other distinguished guests at the groundbreaking of the new Lone Sailor Memorial at Blue Jacket Park

sailors trained at the facility, which brought in more than \$500 million to Orlando's economy, according to the Central Florida Navy League.

The Lone Sailor statue, created by Stanley Bleifeld who is the U.S. Navy Memorial's official sculptor, will contain two pieces - the Sailor,

who stands 7 feet tall and weighs approximately 1,000 pounds, and his sea bag and cleat weighing 700 pounds.

As part of the casting process, the bronze for the Lone Sailor will be mixed with artifacts from eight U.S. Navy ships provided by the curator

for the Navy in the Naval Historical Center of the Washington Navy Yard.

The monument of the Lone Sailor will serve as a reminder of the Navy's presence in Central Florida, as well as an inspiration to those who are currently serving and will serve in the United States Navy.

16 HEALTH The Park Press | MAY 2014

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

Summer Sweetness

Ready or not... summer's

I wouldn't necessarily say that I identify as a 'Florida Girl.' In fact, I'm quite certain

I've done the opposite for the better part of my life. I was born up north, I did most of my schooling up north and I harken to the days of falling colored leaves and crisp spring days as if they were far more recent than in actuality they were. However, as the days and years tick by so does my appreciation of being a Floridian- after all, I've been here for over a decade now, I better get with it!

I relish the sunny cool days of the winter and the quality of light and sun keeps me buoyed through many months of the year. The summer, however, is not my favorite season. I'm not a huge fan of feeling sticky 23.5 hrs of the day and I don't love rushing from air conditioned edifice to air conditioned edifice. I like being outside far more than is really feasible in 95+ degree weather and, unfortunately, we don't live on the coast.

However, none of that is terribly positive or constructive. So... once again I'll gear myself up to enjoy the summer in whatever measure is possible. Hopefully I'll do some traveling to cooler temps, take a couple of day trips to the beach, allow myself the flexibility to take myself a little less seriously

and, maybe even, allow for some Summer Fun!

The days of lemonade stands and running through sprinklers are long over for most of us. We have lives and careers and families and responsibilities. But what if, just for the next few months, we decided to invoke a little bit of our youthful selves? I know how important the nature of each of our days and jobs are. I take my own responsibilities deeply to heart... but what if it was possible to make a commitment to spend the summer 'being happy'?

The notion of lightheartedness and choosing to be happy are not novel. There's an entire happiness movement and a great book in regards to the 'happiness project.' So why aren't we? My guess is that reasons could be endlessly enumerated just as our to-do lists are... but in truth, isn't the reason (at least to a significant degree) because we're not choosing to be?

In my opinion, Viktor Frankl was responsible for some of the world's most significant thought and compelling contribution. He was the father of existential therapy and he, even while living through the concentration camps, learned and taught others the gift of finding meaning in

whatever their circumstances.

Some of my favorite of his words (which I'm certain I've probably shared here before) are:

Everything can be taken from a man but one thing: the last of human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.

So, here it is... in black and white: This summer, I choose to be happy.

(Ugh – kind of daunting now that it's out there printed like some sort of blanket mission statement. But, in truth, it's what I would like to believe I try to do all the other months of the year as well.)

So, whether this 'choice' requires more mental discipline, more daily gratitude, a fresh approach each day, a looser grip on my feigned 'control' of any given situation, or just a more present construct of what really has meaning in my life, here it goes. The summer is for many things – ice cream, playtime, friends, fun... and, apparently, happiness.

Cheers to your own Summer Sweetness –hoping you'll join me.

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

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

Local Trainer Assists An Afghan War Vet Reach A Personal Goal

by George McGowan

You can tell immediately upon seeing Linda Nelson that she is dedicated to fitness. What you might not know is that she recently took time out of her own busy schedule to help someone special to all of us Central Floridians. During one of Linda's regular workouts at the Downtown YMCA, she was introduced to Army Sergeant Raquelle Felder, a young Afghan war veteran stationed in Orlando. Sgt. Felder told Linda about her dream to compete in a national body building competition and without hesitation, Linda began to "pay it forward" by helping Sgt. Felder reach this goal.

Sgt. Felder had put her dream on hold to serve our country in Afghanistan. While in Afghanistan, Sgt. Felder was responsible for helping women and children in a small village outside of Kabul (in an unsecured area) where she delivered school supplies, toys and clothing donated by U.S. citizens. Her participation in this program resulted in an Outstanding Volunteer Service Medal. While deployed overseas, Sgt. Felder also earned high scores on the many physical tests required by the army and was the only woman to work out in the gym with the male soldiers. Upon returning to the States, Sgt. Felder was stationed with the wounded warrior transition unit based in downtown Orlando. She immediately returned to her physical training regimen at the Downtown Y.

To challenge herself, and take advantage of her time in Central Florida, Sgt. Felder entered the Europa Games,

which were held April 11th-13th at the Orange County Convention Center. This competition brings together women from all over the U.S. to compete in a division which stresses general fitness over gaining muscle mass. Linda assisted Sgt. Felder with advice and support in a strict training regimen. The training program included weight resistance and cardio-respiratory training twice daily and following a strict dietary plan where all her nutritional intake was calculated and tracked using the My Fitness Pal app on a smartphone. Linda recalls of her time with Sqt. Felder, "It is

As with many service members,
Sgt. Felder has since moved on to her
next duty station, back to her home
state of California and her hometown
National Guard unit. But Sgt. Felder will
always remember her time in Florida
and especially meeting Linda Nelson.
Sgt. Felder said that while it is often
uncomfortable being away from home
when on duty, she was lucky to meet
Linda and appreciated her short time
under Linda's wing and wants to thank
her once again for "lifting me up."

rewarding to participate in her training

and I'm blessed to have the opportunity

to show thanks for her sacrifice."

