

The Park Press

DECEMBER 2013

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Florida League Continues On Course To Make A Difference

The Annual Florida League Celebrity Golf Tournament, now in its sixth year, fielded 28 fivesomes, as well as top Major League Baseball celebrities with a combined 191 years of MLB service, 851 home runs, 4940 strike outs, 15 All-Star Appearances, 6 First Round Picks, 3 Silver Sluggers, 5 World Series Titles, and 1 Cy Young Award. The tournament was once again played at the Interlachen Country Club in Winter Park in November. All proceeds throughout the weekend benefited the Florida Collegiate Summer League, which is a 501(c)(3) non-profit organization.

The weekend began Sunday morning with the third annual Celebrity Pitching & Hitting Clinic. Current and former MLB stars joined the Florida League and 35 aspiring youth baseball players in Winter Park at nearby Alford Stadium. Celebrities who took part in the clinic were Stan Boroski, Mike Stanley, JR House, Kris Benson, Bobby Bradley, Kawika Mitchell, Austin Chubb, Ken Kelly, Mike Powers, Kevin Davidson, Rob Sitz, Scott Hilinski, Kevin Gallaher, and Jamie Quinn. The clinic lasted three hours and focused on pitching and hitting essentials taught by each of the MLB veterans. The clinic was closed out with a word from JR House, Minor League manager for the Arizona Diamondbacks, and Stan Boroski, bench coach for the Tampa Bay Rays.

Tournament activities officially kicked off with the group pairings dinner and silent auction. Celebrities, golfers, donors, family, and friends of the Florida League were invited to the home of Mike and Sara Whiting for the event, which was catered



DAVEY JOHNSON AND
KEVIN DAVIDSON

by Fleming's Prime Steakhouse & Wine Bar. Former #1 overall draft pick Kris Benson began the evening speaking about his experience in the Cape Cod League and his commitment to helping continue to make the Florida League one of the elite baseball summer leagues in the country. Following Benson, Hunter Pence of the San Francisco Giants and Kevin Davidson each shared a word and spoke about the importance of the Florida League and this event which helps provide collegiate players the opportunity to hone their skills in a family-friendly community environment. Mike Zizmer of UBS Private Wealth (tournament presenting sponsor) also spoke to the crowd who had gathered for the evening.

On Monday, 141 golfers descended on Interlachen Country Club to enjoy the incredible Florida weather and a memorable day. Upon arrival at the course, golfers mingled with celebrities, warmed up on the driving range, took part in the putting contest, visited the Nike Golf shop, and enjoyed a

HUNTER PENCE DRIVES
ONE OFF THE TEE WITH
STYLE.



buffet lunch. Golf began at noon as the 28 groups took to the course after a welcome from Interlachen Pro Jay Kennedy, Golf Chair Kevin Davidson, and League President Rob Sitz. Upon completion of the golf round, participants enjoyed a full buffet dinner in the Argyle ballroom at Interlachen as prizes were announced for the winners of the tournament, putting contest, long drive, and closest to the pin contests. The Florida League would like to congratulate Mark O'Mara and his group for their Florida League Celebrity Golf Tournament victory as his group won with an overall score of 53 (-19).

Overall, through the silent auction, sponsorships, and donations, the golf tournament raised \$75,000, making it the third consecutive year in which it has raised over \$50,000.

Continued on page 8



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Publisher's Message



RICK CABLE

It is the season where I arrive at my annual "come to Jesus" with the cold hard fact that I do a terrible job packing up our holiday decorations. Sure, each year I intend to take a little extra time to do a better job, but somehow I just "rip" it all down, toss it in a box and relish in how fast I got all of it shoved back up in the attic.

Many of the decorations have years of history, and some will actually bring up great memories of years past. This will ease my anxiety, but not for long as I know I have the dreaded nest of holiday lights to deal with. I save them for last, hoping that all the happy-happy-joy-joy that I've soaked up reminiscing

will be enough to counter my impending frustration of untangling and getting the lights to work. They all worked last year, so one would think the odds are pretty good. But chances are, I will have to make a least one visit to the holiday asile at a local retailer for a box or more. This is about the time I start cursing Edward H. Johnson (no relation to Howard) as he is credited with being the father of electric Christmas tree lights. Yes, the VP of Edison Electric Light Company started this ever-growing tradition with 80 hand-wired lights on December 22, 1882.

Once the decorations are all up, I'll feel a sense of pride and accomplishment. I enjoy sharing the holiday cheer, and for each of you who decorate please know I appreciate your time and efforts very much. Oh, and when this holiday season is over, I'll just rip it all down, toss it in a box and relish in how fast I got all of it shoved back up in the attic.

Happy Holidays to you and your family!

Thank you for reading *The Park Press* and we look forward to the great things to come.

Rick

Rick Cable
Publisher/Founder



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'Twas The Night Before Christmas!

By Tricia Cable

I spent a few years of my childhood living in Germany. My dad was stationed at Bitburg Air Force Base during the late 1960s and although we eventually moved onto the base with the other servicemen and their families, my parents wanted us to fully immerse ourselves in the culture and soak up as much of the local customs as possible. So, we initially lived in the very quaint town of Seffern in Western Germany.

We rented an apartment above a butcher house from Nick Hines, the owner of the local gasthaus. The town was incredibly picturesque and very reminiscent of a few scenes straight out of "The Sound of Music." I swear I could almost hear Julie Andrews singing "The Hills Are Alive" when we would venture out to play in the beautiful countryside.

I shared the apartment with my older brother and sisters, my mom and dad, my nana, and a standard female dachshund appropriately named Madchen which means "girl" in German.

It was in that apartment, one cold and snowy Christmas Eve, that I had my first of many encounters with Ole Saint Nick. We were all settled in for the night- stockings hung, children nestled- when I heard some rustling at the end of

the hallway. From my bed, I opened my eyes just enough to see the outline of a large figure. I was too afraid to open my eyes completely, so I strained to see what little I could through my squinting eyes. I remember gasping a bit when I realized just what I was seeing and who I believed to be in my house- yep, it was Santa Claus!

I watched in amazement as he put presents under our tree one by one. At one point, I could have sworn he saw me and headed down the hall in the direction of my room. I remember squeezing my eyes closed so tightly that when I finally had the nerve to open them, I was momentarily blinded. I couldn't see anything but spots, and once my eyes

focused, he was gone.

As you can imagine, I had a very difficult time going to sleep that night. Every time I closed my eyes, the images of what I had seen keep playing over and over in my head.

Fast forward 45 years, and I can almost remember every detail as if it had happened just this year. That memory has stayed with me for all these years and I have shared the story with my children many times. I was the butt of jokes from time to time growing up because my beliefs in the events of that evening were called in to question on many occasions. The question to believe or not believe has never been one that I spend much time pondering- I believe!

I guess one of my girls summed it up the best just last year when she was being teased at school for still believing in Santa. Her response to the question "why do you still believe" was priceless and in my opinion, quite perfect: "I believe in Santa Claus because it makes me happy!"

So to that I say, choose 'happy' this holiday season. Be kind and compassionate to one another in the spirit of the season. Lend a helping hand to those less fortunate. Forgive someone who deserves a second chance and hold those you love near and dear to your heart... and happy Christmas to all and to all a good night!



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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



ROBERT F. STUART

I know that time doesn't speed up or slow down, but it feels like this year has flown by faster than usual. Maybe I am more reflective since my twin sister and I celebrated our 60th birthday last month. When I look back over the past year, I am excited about many of our city's accomplishments. Inevitably, when you think back, you also look ahead. With that in mind, I wanted to share some of the highlights of 2013 as well as all of the exciting things happening next year.

2013 brought projects of which both our neighborhoods and region can be proud. Seeing the Fresh Market and First Watch open at Mills Park was validation that the economy in Orlando is beginning to turn around and District 3 has been seeing more new businesses open. Permitting activity has increased 73% during the past two years in our city. We are also leading the way in green building- we have 11 LEED-certified buildings dotting our downtown skyline. Speaking of downtown, we saw the Aloft Hotel open in the old OUC building this fall and the Steel House Apartments bring a new element to Uptown Orlando. This month, SkyHouse opened as the newest high rise in our downtown core. This 23-story building was already more than 25% pre-leased before it even opened.

Lake Eola has also seen some changes this year; we were excited to see the Eola House open this fall.

The house, a Mediterranean Revival built in 1924, will serve as an office and welcome center, as well as a great venue for weddings, meetings and other events. The house is complimented by a 1.36 acre expansion of the east lawn surrounding the house. Also exciting at Lake Eola and other downtown locations is the installation of eight sculptures as part of See Art Orlando (seeartorlando.com), a privately-funded project designed to bring signature sculptures to downtown Orlando. Like the Bean in Chicago, maybe one or more of the pieces will become an iconic part of our landscape. For those of us who don't live in the heart of our downtown, we are working to make it easier to work and visit this fun area. If you have a smart phone the Orlando Parkin' app makes parking downtown less hectic.

Even more exciting for downtown visitors is the expansion of our bus circulator system, LYMMO (gollymmo.com), which brings us to the many things we have to look forward to in 2014. The circulator will now run all the way to Westmoreland and Sum-



ARTIST MEG WHITE INSTALLS HER SCULPTURE "DISCOVERY MUSE" AT LAKE EOLA IN DOWNTOWN ORLANDO.

merlin to serve the venues and Thornton Park as well expand into Parramore to serve the Creative Village. 2014 will also bring to fruition another transportation project, Sun Rail. To enhance Sun Rail's usability, we are excited that both car share and bike share programs will be offered to get people exactly where they want to go. In the spring of 2014, we will see another first for our community, the Amway Center will host the 2014 NCAA Mens' Basketball Tournament. Then in the fall of 2014, we will see the historic opening of the Dr. Phillips Performing Arts Center. Also in the fall of 2014, a trendy hotel, the Element, a brand of Westin, will open between the Panera and the Macy's at Fashion Square Mall on Colonial Drive. Mills Park will also welcome Firebirds Wood Fired Grill Restaurant, an acclaimed national chain.