The Park Press would also like to thank Linda for being a great example to us all to reach out to others in need, especially those in the armed forces.









The Park Press | MAY 2014 IN THE GARDEN

in the garden by Stephen and Kristin Pategas



Stephen & Kristin Pategas

On The Wall - Espalier

Naked walls and fences beg for adornment. We suggest a green solution with an espaliered plant. An

espalier (es-pal'-yay) is the support and plant itself that grows upon it. The French word is from the Italian "spalliera," meaning "something to rest the shoulder (spalla) against." It may have started with the Romans but was perfected in the Middle Ages when for security, gardens were enclosed in small spaces and growing space was at a premium. The desire to grow fruit trees led to the clothing of walls with what were essentially flat trees. These vertical gardens maximize the use of space. With the proper orientation they benefit from the heat stored and slowly released from the walls that support them. In the spring the tender buds or blossoms are less likely to burn from a late frost, and close to harvest the maturing fruit also benefits.

While it may have started out as purely utilitarian, it developed into an art with various pruning and training methods to artfully produce a maximum amount of fruit. Eventually non-

fruit bearing plants also went vertical and crept onto walls. In some cases the espalier is freestanding, becoming a thin hedge that may help define a space or provide a screen. Types of formal espalier patterns include cordon, V-shaped, Belgian and fan. You may also just go freeform or use more whimsical shapes such as hearts.

During our travels to gardens we have seen many espaliers. In France and England their age was impressive. Closer to home and albeit in younger gardens we found them at places you may have visited: The Cloisters in upper Manhattan, the Biltmore Estate in Asheville and at Mount Vernon in Virginia. Even Harry P. Leu Gardens in Orlando has them.

At Hortus Oasis we have three espaliers, one of which provides an edible fruit - an arbequina olive tree. The other two are ornamental only, a Lady Vansittart camellia and an Ever Red Sunset loropetalum, both of which provide flowering color well above the ground. All three are on vinyl fences and they are trimmed to grow only a foot or so above the fence. We didn't want to drill and screw into the vinyl so we came up with an alternative method for support - lengths of insulated wire strung vertically top to bottom around the fence panel. On a wood fence, screws or eyelets could be used to support the wire. We use a soft stretchable plant tie without wire to train branches to the support wires and use a freeform informal espalier style without following a rigid pattern.

Clothe that wall or fence, provide shade on a too-sunny wall, place edibles close at hand, or get blossom color at eye level. An espalier can

accomplish all of these things.

Selected plants to grow as espaliers in Central Florida include shrubs and small trees:

Camellia
Crape myrtle
Fruit trees (peach, plum,

nectarine, citrus, fig, pomegranate, etc.) Gardenia

Juniper

Ligustrum

Loropetalum

Magnolia (Little Gem cultivar for residential

sized walls)

Olive tree Scarlet firethorn

Yew podocarpus



Above, The horizontal T form espalier at Harry P. Leu Gardens in Orlando.



Above, A palmette form variation with a pear tree at the Cloisters Bonnefort Cloister in New York City.

Far left, Ever Red Ioropetalum espalier in an informal V-shape at Hortus Oasis.

Photos by Stephen G. Pategas, Hortus, Oasis.

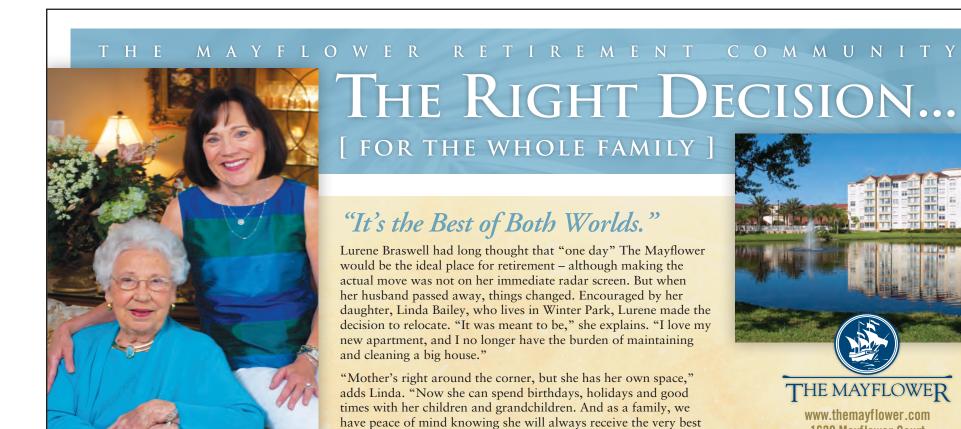
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Hortus Oasis (FL26000315) in Winter Park is a boutique garden design company specializing in residential, commercial and specialty gardens. Stephen is a registered landscape architect and Kristin is a certified landscape designer. Contact them at 407-622-4886/garden@hortusoasis.com



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real estate in the parks by Scott Hillman

Winter Park The Top Draw For Metro Orlando Homebuyers

Scott Hillman

There are so many things that make living in Winter Park special. I've lived most of my life in Winter Park and it's why my mother, Fannie, established her

real estate business here over 33 years ago. Our lives are woven into the very fabric of the community that offers a unique lifestyle and a sense of community second to none. That's why so many homebuyers find it such a desirable place to want to live and raise a family.

So it comes as no surprise that Winter Park was

recently named "Metro Orlando's Most Popular Housing Market for Attracting Buyers" in a study by a national real estate research firm, and why the city was the cover feature, "A Florida Oasis Where You'll Wish You Lived" in the March 2014 US Airways Magazine.

There's a lot to like about Winter Park. Perhaps the city's signature feature is Park Avenue. One of the many tree-lined, bricked streets in the city and home to the annual Winter Park Sidewalk Art Festival, Park Avenue features some of the finest retail shops and boutiques anywhere, along with an equally impressive list of upscale restaurants and sidewalk cafes. Adding to its allure is the city's neighboring park adorned with majestic oaks and colorful azaleas.

Winter Park also is home to museums, Winter Park Hospital, A-rated public schools, and Rollins College, a private, liberal arts college that has been ranked the number one regional university in the south for eight consecutive years by *U.S. News & World Report*. Founded in 1885, Rollins occupies 70 acres overlooking Lake Virginia, one of six navigable lakes in the city's famous Chain of Lakes



Park Avenue is just one of the many things that makes Winter Park special.

whose shores are graced by some of the finest lakefront residences in some of the most established and upscale neighborhoods you'll find anywhere.

Winter Park's lakefront living is an attractive draw for homebuyers. While lakefront homes typically carry a higher price tag than non-lakefront homes, homeowners do not pay additional taxes for living on a lake. Everything in the city is taxed on market value. In fact, Winter Park's millage rate is lower than most incorporated cities in Orange County. Moreover, Winter Park's lakefront homes, and many

non-lakefront homes in established neighborhoods, hold their value better than homes in many other Central Florida municipalities.

Whether you live on or off the many lakes that punctuate the city's landscape, you're just minutes from the University of Central Florida, the area's world-famous attractions, Amway Center, and Central Florida's major business centers in downtown Orlando and neighboring Maitland Center.

Recognized as the "city of culture and heritage," Winter Park is simply a magical place to live, work and enjoy all Central Florida has to offer.

Scott Hillman is president of Fannie Hillman + Associates, a 33-year-old Winter Park-based residential real estate company that has for the past 15 years produced The Hillman Report, a detailed look at residential real estate in Orange and Seminole counties.

View the report at fanniehillman.com or call (407) 644-1234 for a free copy.

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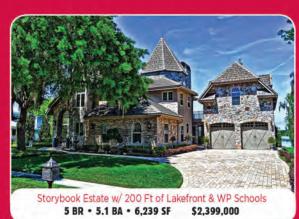












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theater in the parks by Barbara Solomon

Funnin' Fringe

May is busting out all over, and with it our annual Fringe Festival. This year the Fringe takes us for a walk down memory lane. We start with Yow Dance's "Bless Me, Father, For I Have Danced," featuring the rousing tap number "Anything Goes!" Then we dance on to "All Shook Up-A Rockabilly Revival," a 50s fairy tale of two jive dancers who meet at the USO, and dance to the rhythm of the best rock n' roll ever recorded. "The

British Invasion" leads us into the 60s with a cabaret of famous British pop music.

There are also some interesting modern day musicals. My favorite was "Seasons," a two-pronged love story with great songs. If you like rap, "Jekyll N' Hyde" looks cute, if such a story can be cute. If you prefer opera, "Under the Rainbow" might be more to your taste. And a must-see is "The Greatest Musical Ever Written by Two

Nobodies," written by Ned Wilkinson, a Fringe staple, and performed by the talented Kevin Kelly.

As always, dancing is an integral part of the Fringe. "Tappin and Yappin" is the story of a tap dancer's career. "Camino Flamenco" is a fabulous celebration of flamenco dance by an excellent dance troupe. As this year Baby Blue returns with her "Varietease," always an audience favorite.

Lest there be no drama, Clandestine Arts is doing "Tuesday Morning," an original play about



"Seasons" is a love story playing at this year's Orlando International Fringe Festival.

CAMPOINTERNATIONAL CAMPOINTERNATIONAL FILE CAMPOINTERNATIONAL FILE CAMPOINTERNATIONAL FRANÇA

This year's Orlando International Fringe Festival comes to town May 14-27.

how D-Day affects a small Virginia town.

And a few comedies to round out the offerings:. "There's No Place Like Home" from Wanzie Productions gives us three short comedies in one. Joe Rosier's "3 Old Farts" gives us just what is says, all played by the same old fart and ably directed by Larry Stallings, a long time Fringer. And David

Strauss' "50 Shades of Gay" is a musical spoof of the famous book.

So get your dancing shoes ready and let's meet in the beer tent! Playing May 14 through Memorial Day at Loch Haven Park, Princeton Street. For more information and to buy tickets in advance visit OrlandoFringe.org.



theater in the parks by Barbara Solomon

This Show Is The Cat's Pajamas

FORBIDDEN BROADWAY'S GREATEST HITS WRITTEN BY GERARD ALESSANDRINI DIRECTED BY ROY ALAN STARRING DAVID ALMEIDA, HEATHER KOPP,

STARRING DAVID ALMEIDA, HEATHER KOPP, BENJAMIM PTASHINSKI AND ALYSSA YOST

Warning: Be prepared to laugh all evening long! This show is enjoyable on two levels--the wonderful Broadway tunes, which make you want to see the original shows again, and the hysterical parody lyrics. Of course, it helps that all four cast members do a superb job with their numbers. Just a few highlights of the evening: I loved the criticism of Sondheim as I am not a particular fan of his. My two favorite vignettes were Chita/Rita and Ambition, set to the music of "Tradition" from "Fiddler on the Roof." I could go on and on, for every song had its own particular wonderful quality, but alas, I only have half a page.