While building and development certainly aren't the only important things happening in our City, these projects serve to provide a snapshot of the viability of our community. As a commissioner, but more importantly, as a lifelong resident of Orlando, I certainly understand a hesitation toward change. I am confident, however, that we can balance what has historically made us a great city- things like our lakes, our parks and our people- with changes that will help us to build the kind of community that our kids and grandkids will want to call home.

As we ring in the new year, I look forward to seeing all we can accomplish together in 2014. Thanks for your continued support of our Great City!

-Robert

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



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Winter Park Mayor's Message

Mayor Ken Bradley



KEN BRADLEY

Last month was filled with amazing projects that makes my job as mayor so rewarding. Between the meaningful and moving Veterans Celebration that was held in early November and the tremendous fundraising success of "Feed the Need," Second Harvest Food Bank's first-ever community-wide fundraiser, I found myself in some of my most proudest moments serving as your mayor. November was truly a month filled with gratitude. Now as the end of the year approaches, I am humbled by the excellent work of our city staff, reflective of major decisions that have been made, and eagerly optimistic for what is ahead.

I am continually amazed at the motivation of our city staff who are always one step ahead and diligent with implementing projects that improve our quality of life. Because of their attentiveness and forward thinking, we are able to live in a city with nationally and internationally-awarded departments recognized for their high-quality service.

We know our public safety is superior with our fire holding the highest fire protection status in the country with its ISO Class 1 rating. We are confident

that our internationally-accredited police department can successfully reduce crime in our residential neighborhoods through the use of traditional and non-traditional communication methods. We are blessed with an abundance of greenspace and a parks and recreation department that has been nationally recognized for its ability to plan, maintain and provide healthy activities and amenities for everyone to enjoy. We live in a city with skilled workers who can completely rehabilitate an aged sewer system where over one million gallons of wastewater pass through each day under one of our busiest intersections (Lakemont and Mizell avenues) without any major inconveniences or problems. That same nationally-awarded Water & Wastewater Utility Department also managed the installation of a brand new gravity sewer system down the middle of Fairbanks Avenue this past year, to prepare for future redevelopment as the market dictates.

As residents, we can appreciate our city's prime location and our stellar reputation. This is no secret to the commercial market and is evident in the record number of permits for construction and reconstruction our building and permitting department has processed in one year alone. With the help of our economic development, planning and Community Redevelopment Agency staff, we are able to explore

fascinating opportunities and help interested companies bring high-quality development to our city.

Looking forward...I'm eager to see 300+ new business professionals move into their new corporate home at Heritage Park by CNL located on the corner of Morse Boulevard and Denning Drive. I look forward to shopping at the new Trader Joe's that will be arriving as part of the Lakeside Winter Park development at U.S. Highway 17-92 and Morse Boulevard. I'm excited to celebrate the grand opening of our new Winter Park Train Station early next year that will welcome both Amtrak and SunRail passengers and I'm thrilled to be one of the first riders of central Florida's newest commuter rail system, SunRail, this May.

As you can see, there is so much to be thankful for as we live out each day in our beloved city. On Friday, January 17, 2014, I will be presenting the State of the City Address at our newest boutique hotel, The Alford Inn, where I will share more of our city's blessings. As we reflect on 2013, celebrate numerous holidays and welcome the New Year, on behalf of the city, our staff and my fellow commissioners, may God continue to bless you and the exceptional City of Winter Park.

Kenneth W. Bradley
Kenneth Bradley, Mayor



Maitland Mayor's Message

Mayor Howard A. Schieferdecker



HOWARD A. SCHIEFERDECKER

Maitland Fire/Rescue Holds Free CPR Class

On October 15, 2013, over 75 people learned to perform CPR (cardiopulmonary resuscitation) and use AEDs (automated external defibrillator) in Maitland. Hands-on training for CPR and AED provides students with the tools necessary to respond to heart-related medical emergencies.

The Maitland Fire/Rescue Department conducted a FREE class as part of a new initiative to train as many people in the community in CPR and AED use in the next five years. The group assembled in the City Council Chambers to learn and practice CPR and Choking Rescue for adults, infants and children. Under the guidance of firefighter/para-

medics, the students pressed on the plastic chests of mannequins to the rhythm of the disco music "Staying Alive." For many it was a new experience, for others it was a refresher.

Training enough people in CPR to ensure that the lifesaving procedure can be provided requires reaching a very significant portion of the population. The Maitland Fire Department will be offering the classes at least twice per year in the hopes of reaching as many Maitland residents and visitors as possible.

An automated external defibrillator, or AED, is a portable electronic device that automatically diagnoses potentially life-threatening cardiac arrhythmias in a patient and is able to treat people with defibrillation, the application of electrical therapy which stops the arrhythmia, allowing the heart to reestablish an effective rhythm. With simple audio and visual commands, AEDs are designed to be used by anyone. While training is not required, familiarity with an



AED can provide the confidence needed to respond accordingly in a medical emergency.

The Maitland Fire Rescue Department considers the trained community to be a piece of the puzzle in our life saving efforts and welcomes the newest members to our "team"!

Join Us!

LIVING NATIVITY
Thursday & Friday, December 19 & 20, 7:00-9:00pm - *on the half hour*
Join us for the Living Nativity, Christmas music, a beautiful candlelit sanctuary, a miniature village, cookies, and photos taken at the manger

CHRISTMAS MUSICAL PRESENTATIONS
Sunday, December 15 at 10:30am - *Enjoy a special harpist-accompanied musical presentation, The Ceremony of the Carols*
Sunday, December 22 at 10:30am - *Lessons and Carols service with congregational participation in singing of classic Christmas carols*

CHRISTMAS EVE SERVICES
Tuesday, December 24 at 5:00pm - *Family Christmas Service*
Tuesday, December 24 at 7:00pm - *Candlelight Service*
Tuesday, December 24 at 11:00pm - *Candlelight Communion Service*

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County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



TED B. EDWARDS

On October 22, the Board of County Commissioners voted 5-2 to approve a \$92.5 million amendment to Orange County's Tourist Development Plan. I was one of the two dissenting votes that day. The amendment, colloquially known as the venues package, included the allocation of an additional \$25 million for the construction of Phase II of the Dr. Phillips Performing Arts Center, \$12 million for additional Citrus Bowl renovations, \$25.5 million to Visit Orlando for tourist and sports marketing, \$10 million for further renovations of the Orange County Convention Center, as well as \$20 million for the construction of a soccer-specific stadium for a Major League Soccer franchise. While I supported many of these endeavors, including having Major League Soccer in Orlando, I had several concerns about the plan to build a soccer stadium, including the level of funding from the soccer team, the appropriateness of the amount of the expenditure, the application of the Davis-Bacon Act to stadium construction, and the team's lack of interest in playing in the existing Citrus Bowl.

The soccer team will pay \$30 million of the \$84 million first phase of the project cost. In addition to the \$30 million contribution, the soccer team will also capitalize a \$675,000 annual capital contribution into a \$10 million lump sum payment which can be passed on to fans in the form of a ticket surcharge. Fans will also pay a \$2 facility fee per ticket that will fund stadium repairs and maintenance. The City of Orlando is also seeking \$30 million in sales tax rebates from the Florida Legislature for additional stadium seating. Should the state award this rebate, the team will have only contributed 26 percent of the \$114 million for a stadium primarily benefitting them. Based upon our research, soccer teams have contributed much more of the costs for stadiums such as the StubHub Center in Carson, California, Red Bull Arena in Harrison, New Jersey, BBVA Compass Stadium in Houston, Texas, and Rio Tinto Stadium in Sandy, Utah.

The public sector has assumed most of the risk for this project while the soccer team has the most to gain. The team will keep all revenue from ticket sales, premium seating, merchandise, concessions, and media rights from soccer-related events. The team will also keep

all revenue from a naming rights agreement. Naming rights in other similarly sized soccer-specific stadiums in Commerce City, Colorado, and Chester, Pennsylvania, have been sold for \$20-\$40 million. The team will be given all income from permanent stadium advertising signage as well as all video board revenue during games and other team events. During all other events, the team will get 50% of temporary advertising revenue.

MLS would not consider using the existing Florida Citrus Bowl for its home games. The Citrus Bowl is poised to begin its \$205 million renovation which will upgrade seating capacity and add many new amenities including digital displays, enclosed club spaces, additional suites and other competitive scope elements to the stadium. Major League Soccer demanded a soccer-specific stadium to award a franchise; however, the league has allowed other recent expansion teams to play in other facilities. The New York City Football Club, an expansion team announced in May of this year, will play in an unnamed general purpose sports facility for at least two years as it searches for a permanent home. Many other MLS teams currently play in stadiums designed for other

sports, including the New England Revolution, the Seattle Sounders, the Vancouver Whitecaps, San Jose Earthquakes, and D.C. United.

I hope the new soccer stadium will be more successful in our community than many other soccer facilities nationwide. Since Orange County attracts 57 million tourists a year, many from Latin America which are huge soccer fans, I am optimistic MLS will be a valuable asset to our community for years to come. Although I support Major League Soccer in Orlando and wish it success, I do not believe it is the role of government to pay more than half and possibly two thirds of the costs for a major league soccer stadium, especially at a time the Florida Citrus Bowl, where the minor league team currently plays, will be undergoing \$205 million in renovations.