Ben has been imported from New York for this show at the Playhouse. Not only does he have a tremendously strong tenor voice, but he has great comedic talent. I loved his rendition of "I Enjoy Being a Cat." David has a smooth quality on the stage that I always admire, and he played "The Song They Stole From Us" from "Spamalot" for all it was worth in his blond wig. The girls were outstanding in the Chita/Rita number set to the rhythmic "America" from "West Side Story." They have good comedic skills as well as lovely voices. And I



cannot give praise without including the costumes extremely well designed by Linda Shorrock.

This show is just too much fun! We could call it a cabaret revue of some major Broadway musicals. But the music of Irving Berlin, Kander and Ebb, Lerner and Lowe, Rogers and Hammerstein, and yes, even Sondhem, will live on forever. "I Dreamed a Dream" that all my friends will get to see this great show!

Playing through May 17 at The Winter Park Playhouse, 711 north Orange Avenue, Winter Park. For more information call 407-645-0145 or visit www.winterparkplayhouse.org.

BARB'S BEST BETS FOR MAY:
ORLANDO INTERNATIONAL
FRINGE FESTIVAL AT LOCH HAVEN
PARK AND "SORDID LIVES" AT
THEATRE DOWNTOWN.

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Aloma Elementary

PRINCIPAL DR. DREW A. HAWKINS

Our final School Advisory Council meeting for the 2013-2014 school year will be on Tuesday, May 6 at 8:00 a.m. We would like to thank our current SAC members for serving, and appreciate their help through the year. Potential vacancies for our SAC membership are announced in August, followed by the election of SAC members in September. If you are interested in serving on SAC we would love to have your support. Please keep this in mind as we look forward in planning for the upcoming 2014-2015 school year, and let us know if you would like to serve on the committee.

We would like to give you a look ahead at events we have planned for the remainder of the school year. On May 1, PTA will host Muffins for Mom from 8:00-8:35 a.m. in our media center. The book fair will run from May 5 through May 9. Ms. Ballard, our art teacher, will be hosting an art show on the evening of May 6, starting at 6:30 p.m. On May 8, we will have a combined Music/Story night with performances from third and fourth grades. One performance will run from 6:15-6:45 p.m. The other performance will run from 7:00-7:45 p.m. PTA will also hold a general meeting on May 8 at 6:00 p.m. prior to the musical program to elect the new board members for the 2013-2014 school year. We would like to thank the current board for all of their hard work this

year for our students, staff, and school. On May 22, fifth grade and Strings students will provide the Aloma Eagle Spring Concert at 6:30 p.m. PTA will be hosting Donuts for Dads on June 2 from 8:00-8:35 a.m.

Congratulations to Julia Awad for being selected as Aloma's representative for CFE Federal Credit Union's "Outstanding Achievement" recognition. Julia will be recognized for her hard work and achievements at a breakfast sponsored by CFE Federal Credit Union. We appreciate their support.

Congratulations to Steven Le for being selected as Aloma's representative for Winter Park Kiwanis Club's "Outstanding Student" award winner. Steven will be recognized for his hard work and achievements at a dinner sponsored by the Winter Park Kiwanis Club. We appreciate their support.

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



The arts are alive and well at Audubon Park Elementary School! Last Thursday, art students from Winter Park High School treated our young Falcons to very special pottery demonstrations that were presented throughout the day to all grade levels. We also welcomed Mr. Jon D. Miller to our campus that morning to begin work on this year's

Audubon bird portrait as our students looked on. Later that evening we celebrated the Arts of Audubon with hands-on activities, a student art gallery, and we enjoyed the music of the string quartet, The Classern Quartet, marveled at the watercolor work of Mr. Bernard Martin, and Mr. Miller's final product, a beautiful flamingo to grace our foyer. This week our students are making final preparations to participate in the Winter Park/Baldwin Park Relay for Life to be held at Glenridge Middle School April 11-12. Ms. Tara Liddy and our students have worked diligently to assemble a team, raise funds, and promote this event. Please stop by this weekend to help support this worthy cause.

On May 17, we will be launching a new project, Audubon Soars in Service. On this day, parents, families, and community members will come together to work on school-based projects such as painting, landscaping, pressure washing, room projects, and more. Please mark your calendars for May 17 and join us from 9:00 a.m. - noon to be a part of this experience.



We have only one month of school left, but we are as busy as ever. We will start off May celebrating our wonderful staff during Teacher Appreciation Week the week of May 5. Maybe there is a former

teacher out there somewhere you had, who you would like to send a quick e-mail expressing your gratitude.

On May 13 from 9:30 until 11:30 we are hosting our 2014-15 kindergarten parents and students during our annual Kindergarten Round-Up. Our guests will get to hear from many adults describing school routines and resources. Classroom visits are always the highlight of the day. Also on the 13th some of our students will be participating in the All-County Elementary Music Honor Festival. And keeping with the arts theme, on May 15 we will have an Orchestra and Orff Ensemble Concert, and on May 22 we will have a third-grade musical.