If you have any questions or concerns about the new stadium or any other county issue please feel free to contact me or my staff, Edgar Robinson and Lynette Rummel. We can be reached at 407-836-7350 or by email at district5@ocfl.net.

Ted Edwards
Orange County Commissioner,
District 5

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JANUARY

13 (Mon) Beginning Walk-Run Program Begins Blue Jacket Park
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21 (Tue) MarathonFest Marathon Training Begins Glenridge Middle School
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25 (Sat) Seasons 52 Park Avenue 5.2k* Park Avenue
Presented by Florida Hospital

FEBRUARY

1 (Sat) Florida Hospital Lady Track Shack 5k Mead Garden

15 (Sat) Run Around the Pines 5k* Showalter Field
Presented by Florida Hospital

MARCH

15 (Sat) Zimmerman Kiser Sutcliffe Winter Park Road Race
10k & 2 Mile* Presented by Florida Hospital Park Avenue

24 (Mon) Beginning Walk-Run Program Begins Blue Jacket Park
Presented by Track Shack Fitness Club

APRIL

26 (Sat) Run for the Trees 5k Showalter Field

JULY

4 (Fri) Hunter Vision Watermelon 5k Park Avenue

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KAREN CASTOR DENTEL, PhD

Representative's Message

Karen Castor Dentel, PhD, Florida House of Representatives

I enjoyed getting the chance to speak with so many people at different events over the past few weeks, including a meeting with the American Association of University Women, an event with the Student Leadership Forum at Rollins College, and Teach-In at both Lake Sybelia Elementary and Maitland Middle Schools.

I've gotten to answer many different kinds of questions, and not all of them relating to education. That is why I would like to tell you about my other committee assignments: Economic Development & Tourism, and Business & Professional Regulation. Both of these subcommittees exist for the purpose of sustaining and growing our economy. One of the privi-

leges of sitting on those subcommittees is getting to learn about many of the programs we have which aim to grow small businesses in our region.

While I am sure you know about the tremendous impact UCF has in our area, I wonder how many are familiar with the school's Business Incubator Program. The program is a community partnership aimed at growing emerging companies and creating jobs. As part of the program, business owners engage in a curriculum to help develop marketing plans, growth projections, and investment strategies. Plus, with locations in Apopka, Winter Springs, and Orlando, it is accessible to anyone who is interested. (To learn more, please visit incubator.ucf.edu.)

The concept of the Business Incubator Program is similar to another UCF initiative, Grow FL. Grow FL is a program that accepts 50 participants

each year, all of whom benefit from peer-to-peer learning, each making progress with help from the other. The CEOs of those companies benefit from research and webinars, all of which eventually grow their network, helping them reach the next level. (To determine if your company qualifies for Grow FL services, apply at www.growfl.com/apply.)

The budget also included funding for more specific projects, like the Hispanic Business Initiative Fund. This is especially helpful for people who are establishing their businesses for the first time, or for those seeking bilingual support. The fund also helps with technical assistance, subcontracted services, preparing invoices, offering legal advice, and facilitates loans. I hope you will visit www.hbiffl.com to learn more.

The end goal for all of these pro-

grams is to be a resource for individuals who have experience in their field, even if they don't have experience operating a business. It just makes our economy healthier and our community stronger. We all know that having good schools is the key to attracting new businesses to our state. What I've learned by working with these committees, though, is the importance of supporting existing businesses in our community.

Thank you for giving me the privilege of serving you, and I hope you and your family have a safe and wonderful holiday season.

Yours,

Karen Castor Dentel, PhD
Florida House of
Representatives



protection and service by The Winter Park Police Department

Holiday Safety

It's that time of year again where we must be extra cautious and diligent in protecting ourselves. We are inundated with news stories about crime during this season so it is always good to be reminded of some workable, easy tips on how to stay safe and not get victimized. Criminals need 30 seconds or less to break into your car and take your valuables. Criminals need only a few minutes to steal from your home.

What makes you an easy target for a criminal?

Providing easy access to your property by:

- Leaving doors and windows unlocked at your residence
- Not utilizing alarms even if you are only gone a few moments
- Displaying gifts under Christmas trees in front of open windows
- Displaying / leaving items of

value in your vehicle

- Leaving property unattended for any length of time (unattended running vehicle, purse left in shopping cart, keys to vehicle or wallet left out in public place)
- Not being aware of your surroundings
- Not reporting suspicious people or activity in your neighborhood or while in a parking lot or while shopping

Tips while out shopping:

- Always lock your house (windows and doors).
- Always close your garage door COMPLETELY (the cat will have to wait).
- Turn off all holiday lighting while away from home.
- Set your alarm even if you are only gone for a few minutes.
- Always be alert to your surroundings.

- Shop with a friend.
- Try to get everything in one stop. If not, put items in your trunk, travel to the next location, check to ensure you are not being followed and park as close to the front doors as possible.
- Pay attention to being followed (whether on foot or in your car).
- Keep your purse/wallet in your possession at ALL TIMES.
- Dress comfortably and avoid wearing expensive jewelry.
- If you have to carry cash, keep it in your front pocket.
- Avoid strangers in parking lots. They are usually con artists.
- Report suspicious people to store/mall security or to the police.

Never:

- Put your bags in your car or your trunk and return to the store to continue shopping

Your trunk can be broken into.

- Leave ANY bags or items in view in your car, even for a short time.
- Buy items from people in parking lots (They usually are NOT legitimate.)
- Openly display your purchases while walking to your car or to into your home.
- Dispose of the purchase boxes on the curb. Place them into black plastic trash bags and into your Otto cart or an authorized dumpster.

Vehicle Safety

Vehicle theft and vehicle burglary are two of the leading crimes in Central Florida. While shopping, please make every effort to secure your vehicle and lessen the chance of becoming a victim.

The Winter Park Police Department wishes everyone a wonderful and safe holiday season.

Join The Central Florida Medical Reserve Corps

The Central Florida Medical Reserve Corps (MRC) sponsored by the Florida Department of Health in Orange County is inviting community members to join the dedicated team of volunteers who support emergency medical workers during an emergency or disaster. MRC is looking for medical and non-medical people who can volunteer their time and skills to meet community disaster response.

"The Central Florida Medical Reserve Corps is very involved. The MRC has participated in 5K races and other events, working with community-based partners and providing support to large community events such as the Cocoa Beach Airshow, TICO Airshow and Relay for Live

event," said Dr. Kevin M. Sherin, director of the Florida Department of Health in Orange County.

This MRC unit covers Brevard, Orange, Osceola, and Seminole counties with volunteers to support disaster response agencies and health departments that may become overwhelmed by the need for medical care for our residents. Medical Reserve Corps members are trained and called to assist during times of need.

Anyone who works or lives in Orange, Brevard, Osceola, or Seminole Counties may join the Central Florida MRC Unit. Volunteers serve locally in order to respond quickly in time of need. Members may be asked to respond out of the area for declared di-

sasters needing support in other counties, the state, or in a national response.

All types of volunteers are needed to support disaster response. No medical experience or training is needed. Health professionals such as physicians, nurses, pharmacists, emergency personnel, behavioral health specialist, dentists, infectious disease specialists/epidemiologists, and medical technicians can volunteer. The Central FL MRC also needs volunteers without medical background including interpreters, chaplains, amateur radio operators, warehouse, and general volunteers to fill support roles.

Training will be provided for volunteers to help prepare them for job assignments and general responsibilities.



Be involved and help your community prevent and deal with disasters by joining the Central FL MRC. To learn more about the benefits of volunteering or to register, visit <http://www.floridahealth.gov/preparedness-and-response/disaster-response-resources/mrc/> or contact Elizabeth Vazquez, Central FL MRC coordinator at (407) 858-1400 ext 2309 or by e-mail at Elizabeth.Vazquez@flhealth.gov.

Recent Grants Awarded By The Community Foundation

The Community Foundation of Central Florida has awarded nearly \$40,000 in grants from its fall Winter Park Community Foundation grant round. Students from Rollins College participated in the process, for a second time, as mentees of the Winter Park Community Foundation Advisory Committee. The students are undergraduates enrolled in a one-of-a-kind course called "Impact Investing." The Advisory Committee worked with the students to design capacity-building grant recommendations to organizations in Winter Park. The students then presented the recommendations to the Foundation's board of directors.

The grants awarded are focused on the capacity needs of each organization. The grants include \$12,000 to Conductive Education Center of Orlando for technology equipment for classrooms and to support par-

ent workshops; \$5,202 to the Winter Park Public Library for technology equipment for older adult education and as an enhancement to its circulation material; \$12,500 to Foundation for Foster Children to support a new mentoring program; \$7,000 to Welbourne Ave Nursery & Kindergarten for APPLE Accreditation and technology equipment to increase efficiencies in operations; and \$3,000 to Down Syndrome Association of Central Florida as a 2-to-1 challenge grant for marketing, with a focus on minority populations.

To qualify for the Winter Park Community Foundation grant round, organizations had to be located in the City of Winter Park, or its vicinity, and have a reviewed portrait in the Foundation's Knowledge Base. The Winter Park Community Foundation grants are supported by some of the more than 400 funds that the Community Foun-



STUDENTS FROM ROLLINS COLLEGE PARTICIPATED IN THE GRANT PROCESS, FOR A SECOND TIME, AS MENTEES OF THE WINTER PARK COMMUNITY FOUNDATION ADVISORY COMMITTEE.

dation of Central Florida manages.