On Friday, May 16, we will have our school dedication. We hope our community members will come to our school on this day at 9:30a.m. to see what a beautiful building we now have for our students, thanks to the half-cent sales tax that was approved many years ago. Our students and staff are very grateful to you!



Dommerich would like to thank parents, families, volunteers, and community Partners in Education for

PICTURE YOURSELF IN ART

At Family Day at the Orlando Museum of Art

Saturday, May 3rd, from 11am - 2pm

It's a pARTy at the Museum! Enjoy music, hands-on art activities, storytelling, special performances, balloon twisters, face painting, gallery activities, refreshments, and MORE! Fun for the entire family!

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another year of support! Though the year is not over, we are reflecting on our learning, and we know that we could not have accomplished so much without your assistance. As the saying goes, "Together Everyone Achieves More." We hope that we can say thank you often enough and in many ways, so that you know you are appreciated!

As we enter May, please mark your calendar for the following Dommerich dates: and Mathletes Competition, May 3; PTA Meeting at 7p.m. May 6; Science Olympiad event at UCF, May 10; Kindergarten Orientation and Registration event at 9a.m. May 13; School Advisory Council meeting at 3:30pm. May 13; Walk n Roll, May 14; Fourth Grade Chorus and Strings Concert at 7p.m. May 19; Memorial Day (no school) May 26; Fifth Grade Awards Ceremony at 9am. June 2; Last Day of School and Skating Party at Semoran Skateway from 6:15-8:15 p.m., June 4.



Summer's approaching rather quickly, and you know what that means for Floridians! As the weather gets warmer, we all want to take a relaxing dip in a body of water – beaches, pools, water parks, you name it; however, we must all take caution at heart. Did you know that Florida leads the nation in the number

of swimming-related deaths for our state's children?

To curb this saddening statistic, Fern Creek Elementary School is continuing its swim program called the "Bulldog Splash" in partnership with the Winter Park YMCA and Cady Way Pool. This unique program is designed to teach our students to safely interact in the water while learning instruction and best practices in six different sessions over a two-week period.

Jennie Webster, Fern Creek Foundation board member and Bulldog Splash supporter, says, "Water safety and instruction are a couple of the most important skills for our kids to learn. Not only can our students learn to overcome their fears, but it gives them a sense of accomplishment to have learned something new. Plus, it's a nice, relaxing thing to do after FCAT!"

Do you have a particular set of knowledge that you wish to share with Fern Creek? We warmly welcome your involvement in the life of our school! To inquire about opportunities to become involved, please contact the school principal at galatop@ocps.net.



Where Worlds Come Together. . . Right In The Center Of Town!

Hillcrest students love art, and it shows! Recently, many of the students

showcased over 150 pieces of art at the Winter Park Art Festival. Students displayed artwork based on well-known artist, Charlie Harper. The students depicted a variety of birds in Charlie Harper style. The Koi Fish on display were created using Asian watercolor techniques. Many Hillcrest families enjoyed the fantastic exhibits and beautiful weather. Hillcrest Elementary appreciates the support all of their parents and the community who came out to celebrate the work of the students.

May 2 is the annual Art Night at Hillcrest Elementary. This cultural event allows families to experience an evening of art as every child will have their chosen piece of art displayed. Art Night is a wonderful opportunity to spend quality time with the family, stroll along the school's hallways and view the talents of amazing students. This year, the school's Art Department, under the direction of the art teacher, Ms. Carol Hughes, will add a Parent and Teacher Gallery. In addition to the students' and Parents' artwork, there will be a special performance by the Howard Middle School Jazz Band and the Hillcrest Chorus as they serenade the evening. It will be delightful to hear the school chorus entertain with some favorite tunes. Hillcrest celebrates art and culture each and every day of the year. Art Night at Hillcrest is a thrilling evening that highlights the cultural richness of the school and community!



FCAT testing is complete and we are well into our final nine weeks of school. We have welcomed the spring weather and enjoyed our Family Fun and Fitness night.

Our fifth graders have been busy writing speeches on "Living a Healthy Lifestyle." Our top students were selected to compete in the Level 1 Modern Woodman of America Oration Contest at Lake Sybelia and the winner and runner up will compete at Level II. We are excited about their speeches and look forward to the competition.

Kindergarten registration begins on May 12. We encourage all of our parents with upcoming kindergarteners to register their children. Kindergarten Orientation is scheduled for May 21 and we invite all of our new kindergarteners and their parents to come for a tour of the school.

We will finish out our year with several events. We invite all of the graduating seniors who attended Lake Sybelia in the fifth grade to come back for our High School Reunion on May 7. Our annual Art and Music Extravaganza will be on the evening of May 22. We look forward to celebrating the art work and the musical accomplishments of our students.



Written by: Mrs. Lisa Huddleston, Gifted Resource Teacher

Doyou have a problem child? Well, Lakemont Elementary has several. Problem SOLVING children, that is. Several of Lakemont's brightest fourth and fifth grade students recently competed at Florida's Future Problem Solving Program Competition. Future Problem Solving Program International (FPSPI) is a research-based academic program teaching problem solving strategies, collaboration, critical/ creative thinking, and effective communication across curriculum. The program's goal is to inspire creativity in students and encourage them to develop a positive vision for the future. It empowers students to solve global challenges. This year's topics were Social Isolation, Desertification, Surveillance Society, and Land Transportation. Students used primary and secondary resources to conduct research, applied the problem solving model to address the complex societal problem area, and proposed an action plan.