The Community Foundation of Central Florida is a public grantmaking foundation that serves as a trusted philanthropic home for nearly 400 charitable funds established by generous individuals, families and corporations, with a focus on strategic giving to underwrite innovative solutions for issues in the community.

Since its establishment in 1994, the Community Foundation has

grown to more than \$55 million in assets, and has awarded cumulative grants of more than \$30 million. The Community Foundation fulfills its mission by managing and investing donor funds, connecting people with charitable causes they feel passionate about and empowering donors to make informed decisions through research and evaluation. For more information, visit www.mycfcf.org

Continued from page 1

Golf Tournament Overall and Contest Winners:

First Place Overall

Mark O'Mara, Kevin Davidson, Jack Berry Jr., Jason Romano, Newton Jones

Second Place Overall

Kevin Gallaher, David Christner, David McLeod, Tim Dunham, Dwain Brannon

Third Place Overall

Kris Benson, Mike Zizmer, Doug Dvorak, David Shaw, AJ Pierzynski

Putting Contest

Winner: Robert Hoover

Long Drive Contest

Winner: Doug Dvorak

Accuracy Drive Contest

Winner: Tyler Marlette

Closest To The Pin

Hole 5 - Jason Romano

Hole 8 - Dwain Brannon

Hole 11 - Yi Kim

Hole 17 - Newton Jones



COACH HILINSKI WORKING WITH A PARTICIPANT.

Designated Texter Campaign Recognized With Creativity International Award

The 43rd Annual Creativity International Awards honored the Orlando-Orange County Expressway Authority's "Designated Texter" campaign in the category of Print-Branding, Campaigns. Open to organizations from around the world, a rotating panel of advertising professionals judges the Awards. Winning entries are selected for their quality of art, or their advertising impact, or both.

"I'm very proud of the success our Designated Texter campaign has had," said Walter Ketcham, chairman of the Orlando-Orange County Expressway Authority. "The safety of our customers is of the utmost importance to us and this campaign is getting that message across and is showing great results."

The Expressway Authority partnered with Appleton Creative for the development and execution of their public service campaign. The Designated



ated Texter campaign aims to help ensure safer roadways and decrease the risk of accidents, encouraging Central Florida residents to take the pledge to protect lives by never texting while driving alone, and by designating a texter for the driver if someone else is in the car.

The Designated Texter campaign has garnered more than 1,500 pledges to date.

For more information on becoming a Designated Texter please visit <https://www.ooca.com/DTPledge.aspx>.

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Foundation's Multi-Year Gift Is Inspired By New Philanthropic Strategic Plan

For more than a decade, a unique partnership between the Winter Park Health Foundation (WPHF) and Orange County Public Schools (OCPS) has resulted in better school-based health and wellness services for students in 12 schools serving Winter Park, Maitland, and Eatonville. Students receive free services boosting student mental and physical health and building a culture of good health.

The joint program—called the Coordinated Youth Initiative—has been supported by WPHF grants totaling more than \$13 million since 2000, and is just one example of the benefits reaped by students when private entities work with the school district through the new Philanthropic Strategic Plan. WPHF recently committed an additional \$2.7 million to support Coordinated Youth Initiative programs through school year 2015-16. Most of the funds will flow through the Foundation for Orange County Public Schools.

Designed to help the district achieve its vision to be a top producer of successful students in the nation, the Philanthropic Strategic Plan features eight priorities that have the highest impact on improving student success, and OCPS is seeking business and community partners to help put those priorities into action.

One priority focuses on ensuring all children are ready to learn by providing a registered nurse or nurse practitioner in every OCPS school.

School Board Chair Bill Sublette said, "Orange County Public Schools aspires to be the top producer of successful students in the nation. We will only get there through the support of our community and the Philanthropic Strategic Plan is a vehicle for that support. I want to thank the Winter Park Health Foundation for its generous investment to insure every child has access to a licensed nurse at 12 of our schools, as well as

access to mental health counseling and nurse practitioner services."

"We are very grateful to Winter Park Health Foundation for stepping up with a true investment in the success of Orange County's kids. Their support reflects their belief in our philanthropic process, and we share their hope that it will inspire other partners to consider creating a meaningful impact for our students, too," said Debi Pedraza, director of Philanthropic Development for OCPS.

More information about the Philanthropic Strategic Plan can be found on the OCPS website.

Based on the belief that healthy kids make better students, WPHF's Coordinated Youth Initiative (CYI) program is available to the estimated 11,000 students attending Winter Park High School and its 11 elementary and middle feeder schools.

The components of CYI include CHILL (Community Help and Intervention in Life's Lessons), a free counseling program for students and their families and the School Nursing Initiative that provides a licensed nurse in each of the schools. Also CYI includes School-Based Health Centers staffed with nurse practitioners and Healthy School Teams which help create a culture of good health in schools.

"CYI has been a true partnership between WPHF and the 12 schools," explained Debbie Watson, WPHF Vice President. "School leaders collaborate with CYI program providers to promote services, engage staff and families, refer students, and enable access during the school day while providing in-kind space and resources. It represents teamwork at its finest."

WPHF also supports the website www.healthykidstoday.org, which provides detailed information about the school-based programs, as well as the latest in health news, healthy school activities, healthy recipes, and tips and resources.

Meet Lexi Reed From Disney's A.N.T. FARM

Maile School's acting graduate Stefanie Scott will be at The Maile Image, Modeling & Acting School on Saturday, December 14 offering hands-on acting workshops for kids and teens ages 6 to 16 years.

Two sessions will be offered: a morning session from 10 a.m. to 1:30 p.m. and an afternoon session from 2:30 - 6 p.m.

Stefanie's mom, Diane Scott, will offer a special question and answer session for the parents; and all students will perform in a live showcase with Stefanie as well as a picture and autograph session.

Stefanie is best known for her

role as Lexi on "A.N.T. FARM." Other credits include playing a young Natalie Portman in the blockbuster film "No Strings Attached" starring Natalie Portman and Ashton Kutcher; the lead role in Universal's "Beethoven's Big Break," the animated film "Wreck it Ralph" and Disney's "Frenemies."

Stefanie Scott attended acting classes at The Maile Image, Modeling & Acting School in Winter Park.



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Many Central Floridians Can Claim Tax-Credit Savings

Heart of Florida United Way Asks Residents to "Hold On" To Their Returns

With tax season under way, here's a little relief for some Central Floridians' post-holiday wallets. Hundreds of thousands of local people will be eligible for refunds of up to \$6,044 on their federal returns through the Earned Income Tax Credit (EITC).

To help qualified residents claim the credit, Heart of Florida United Way is partnering with the IRS Volunteer Income Tax Assistance (VITA) program to provide nearly 30 local free tax preparation sites from February 4 to April 15.

How does it work?

Approved by Congress in 1976, EITC allows those with low to moderate incomes to keep more of their earnings. The credit amount varies by income, among other factors – resulting in a refund when the credit exceeds taxes owed.

In Central Florida, more than \$2.5 billion in refunds have been claimed over the past seven years, including more than \$550 million distributed in

2012 throughout Orange, Osceola and Seminole counties. But the Internal Revenue Service estimates that one in four qualified people misses out.

"Many Central Floridians don't realize they're eligible, including those who didn't qualify before but are now working part-time or lower-paying jobs," said Mark Batchelor, manager for financial stability initiatives at Heart of Florida United Way (HFUW). "We encourage residents to check into EITC, because free money is on the table – you just need to claim it."

Credited with being the No. 1 program for lifting families out of poverty, EITC helps recipients reduce debt, enroll in job training or even cover the most fundamental needs.

"For those who are struggling to pay for housing, utilities, food and other basic necessities, an additional \$6,000 is a potentially life-changing sum," said Robert H. (Bob) Brown,

HFUW president and CEO. "And since most EITC dollars are spent on goods and services right here in our community, local merchants and businesses also benefit."

Who is eligible?

For 2013, credits range from \$487 to \$6,044. Among other qualifying factors, recipients must have received wages at some point that year, with both earned income and adjusted gross income less than:

- \$46,227 (\$51,567 married filing jointly) with three or more qualifying children
- \$43,038 (\$48,378 married filing jointly) with two qualifying children
- \$37,870 (\$43,210 married filing jointly) with one qualifying child
- \$14,340 (\$19,680 married filing jointly) with no qualifying children

In some cases, people can claim up to \$20,000 by re-filing returns for the past three years.

How to claim the credit

Central Floridians can receive 100 percent of their refund for free by filing electronically with a trained tax preparer at local VITA sites, some of which accept appointments. By setting up direct deposit with a bank account, refunds are usually available within 7 to 10 days.

While many will want to claim

the credit as quickly as possible, they should be aware that non-VITA sites offering free tax services often include only Form 1040EZ – and charge extra for the forms needed to claim the EITC or other deductions. "If people can wait a few weeks for the VITA sites to open, they can potentially save hundreds of dollars," Batchelor said.

Items to bring include:

- Photo ID
- Social security numbers for all members of the household
- Employer-issued W2 or I9 form
- Receipts for any deductions
- Tax ID number for non-U.S. citizens
- Voided check or bank tracking number for direct deposit

If filing jointly, both spouses must be present. Some sites offer Spanish, Creole, and American Sign Language translation.

Additionally, Heart of Florida United Way is now offering new text alerts to remind taxpayers of important filing dates, locations and hours of their nearest free VITA tax assistance site. To receive the alerts, simply text "mymoney" to 898211.

Starting in mid-January, visit www.hfuw.org or dial 2-1-1 for the location and hours of the nearest free VITA tax-prep site.




Feature your Medical, Dental, Fitness, and Health-related business in our Health and Wellness Section in the

January issue of The Park Press.

Contact Jan at (321) 422-8974 or email jan@theparkpress.com for more information.

Reviving 5,000 years of civilization

SHEN YUN captures the spirit of ancient China, recalling the grandeur of a culture long lost. The show moves quickly from one story, region, and dynasty to the next. Down in the valley, ladies of the Yi ethnic group dance in rainbow skirts by the river. In the heavens, celestial fairies trail silken sleeves through the clouds. Resounding drums awaken the dusty plateaus of the Middle Kingdom.

Gorgeous backdrops extend the stage, transporting the audience to distant lands and eras. An orchestra, combining Western and Chinese instruments like no other, accompanies with stirring scores. Dancers fly across the stage in an array of flips, spins, jumps, and aerials. The energy of classical Chinese dance is contagious; the entire performance, mesmerizing.

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—Stephen L. Norris, Co-founder of The Carlyle Group



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— Anna Liceica, former soloist of American Ballet Theater



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Celebrating Companies Creating Healthier Workplaces

Florida Hospital is celebrating employers who create a culture of wellness in their workplace with the inaugural Healthy 100 Workplace Wellness Awards. More than 100 local companies were recognized by Florida Hospital for their efforts to encourage healthy lifestyle changes among their employees.

"Workplace wellness is a marathon, not a sprint, because it's not an initiative; it is a long term commitment to the health of the employees," said Lt. Gen. Mark Hertling, Florida Hospital senior vice president of Healthy 100. "Championing the health of employees with programs that encourage a healthy lifestyle translates into increased morale, reduced absenteeism, increased employee productivity, and an increase of the bottom line."

For the first time, 101 companies were recognized publicly with the Healthy 100 Workplace Wellness Award. The award winners had to demonstrate healthy changes in areas such as nutrition, activity, culture and/or purpose to be eligible for the Healthy 100 Workplace Wellness Award.

"Florida Hospital sees firsthand the impact a sedentary lifestyle can have on our community," said Hertling. "We believe it is our duty to help inspire the community to make healthy lifestyle changes and



ABOVE: HEALTHY 100 WORKPLACE WELLNESS AWARD WINNERS. LEFT: LT. GEN. MARK HERTLING, FLORIDA HOSPITAL, SENIOR VICE PRESIDENT OF HEALTHY 100

live more productive lives."

Winners were selected by a panel of health experts. The recognition is awarded for a two year period. The award winners were divided into three categories, gold, silver and bronze, based on the company's wellness program outcomes. Bronze level awards recognize organizations meeting the minimum criteria for workplace wellness by demonstrating a solid foundation for success. Silver recognizes organizations expanding programming and aligning their efforts with the organization's

priorities. Gold recognizes organizations developing comprehensive wellness programs producing behavior change and/or cost saving results. These programs are a strategic and integral part of the daily business operations. The winners included 10 Gold level awards, 19 silver level awards and 72 bronze level awards. To see the full list of winners, visit www.Healthy100.org/pilots#recognition.

To find out more information

about how companies can apply or develop a customized employee wellness program, visit www.Healthy100Pilots.org.



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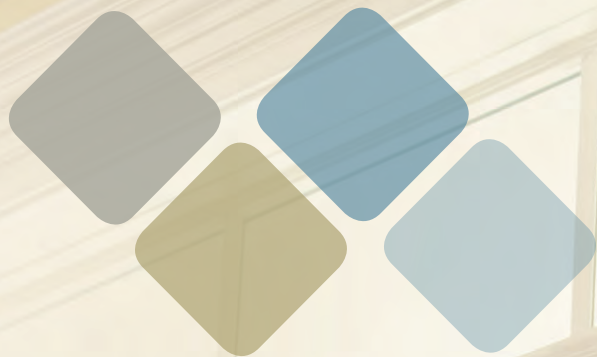


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JOHN GILL

fiscal fitness *by John Gill*

Disability Insurance – The Need Is Greater Than You Think

The other day I was talking to a friend of mine, Carl, about life insurance. As we discussed his policies and how to determine the correct amount of insurance needed, the subject of disability insurance arose. I realized that I had not written

about disability insurance and the importance of having this type of coverage. So thanks to Carl and his inquisitiveness, we are going to discuss disability insurance.

One of the misconceptions about the need for disability insurance is that there is some devastating accident which triggers the insurance and the associated disability payments. In reality, most of the time it is a medical issue that triggers a disability. According to Unum, the leading long-term disability insurance company by market share, most (90%) of long-term disability claims are for illnesses, not accidents. The primary cause of disability is chronic disease – cardiovascular, musculoskeletal problems and cancer are leading diagnoses – rather than work-related mishaps or non-workplace accidents, according to a 2007 study for the Life and Health Insurance Foundation for Education, a nonprofit

organization that informs the public about insurance needs.

Disability insurance protects an individual's income against the risk that a disability will prevent them from working. Disability insurance can almost be thought of as living life insurance. I say this because, if you remember from past columns, life insurance really protects the covered person's income for the remaining family when the covered person dies. Disability insurance provides that income while the covered person is living and still has income requirements while being incapacitated.

In 2011, the Social Security Administration estimated that a 20-year-old had a 30% chance of being disabled for at least six months before retirement. Another misconception is that disabling injuries happen primarily to older individuals. This is not true. According to Unum, 41% of their long-term disability recipients over the 2009-2012 time period were younger than 50, with a third of those under 40.

There are two types of disability coverage, short-term and long-term. Short-term coverage is often provided

in employer group insurance plans and covers the first part of a disability situation. The coverage may provide income from a week up to a year or two, depending on the policy.

Long-term insurance begins when the short-term coverage ends and helps to replace income between two or five years or when the disabled person retires. The plans pay up to 70% of the covered individual's salary depending upon the coverage selected and the structure of the plan.

Most disability insurance is bought through employer-sponsored plans although individual plans can be purchased. Individual plans are much more expensive than group employer plans.

This is open enrollment season for many employers. If disability insurance is an option, I would strongly recommend purchasing the coverage. If your employer does not offer disability coverage in their plan, consider an individual plan. The cost/benefit must be considered, but the peace of mind gained will be an added bonus to your continued fiscal fitness.



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@gmail.com. Follow John on Twitter, @john_gill1.



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Business In The Parks

At the beginning of November, **Old Florida Bancshares, Inc.** announced that it received final approval from New Traditions Bank shareholders to merge. The merger makes Old Florida Bancshares, Inc. Central Florida's largest community bank holding company with more than \$1.3 billion in assets. New Traditions will continue to operate under the same leadership, but will now offer more products, more services and expanded community investments through more lending. "With regulatory and shareholder approval, two of Central Florida's leading financial institutions are now able to expand their services to the community and reaffirm their commitments to investing locally," said John Burden, Sr., vice chairman of Old Florida Bancshares. Old Florida Bancshares



JOHN BURDEN, SR.

is the holding company of Old Florida National Bank, one of the largest community banks in Central Florida with more than \$800 million in assets. "This merger is about our customers," said David Dotherow, president of New Traditions Bank. "We are now able to share more products and services across our two institutions and increase our loan offerings to the Central Florida business community."



THOM MOORE

Long-time **Rollins College** physics professor Thomas Moore has recently been named the 2013 Florida Pro-

fessor of the Year by The Carnegie Foundation for the Advancement of Teaching and the Council for Advancement and Support of Education (CASE). Thomas Moore, Ph.D., serves as the Archibald Granville Bush Professor of Science. CASE and the Carnegie Foundation have been partners in offering the U.S. Professors of the Year awards program since 1981. Moore was selected from more than 350 top professors in the United States. The U.S. Professors of the Year awards program recognizes the most outstanding instructors in the nation, those who excel as teachers and role models, and who have had a large impact on the lives and careers of their students. The award is known as one of the most prestigious honors for undergraduate teaching. Moore joined Rollins in 1999 and has developed and taught numerous courses – ranging from first-year courses for non-science students to senior-level courses for physics majors. He has also developed experimental interdisciplinary courses with faculty from the departments of music, art and philosophy. In addition to his dedication to undergraduate research, he spearheaded the planning for Rollins' newly opened Bush Science Center.

Dubsdread Catering LLC, operator of three historic banquet and event venues locally, has been inducted into the inaugural class of The Knot magazine's "Hall of Fame: The Best of the Best in the Wedding Industry." The honor went to 331 wedding vendors from across the country, with Dubsdread Catering the only wedding venue operator in Orlando to receive the bridal publication's highest recognition. To be considered for induction, a wedding vendor had to have won four consecutive "Best of Weddings" awards in The Knot. Dubsdread Catering is an eight-time "Best of Weddings" venue winner in the publication's annual survey of brides. Venues are rated for food

quality, attention to detail, service levels, cleanliness, and many other areas that contribute to the bride's overall wedding experience. Steve Gunter, owner of Dubsdread Catering, credits his director of catering, Cathie Ashby, for the accolades. "Cathie and her team aim for perfection. She is the best at what she does, and the awards only affirm that."

Junior Achievement (JA) of Central Florida recently honored local business owner F. Ashley Allen with the 2013 Henry Cragg Award. This local award was established to honor Henry Cragg, former chair of Minute Maid and JA board chairman. The award recognizes a local JA supporter who has exceeded expectations in helping the organization in its mission to provide Central Florida students with an appreciation for the free enterprise system. Over the last two decades, Allen has served in many leadership positions with JA including the 2003-2004 chairman of the board and 2010 co-chair of the strategic planning initiative. Currently, she is a member of the advisory board of the Junior Achievement Academy for Leadership and Entrepreneurship at Oak Ridge High School.