Continued on page 22





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Coached by the Gifted resource teacher, Mrs. Lisa Huddleston, eight teams from Lakemont represented the school at the district competition in February (held at the Orlando Science Center). Two teams placed in the top three for their presentation of action plans: Aaron Cervantes, Hope Engilis, Sidney Philip, John Vance, Ellie Watson, Adam Maulfair, Cornelius Mitchell, and Ava Bernard. Three teams advanced to the state competition (held in March at the Wyndham Lake Buena Vista Hotel): Miruna Anica, Madison Batten, Brandon Cam, Aaron Cervantes, Hope Engilis, Lucas Hoeksema, Meredith Miller, Sidney Phillip, Eve Sanchez-Laskoff, Lily Stride, John Vance, and Darcy Zobel.

Lakemont is proud to continue this academic competition tradition which empowers today's students to solve the problems of the future. Our future is in good hands with Lakemont Leopards!

Maitland Middle School HAWKS PRINCIPAL DR. STEFANIE C. SHAMES

Hello to our Golden Hawks Family. It has already been a busy start to the fourth nine weeks. It is hard to believe we are nearing the end of another exciting school year. I appreciate everyone's support so far this year.

FCAT testing and End of Course Exams will be administered during April and part of May. Also in May we will host fifth-grade students from our feeder elementary schools so they can visit the school and take a tour of the campus. On May 20 each grade level will be going on field trips either to Sea World, Islands of Adventure or Busch Gardens. Information will be sent home with the students regarding each trip.

We are very excited for our performing arts students who will be leaving for their much-anticipated trip to New York later in May. And, the school year will close with a number of events including awards ceremonies for each grade level on May 27-29, final exams, and the eighth-grade party on Wednesday, June 4 which is the last day of school.

Basketball season ended for our boys' and girls' teams and we were and there will be several track meets in the next few weeks. Our news crew students won several awards at the national film and broadcast competition. They received three first place trophies for best anchoring, best movie trailer and for the Sweet 16 film competition. They also had two second place trophies and two honorable mentions. Further, the news crew web channel was selected as one of the top three middle school web channels by U.S. Education TV. Lastly, congratulations to Logan Brown, one our students, who was selected as the closing presenter at the national film and broadcast competition.

Just a reminder that our school hours are 9:30 a.m. to 3:50 p.m. Monday, Tuesday, Thursday, and Friday. On Wednesday dismissal is 2:50 p.m. Please make sure, if you pick up your student by car, that you pick them up near the cafeteria, not in the front of the school itself.

Thank you again for all that you do and if you have any questions regarding your child or any events taking place at the school do not hesitate to contact us.

The Christ School Christ School HEAD OF SCHOOL JASON POWELL, ED. D.

When is the right time to start kindergarten? Many parents of children who turn five right before the school year begins struggle with this question. For optimal success in kindergarten, academic achievement is only one component - readiness of the whole child must be considered. Often, giving a child a bit more time to grow socially and emotionally can help lead to success in school.

Is your child is ready for kindergarten? Here are some factors to consider when deciding on placement in kindergarten for a child with a birthday just prior to the start of the school year:

- ☐ Ability to separate willingly from a parent or guardian
- ☐ Ability to interact and play with other children about their
- ☐ Ability to demonstrate self-help and social skills

- dressing and feeding themselves
- waiting for a turn
- sharing materials and space
- ☐ Ability to work with others to solve a problem
- ☐ Ability to concentrate on or finish a task before moving to another activity
- ☐ Ability to demonstrate language skills o communicate with others in complete sentences o use their words to communicate feelings, describe things, name places, animals and objects

A parent's best resource is often their child's teacher, who has the opportunity to observe the child outside of the home.





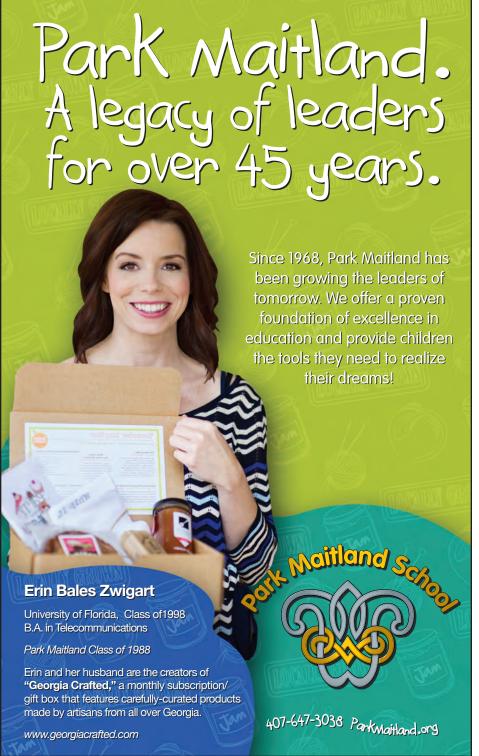
Winter Park High School's **Retiring Class of 2014**

Winter Park High is a school not only rich in history but is rich with talented educators. year we are saying goodbye to teachers and staff members who have contributed to that rich history. We honor their service to Winter Park High School. These dedicated educators epitomize what it means to be a Wildcat. Their dedication to our students and community have produced some of the most successful and influential citizens nationally and locally. Congratulations to the Retiring Class of 2014 - have a wonderful retirement.

> Rosalind Horvath Joanne Pryor Rafalar Lynch Sandy Caldwell **Emily Hamilton** Jean Johnson **Judy Bastos** Marinanne Nordhorn **Peter Natale Barbara Grant Judith Adams Richard Horavitz Leibert Thomson**

Please visit the Winter Park High School Website for pictures and short biographies on all of our 2014 retirees.





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COMMUNITY CALENDAR

Audubon Park Garden District Events

Ongoing Events

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

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

Baldwin Park, College Park and Orlando Area Events

Ongoing Events

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

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

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

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

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

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

May 1 The Orange County Retired Educators Meeting - Noon at College Park United Methodist Church located at 644 W. Princeton St. This is the Annual Spring Luncheon. Cost is \$14 and reservations are required by calling 407-644-7092. Anyone who has worked in education is invited to attend. For more information please visit www.ocrea-fl.org.

May 10 Second Annual Miles for Milk 5K and 2 Mile Family Walk - Registration from 6:15 to 7:15 a.m. at Bill Frederick Park. Proceeds benefit the Mothers' Milk Bank of Florida (MMBFL). The goal of the MMBFL is to ensure that premature and at-risk babies in Florida have access to donor human milk. For more information please visit www.MilkBankofFlorida.org.

May 10 Chef's Gala - 6:45 to 10:00 p.m. at Epcot World Showcase Walt Disney World Resort. For more information and tickets please visit www.chefsgala. org or call 407-429-2129.

May 20 Dance Trance - 11 a.m. at the Edgewater Branch Library located at 5049 Edgewater Drive. Dance Trance is a free high-energy, dance intensive workout program. For more information and to register please call 407-835-7323.

May 30 Movieola - Event begins at 6:30 p.m. with featured movie "Thor - The Dark World" starting at 8:00 p.m. at the East Lawn at Lake Eola. Food and beverages will be available for purchase in the park.

May 31 2nd Annual Poker Run - 9:30 to 1:00 p.m. at the Longwood Health Center. Proceeds benefit the Alzheimer's & Dementia Resource Center & Longwood Health Care Center. For more information please call 407-339-9200.

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily

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

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

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

Winter Park Events

Ongoing Events

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

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

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

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

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

Every Thursday Walk With A Doc – Enjoy a rejuvenating 30-minute walk with Florida Hospital physicians. This free event is held at 5:30 to 6:30 p.m. at the Crosby YMCA. For more information, or to reserve your spot, please call 407-303-1700.

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

Every Saturday Line Dance Class – 10:00 a.m. at the Winter Park Community Center. Beginners are asked to come at 9:30 a.m. to learn the basic steps. For more information please call 407-592-7835.

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

Now - May 17, 2014 "Forbidden Broadway: Greatest Hits" – A hilarious, entertaining tribute to Broadway's greatest musicians, stars and composers, at the Winter Park Playhouse. For times and information please visit www.winterparkplayhouse.org, or call 407-645-0145.

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

May 5 Spring Cleanup – This is a "bonus" pickup day so residents can dispose of old furniture, broken appliances and other bulky items. This is for Winter Park residents in the quadrant north of Fairbanks/ Aloma Avenues. For more information please call 407-599-3220.

May 8 Popcorn Flicks In The Park – 8:00 a.m. featuring the showing of "Mary Poppins" in Central Park. For more information please visit www.cityofwinterpark.org.

MAY HIGHLIGHT

MAY 8 -POPCORN FLICKS IN THE PARK, 8 P.M.

The Disney classic "Mary Poppins will be shown in Central Park.



May 10 Kindergarten Orientation and Registration – 9:00 a.m. at Lakemont Elementary. For more information please visit www.ocps.net.

May 11 Mother's Day at the Albin Polasek Museum and Sculpture Gardens – This free event is from 1:00 to 4:00 p.m. For more information please call 406-647-6294.

May 12 Spring Cleanup – This is a "bonus" pickup day so residents can dispose of old furniture, broken appliances and other bulky items. This is for Winter Park residents in the quadrant north of Fairbanks/ Aloma Avenues. For more information please call 407-599-3220.

May 13 Kindergarten Round-up – 9:30 to 11:30 a.m. at Brookshire Elementary. For more information please visit www.ocps.net.

May 15 An Authentic Sock Hop – 7:00 p.m. at Brigh Learning Cyber High Academy. Cost is \$5 with proceeds to help raise money for the school's playground. For more information please call 407-716-1672.

May 17 35th Anniversary Celebration for the Winter Park Farmers' Market – 7:00 a.m. to 1:00 p.m. and includes vendor discounts, basket raffles, music, kid-friendly activities and a doggie fashion show for pups to dress in their favorite baked good, produce or farmers' market attire. For more information please call 407-599-3275.

May 17 Annual James Gamble Rogers Colloquium – 9:30 a.m. to 4:00 p.m. featuring Nicole Curtis of DIY and HGTV Networks "Rehab Addict" at the Tiedtke Auditorium at Rollins College. For more information please call 407-628-8186.

May 20 Ladies Night Out: Spring Into Floral Design – 6:00 p.m. at Winter Park Memorial Hospital Medical Library. Learn the basics of floral design from Winter Park Florist. To register, please call 407-303-1700, or visit www.winterparkhospital.com

May 22 Winter Park Political Update Breakfast – 7:45 a.m. at the Rachel D. Murrah Civic Center. Must RSVP by May 17 to 407-644-8281.