Florida Hospital is proud to announce retired Lieutenant General Mark Hertling has been appointed to the President's Council on Fitness,



LT. GENERAL MARK HERTLING

Sports & Nutrition (PCFSN). The PCFSN educates, engages and empowers all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition. Lt. Gen. Hertling will join 17 other members, including a variety of professionals,

who are dedicated to encouraging Americans of all ages, backgrounds and abilities to lead healthy, active lives. Lt. Gen. Hertling currently serves as the senior vice president of global strategy, physician leadership and Healthy 100 initiatives at Florida Hospital.

For the 33rd consecutive year, the **Certificate of Achievement for Excellence in Financial Reporting** has been awarded to the City of Winter Park for its comprehensive annual financial report (CAFR) prepared by the city's Finance Department. This award presented by the Government Finance Officers Association of the United States and Canada (GFOA) is the highest form of recognition in the area of governmental accounting and financial reporting. Attainment of this award represents a significant accomplishment by a government and its management. The GFOA is a nonprofit professional association serving approximately 17,500 government finance professionals with offices in Chicago, IL, and Washington, D.C.

Easter Seals Florida (ESF) President and CEO Sue Ventura is pleased to announce that the Central Florida-based non-profit, has appointed four new members to its advisory board. Ed Hanna, James Kennedy, Jen Steinhorst and Paul Williams will begin their advisory roles this month. Hanna, a computer analyst at Fiserv in Lake Mary, is a long-time ESF supporter, former Camp Challenge director and camper. Kennedy is a financial planner for Edwards Financial Services, and also serves as a board member on the Economic Development Committee for the Oviedo-Winter Springs Regional Chamber of Commerce. Williams is involved with product analysis, card services and digital payment solutions for Fiserv in Lake Mary. Steinhorst serves as the director of revenue - merchandise operations for SeaWorld Orlando, Discovery Cove and Aquatica.

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SCOTT HILLMAN

real estate in the parks *by Scott Hillman*

The Holidays Might Be the Best Time To Buy Or Sell A Home

I'm often asked, when is the best time of the year to buy or sell a home? I've found it really depends on your family's needs. I advise homeowners/homebuyers to avoid getting caught up thinking you're going to miss the peak timing of the market if you don't adhere to traditional real estate buying/selling seasons. The fact is, when we're in a good market or a market that's on the rise like the one we're in now, it really doesn't matter what month or season it is.

That's especially true of the holiday months (November and December) which are traditionally the slowest because they're tied primarily to retail sales. That doesn't mean you shouldn't consider buying or selling between Thanksgiving and the New Year. It's a supply and demand issue. Smart buyers will typically face less competition during the holidays, enabling them to find just the right home during this period.

Historically, the spring and summer months are the busiest times of the year for the residential real estate market. For families with children, the best time is often at the end of the school year (May/June) and before the new school year begins in the

fall (August/September). For others, the summer months are set aside for family vacations, backyard barbecues and weekends at the beach.

To me the most revealing barometer of peak buying and selling months is new pendings (contracts) because they show immediate market activity as opposed to closings which are often reflective of contracts that may have been written as much as a year ago or as little as two weeks ago.

I went back several years and found that each year the strongest months for new pendings in Orange and Seminole counties varied, producing no consistent trend. I then narrowed it down to two of the most sought-after residential addresses in Central Florida, Winter Park (32789) and Maitland (32751). Again, no specific trend. In Winter Park (32789) the peak month for new pendings in 2010 was June (57), in 2011 March (46), 2012 February (72), and May for the first 10 months this year with 92. In Maitland (32751) June was the peak month in 2010 and 2011 with 40 and 52 new pendings, respectively, while May led the way in 2012 with 68. August was tops for new

pendings through October 2013 with 67.

The bottom line: when you decide to sell your home or buy a new one should not rely solely on the calendar. What really matters is what time of the year is best for you and your family. And for some families, the holidays are the perfect time to find that special home.



Scott Hillman is president of Fannie Hillman + Associates, a 32-year-old Winter Park-based real estate company specializing in residential real estate sales. He can be reached at (407) 644-1234 or scott@fanniehillman.com.

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STEPHEN & KRISTIN PATEGAS

in the garden by Stephen and Kristin Pategas

Very Berry

Foliage and flowers are typically what attracts the eye to plants. More rarely it is the berries. Determining what is a berry is a bit of a challenge. There is a broad definition of a berry – “small fleshy fruit without a stone or pit” (peaches, plums etc... are excluded). And there is the botanical definition – “a fruit with a fleshy, edible pericarp, or fruit wall, that originates from a single pistil and encases one or many seeds,” narrows it down considerably and makes it clear tomatoes, pumpkins and grapes are berries and a strawberry (seeds are on the outside) is not. Fear not, a blueberry is really a berry.

While determining what is a berry is a bit confusing, we can agree that some are edible to humans (some tasty, some not so much), most feed wildlife, some sprout in unwanted places and many provide eye candy in the garden. We take note of these subtleties and include ornamental berries (or berry-like fruits) in garden designs along with edible and favored by wildlife berries.

A few words of caution – some berries can create a mess on hard surfaces. Avoid and remove the invasive Brazilian pepper, Chinese tallow, Camphor and Chinaberry. Their seed-laden berries are spread by wind, water, wildlife and humans and the seeds germinate readily in natural areas.

For some plants we need to know whether they are male or female (aka dioecious where individual plants of the same species have either male or female flowers). This is typical of the hollies (Ilex species) with only the females producing berries. In this case, plant male and female plants near each other. Then the wind-driven pollen from the male finds the female and hence, little berries appear and mature.

Berries are seasonal. After they ripen they disappear quickly as either humans or wildlife harvest them. When the sugar content is just right, it is a race to beat the squirrels to our grapes. Since critters don't have a sweet tooth like humans, guess who usually wins?

A selection of plants with ornamental berries include:

- Common Name/Botanical Name/D (dioecious) and berry color
- Awabuki sweet viburnum/*Viburnum odoratissimum* var. awabuki/red into black
- Beautyberry/*Callicarpa americana*/magenta
- Blackberry lily/*Iris domestica*/black
- Blueberry species/*Vaccinium* spp./blue
- Dwarf Indian hawthorn/*Raphiolepis indica*/black
- Firebush/*Hamelia patens*/red into black
- Firethorn/*Pyracantha coccinea*/orange-red
- Fringe tree/*Chionanthus virginicus*/D/black
- Golden dewdrop/*Duranta erecta*/golden-yellow
- Holly species/*Ilex* spp./D/red
- Jaboticaba/*Myrciaria cauliflora*/purplish-black
- Japanese aralia/*Fatsia japonica*/black
- Japanese aucuba/*Aucuba japonica*/D/red
- Japanese yew/*Podocarpus macrophyllus*/D/blue
- Leatherleaf mahonia/*Mahonia japonica* 'Bealei'/blue
- Loquat/*Eriobotrya japonica*/golden-yellow
- Saw palmetto/*Serenoa repens*/black
- Simpson's stopper/*Myrcianthes fragrans*/black
- Southern red cedar/*Juniperus virginiana* var. *silicola*/D/blue
- Walter's viburnum/*Viburnum obovatum*/black
- Wax myrtle/*Myrica cerifera*/D/bluish-gray

More books by topic...

- Bulbs: *Garden Bulbs for the South* -second edition by Scott Ogden
- Succulents: *Designing with Succulents* by Debra Lee Baldwin
- General: *Month By Month Gardening In Florida* by Tom MacCubbin
- General: *Southern Coastal Home Landscaping* by Stephen and Kristin Pategas (covers the whole state of Florida)
- General: *Florida Landscape Plants* by Watkins, Sheehan and Black
- General: IFAS publications are available from the Orange County Extension Office <http://orange.ifas.ufl.edu/> on Conway Road or at <http://solutionsforyourlife.com>.

While some books may be a bit dated, the plants in them haven't changed. However, some may now be known as invasive and not recommended. So do a bit of on-line sleuthing to get updated. Now we can have the best of both worlds with favorite reference books and the up to date web.



PHOTOS BY STEPHEN G. PATEGAS/HORTUS, OASIS

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AYESHA G. BULLOCK

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More Rest And Relaxation During The Holidays

In the midst of the December hustle and bustle - we all get more than enough of our share of stress. No matter how many times we may resolve to make "this year's holiday season different," I hear over and over that December inevitably wreaks havoc on stress levels, quality of sleep, enjoyment of the festivities, and the overall feeling of peace and happiness in the home.

I read a great article by Jeff Haden on LinkedIn last week entitled "Simple Ways to Sleep A Lot Better at Night." As we all need a bit more rest and relaxation during the holidays, I thought I'd share it here. Haden offers ten great steps to resting better. Due to its length, December's Park Press article will feature the first five of Haden's suggestions and January will follow with the remainder of the article.

Simple Ways to Sleep a Lot Better at Night by Jeff Haden

If you sleep like a baby - meaning you wake up crying every two hours - forget the Ambien and warm milk. Take steps to eliminate the stress and anxiety that keeps you awake.

Try a few of these:

1. Step back from one thing you really care about... but have no ability to impact. For some people it's politics. For others it's family. For others it's global warming. You care -- and you desperately want others to care. Fine. Do what you

can: Vote. Lend a listening ear. Recycle and reduce your carbon footprint. Do what you can do. Be your own change... but don't try to make everyone else change. They won't - unless they decide to on their own.

2. Stay out of other people's business. Help. Offer guidance. Encourage. Motivate. But don't gossip. Don't get mixed up in politics. It always ends badly. Never put yourself in a position where you're worried that Phil will tell Allen you said something snarky about Stu and... (yeah, it's a "Hangover" reference.)