May 23 "Band Deconstructed" Chamber Music Concert – 7:00 p.m. at the Anne Derflinger Auditorium at Winter Park High School located at 2100 Summerfield Road. This performance is free and open to the community. For more information please visit https: www.ocps.net/lc/east/hwp/academics/The_Arts/band/Pages/Default.aspx.

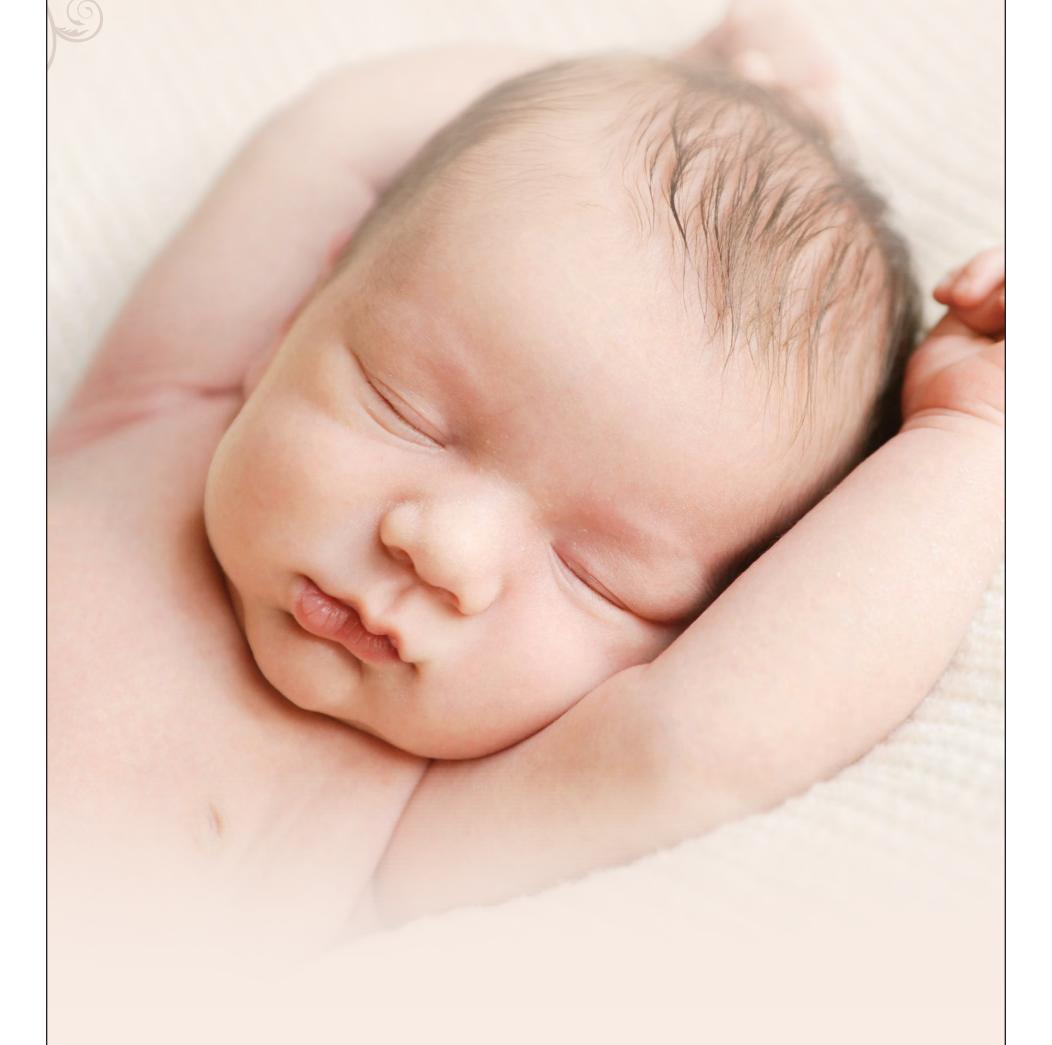
May 24 Food Truck Fiesta – Noon to 5:00 p.m. at Fleet Peeples Park located at 2000 S. Lakemont Ave. For more information please call 407-296-5882.

May 31 Sustainability Program Workshop: "Using Fruits & Vegetables in Family Meals" – 10:00 to 11:30 a.m. at the Winter Park Community Center. For more information regarding this free event please call 407-559-3364.

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

June 6 Helping Mature Drivers Find Their Perfect Fit – This free event is hosted by the Rollins Center for Lifelong Learning from 10:00 a.m. to 2:00 p.m. at the Hamilton Holt School parking lot located at 203 East Lyman Avenue. For more information please visit www.rollins.edu/rcll.

You focus on the moment. The arrival of your newborn is a moment to be cherished. We understand your birth wishes are as unique as your baby's footprint, so our obstetricians, neonatologists and experienced nurses take a tailored approach to your delivery. Should the need arise, our NICU is here for babies who require a helping hand. From labor and pain management decisions to must-have meals — our Birth Design Team care for you and dad's needs too. So you can focus on your baby, We'll focus on everything else.



For a personalized tour or to learn more about our physicians call the Birth Design Team at (407) 646-7200 or visit BabyPlaceWinterPark.com.

The Dr. P. Phillips Baby Place

WINTER PARK

MEMORIAL HOSPITAL

A Florida Hospital