3. Set up automatic warning systems. The larger your scope of responsibility - professional or personal - the more you have to worry about. Your list of concerns is endless. You're always on edge, especially at night. So you check your email. You text and call to make sure everything is OK.

The fear of the unknown drives you crazy. Instead of worrying about what you don't know, make sure you do know. Decide what you need to know when and set up systems to support you. Let your employees know what constitutes an emergency -- and, just as importantly, what doesn't. Create automated systems that notify you of problems.

A friend runs a 1,200-employee manufacturing plant. He has a separate phone for emergencies: Employees call that phone or send emails to emergency@. He turns off his regular phone at night and sleeps soundly, because he knows if something happens, he'll know. He won't have to check.

Determine what you need to know and create

systems to ensure you will know. Then you won't have to waste time and energy worrying about the unknown.

4. Be grateful for criticism. When you get feedback, at least someone cares enough to want you to improve: Your product, your service, your work, your life.... You only need to worry when no one cares enough to criticize you.

Criticism creates an opportunity. Embrace that opportunity.

5. Write it all down.

David Allen, the author of "Getting Things Done," told me this: Most people try to use their psyche as their systemic process, which means issues gain importance based on your emotions. I've never met anyone who said they didn't feel a little better if they sat down and made a list. Nothing changes when you write things down except how you engage with your issues: You can be objective and also be creative and intuitive.

Your head is for having ideas, not holding ideas, and it's certainly not for filing things away. Without exception you will feel better if you get stuff out of your head.

Try it. Write down your challenges. List your problems or concerns. I bet you'll start to feel better right away. You'll realize things aren't as bad as you think. You'll also start to figure out ways to make things better - because now you won't worry passively. You'll actively solve your problems.

Be well; Live Meaningfully. Ayesha

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

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Business Spotlight

Managing The Stress of The Holidays

By Dr. Neha Doshi, MD



DR. NEHA DOSHI

Though it should be the happiest time of the year, the holidays tend to be associated with stress and excess—overeating, overspending and overworking. This of course translates into weight gain, financial worries and fatigue due to lack of sleep. How we react and cope with these stressors defines the level of impact it has on our mind and body. Here are some helpful tips to guide you through the season:

- 1. Get adequate sleep.** We tend to sacrifice sleep over less important things, but sleep is vital. Sleep deprivation will just make stress harder to deal with. If you can nap, that's great. If not, a touch of melatonin can help.
- 2. Hang on to those diet and exercise routines.** It's tempting to "take a month off", but trying to maintain some exercise will actually lower stress. And weight gain due to holiday binging will just lead to guilt.
- 3. Have realistic expectations.** Be kind to yourself and be willing to just say no sometimes.

You don't have to attend every party and participate in every tradition every year. The holidays don't have to be perfect.

- 4. Stay Healthy.** All those close knit festivities lead to easy spread of viruses. Couple this with lack of sleep and poor diet, and your immune system will not be your friend. Stay on your routines and consider some vitamins on a daily basis (like Zinc and Vitamin C)
- 5. Remain Connected.** If not your friends and family, find someone you can talk to. The holidays can be lonely for some and bring back unwanted memories for others. Most insurance plans cover at least 6 free sessions of counseling per problem per year.

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

NEHA DOSHI, MD

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— Vanessa Harwood, former Principal Dancer of National Ballet of Canada

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— Vikki Carr, singer & four Grammy Awards winner

"The dances were graceful, delicate, and beautiful!"

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— Anna Liceica, former soloist of American Ballet Theater



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pop culture detours by George McGowan

How About Putting Some Lovely Voices On Your Christmas/Hannukah/Kwanza List?

If you have read this column for any length of time, you know that I love the female voice. I have mentioned Neko Case, Annie Clark, Alison Krauss, Zooey Deschanel, and several others on these pages. Heck, I can easily get stuck playing Aretha Franklin over and over. Sometimes I think I should simplify my life and just play the entire Aretha catalog day-in and day-out.

But, alas, I also have a short attention span. I am always looking for the next thing in music. It is my blessing and my curse. Perhaps, I can share my blessings or seek absolution for my curse by offering you some suggestions for new music for the music lover in your life. Specifically, the music lover like me, who loves the female voice.

For those of you who like dreamy pop like Zooey Deschanel sings with her music partner M. Ward in She & Him, I would like to suggest you try Tennis. Not the sport, the band! Tennis is another duo, with Alaina Moore on vocals and Patrick Riley on guitar. This couple met in college, married and began to make beautiful pop music together. Tennis has a new EP, "Small Sound" out now, but all of their music is wonderful, fun and breezy. Perfect for a Florida afternoon, even in the dead of winter.

For fans of Neko Case, I can suggest Karen Elson. When Neko recently came through Florida on her latest tour, Miss Elson was the opening act and was captivating. Not tough to do for a model with an angel's voice! I had heard of Karen Elson, but only knew that she was once married to Jack White of the White Stripes, the Raconteurs and the Dead Weather. But Karen is a great performer in her own right and delivers gothic-tinged twangy rock on her 2010

release, "The Ghost Who Walks." Another band that delivers countrified rock and roll in this vein is Those Darlins, who have a new album, "Blur the Line."

For more traditional country sounds, like my favorite ethereal voice, Alison Krauss, there is Austin, Texas born and bred Sarah Jarosz. Sarah is a virtuoso mandolin, banjo and guitar player and is delivering great roots music on her latest, "Build Me Up From Bones," recorded during Miss Jarosz' final semester at the New England Conservatory of Music! She sings with great authority for someone so young (just 22) and commands your attention with her swings through all sorts of traditional tempos and arrangements.

For pure pop music in the style of Lady Gaga, Katy Perry, etc, can I suggest you introduce your kids to CHVRCHES, POLIÇA, or Alpine? CHVRCHES hails from Scotland and deliver pop music with exceedingly better lyrical content than our American pop divas. Their song "The Mother We Share" should be blasted at every middle school dance from coast-to-coast. POLIÇA is a little less exotic, hailing from Minneapolis, but they deliver synth pop like the best of Europe. "Chain My Name" is the first song on their latest album, and is one of those songs that demand you to get up on the dance floor. Alpine offers vocal harmonies wrapped in little music packages. They are from Australia and their latest is "A is for Alpine."

My daughter would kill me if I didn't mention the latest from M.I.A., "Matangi." M.I.A. is the Sri Lanka born rap diva who took the world by storm with "Paper Planes" which became a hit in the summer of 2008. Her latest album continues her exploration of eastern sounds and hip-hop. She delivers again with some very interesting takes on girl power in the



SARAH JAROSZ

new millennium. M.I.A. is an acquired taste, but this one is worth a listen as it is a return to form after the disappointment of her previous album, "Kala."

My final recommendation is for those of you who love Annie Clark, who as you know performs under the name St. Vincent. From England comes Anna Calvi. Her latest is "One Breath" and is hard to describe. She croons and wails on the guitar much like Annie Clark, but delivers her songs like a diva. She's conventionally avant garde, unlike St. Vincent who lives to shock. While St. Vincent is obviously influenced by Talking Heads, Anna Calvi seems influenced by David Bowie. Her songs have crazy interludes, but her voice is the center.

I hope you enjoy these varied and various female voices. These new artists are keeping the flame lit by famous female voices of the past alive. None approach the perfection of Aretha Franklin, but who could?

theater in the parks by Barbara Solomon

Our Love Is Here To Stay

CRAZY FOR GERSHWIN!

DIRECTED BY ROB ANDERSON, CHOREOGRAPHY BY ROY ALAN, STARRING ROY ALAN, NATALIE CORDONE, SHAWN KILGORE, KASEY SOLLENBERGER, VICTOR SOUFFRANT, KATE ZALOUMES

Winter Park's love for its only musical comedy theatre is certainly here to stay, as proven by the audience reaction (and mine as well) to its latest production, "Crazy for Gershwin." This show is a compendium of some of the Gershwin brothers' most famous works, along with a few of the lesser known ones thrown in for good measure. One of my very favorites, adorably performed by the whole cast, is the little known "Back Bay Polka" from the movie "The Shocking Miss Pilgrim." It is worth seeing the show just to hear this song. But there is so much more—the beloved "Someone to Watch Over Me" from "Oh, Kay!" my very favorite all time ballad. Oh, and did I fail to mention the incredible dancing choreographed by Rob Anderson and Roy Alan. The very first ensemble number, the great song, "Kickin' the Clouds Away," showed the tap prowess of the entire cast in the cutest way possible. What's better, the dancing or the singing? Definitely a moot point.

So let's highlight what I thought was each performer's stellar number. I felt Natalie Cordone almost stole the show with her genuine charm, beauti-

ful soprano voice, and unbound enthusiasm. She was perfect in "Little Jazz Bird," acting as well as singing and dancing the part. Natalie took center stage and absolutely outdid herself! Kasey Sollenberger used all of her cuteness in "Do, Do, Do," as well as "Aren't You Kind of Glad We Did?" A special treat was Roy Alan's tap number, "Lady Be Good." It was oh so sweet and lovely, with each individual tap resounding throughout the theatre—not just the usual time step but Roy's inimitable complicated choreography. When he danced with Natalie to "I've Got a Crush on You," it was reminiscent of Fred Astaire and Ginger Rogers; Ned Wilkonson's accompaniment on the guitar made it even more special. Victor Souffrant brought the house down with his rendition of "My Sweet Embraceable You," singing it a second time in Spanish, his native language. Kate Zaloumes did a wonderful job with "Someone to Watch Over Me," her beautiful voice again enthralling the audience when she sang "Summertime" in Act II. And we cannot forget the fabulous baritone of Shawn Kilgore, highlighted in "Long Ago and Far Away."



CRAZY FOR GERSHWIN!, NOW PLAYING AT THE WINTER PARK PLAYHOUSE, DECEMBER 5-14, 2013.

Act II ends on a high note—one of my favorites, the entire cast in "Love Is Sweeping the Country" from "Of Thee I Sing," and last but not least, "Our Love Is Here to Stay." It certainly is, for the Gershwins, but most of all for The Winter Park Playhouse, which always puts on a marvelous production. This was one of the best!

Don't miss it!

BARB'S BEST BETS FOR DECEMBER:

"A Christmas Carol" at Theatre Downtown and "The Light in the Piazza" at Mad Cow.

Have a wonderful holiday season and be thankful for the wonderful theatre we are blessed with in the Parks!



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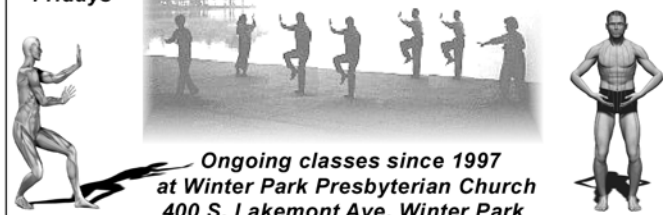
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schools



Aloma Elementary

PRINCIPAL DR. DREW A. HAWKINS

Thank you goes out to those who were able to come to Aloma and share their expertise during Teach-In on Wednesday, November 20. The students learned much through the time you were able to spend with them.

The School Advisory Council will meet on Tuesday, December 3 at 8:00 a.m. in the principal's conference room. After the holidays, the School Advisory Council will meet again on Tuesday, January 7 at 8:00 a.m.

School will be closed for the holidays from December 23 through January 3, with the students returning on Monday, January 6. Don't forget to spend some time reading with your children. It's a lot of fun, a great way to spend time together, and will help them stay ready for the new year. We wish everyone a safe and restful holiday full of fun. As always, we appreciate your help and your support! We are "Team Eagle: Every Student! Every Day!"



Brookshire Elementary

PRINCIPAL DR. MARC RUMMLER

It's a great time of the year. The weather is cooling off and the students are excited about the holiday break. Our fifth-grade students will be performing a holiday musical the evening

of December 17 to celebrate the season. Many families will have a hard time celebrating this season due to financial difficulties. This is an excellent time of year to teach children the importance of giving to others. Parents can model this behavior by helping a neighbor or making a donation. Children can sacrifice a present or two to a good cause. It's a good time to help those in need.

The staff of Brookshire wishes every family an enjoyable, relaxing, and safe holiday season.



Dommerich Elementary

PRINCIPAL DR. JUNELLA HANDLEY KREIL

It is hard to believe, but we have already wrapped up our first marking period. Dommerich is a place where we love learning and are wasting no time getting fully immersed in it! Thank you to our families, for attending our November report card Conference Night and for their tremendous everyday support. Thank you to our teachers, students, and volunteers - our campus is alive and humming with learning taking place before, during and after school every day. Your hard work is appreciated!

As we approach the holidays, get ready for a calendar full of fun events! Dommerich will be ice skating in Winter Park on December 5, exploding with excitement at Family Science Night on December 10, Walk n' Rolling to school

on December 11, and singing along with our 5th Grade Chorus Holiday Program on December 18. When winter break arrives, we will be ready for some quality family and rest time!

We wish everyone a joyous holiday season, safe winter break, and successful end to your 2013 year!



Fern Creek Elementary

PRINCIPAL DR. PATRICK GALATOWITSCH

It's been an interesting and exciting ride so far here at Fern Creek Elementary! Our community partners and volunteers have proven countless times that "it takes a village to raise a child." Through sharing resources and creating meaningful connections, we are able to offer our students academic and social opportunities they may not be able to experience elsewhere.

We are very excited to announce that the Blue Man Group at Universal Studios Orlando has recently partnered up with Fern Creek. We are so excited to cultivate this partnership and reap the many rewards they are able to provide. Blue Man Group is sponsoring a school-wide art contest. Winners who are selected (one from each grade level) will have the sensational opportunity to see the Blue Man Group perform live!

Not only is Blue Man Group sponsoring this contest, but they are also providing volunteers to create snack packs and fulfill clothing requests, they are donating food and clothing, and encouraging their own staff to be Fern Creek mentors, with chances for our students to interview the "Blue Men" and so much more.

It is because of partners like the Blue Man Group that we are able to support and provide involvement beyond the classroom boundaries. The benefits these partnerships bring to the table are simply immeasurable and provide unique experiences for our students to remember for the rest of their lives.

If you feel moved to lend a hand, we warmly welcome your involvement in the life of our school. To inquire about opportunities to become involved, please contact the school principal at galatop@ocps.net.



Glenridge Middle School

PRINCIPAL TREVOR HONOHAN

Excellent things continue to happen within the four walls of Glenridge Middle School on a daily basis. We are firmly planted within the second nine weeks of the school year.

Initial benchmark assessments have been completed and teachers are making data-driven decisions on how to proceed with their focus calendars. Parents continue to play a vital role in the lives of our students. Their support at home and on campus as volunteers is providing our children with a climate of safety that is conducive to learning. Teachers are working extra hard and students are really focusing on what's important.

Please continue to visit all of the links embedded in this newsletter and stay in close communication with your teach-

ers. Glenridge Middle School is redefining education in the 21st century and making small changes that will build upon an already strong foundation.

Thank you for your continued support. Please contact me anytime!



Lakemont Elementary

PRINCIPAL DR. BRENDA CUNNINGHAM

YeeHaw You! Lakemont added an exciting new way to celebrate our students' academic successes. During an assembly at the end of the nine weeks students, parents, and teachers gathered to recognize the accomplishments of EACH student from first grade to fifth grade (kindergarten students celebrated in their individual classrooms). Classmates were able to cheer their friends on as teachers awarded students and students were given their special moment in the limelight. Parents snapped photos, students smiled and posed, teachers beamed, and I clapped proudly for each one of my Lakemont Leopards. Also, a special song was written and performed by the Lakemont staff to let the students know how wonderful they are.

We are excited this year to be able to expand the number of our after-school clubs. Of course, our very popular Running Club is well attended, as expected! An additional feature has been added this year which allows super runners to follow a route through our neighborhood, led by parent volunteers. The students look terrific in their Running Club shirts and they seem very proud of all of the miles they are putting in.

Back again for a second year, is our Math Club. The East Area Mathletes Event was held at Lakemont last week, with nine school teams competing. It was a great afternoon, and it's rewarding to see so many young students excited about math computation and problem solving! Our Lakemont Team is still relatively new, but we look forward to winning the trophy at the next event!

Two of our new clubs this year are the Chess Club and Dramatic Paws. Both are very popular, with more than two dozen participants learning and practicing chess moves and about a dozen young actors eager to participate in all things thespian! We look forward to future competitions and presentations with these groups.



Maitland Middle School

PRINCIPAL DR. STEFANIE C. SHAMES

I am thankful for all of the support I have received from the students, parents, community, faculty and staff since arriving at Maitland Middle School. We have had many successful events such as Meet and Greet, Halloween Dance and Film Festival, Book Fair, Walk and Roll, Model Water Tower Competition, Fine Arts Performances and Athletic Events. There were so many that were executed so well because of your support!

Parents, it is possible to receive alerts through Progress Book to help you monitor your child's grades. Once logging in to ParentAccess, go to My Ac-

Continued on page 22

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Continued from page 21

count, choose the Manage Alerts tab, and check the alerts you would like (for example Missing Assignments/Low Assignment Marks), and add your email address. I encourage you to take advantage of this feature.

We are in the process of updating student information in our computers. It is possible that if you did not provide an email address when your child entered OCPS in kindergarten the school never received the information. All students will bring home a notice so that we can update our records, which will permit you to get email messages when Connect Orange phone calls are made to your homes. We have also added a feature on the right side of our website, "Sign up for our MMS Newsletter," and we can update school records from there as well. The information will be sent to our registrar, Ms. Bressler, if you would like to contact her directly.

Thank you to all of the parents who use the front of the school for car pickup and drop-off. We have had a wide line painted so that students do not walk too close to moving cars. With the cars moving down to the end and students walking to meet the cars, we are typically finished by 4:10 at the latest. I must ask once again that you pick up and drop off your child in the car line on Thistle. It is much safer.

I invite you to attend our next SAC and PTA meeting on Tuesday, January 7, 2014. SAC begins at 6 p.m. in the media center. At 6:30 we have a joint meeting during which time there is a principal's report, teachers' reports by department and committee reports from PTA. The PTA business meeting begins at 7 p.m. All parents and community members are welcome. I believe you will find the information that is shared to be invaluable.

If the beginning of this year is any indication, the rest of this year will be awesome!



Park Maitland School

PRINCIPAL CINDY MOON

Patriotism is alive and well at Park Maitland School! Clad in varied assortments of red, white and blue, Park Maitland students stood proud and strong in recognition of those who have served on Veteran's Day. This student-led tribute was meant to honor and thank the 50 plus men and woman veterans who attended and all veterans! From a tiny four-year-old belting out the Star-Spangled Banner, flag folding ceremonies, drill teams and color guards, touching student created videos to a solemn moment of "Taps," the children showed their thanks and love of our great country! One highlight included a rousing medley of all our armed forces "fight songs" sung by the Singing Eagles, Park Maitland's glee club. The honorable keynote speaker, Colonial Larry Redmond, a veteran of 24 years of service and honored with the Silver Star, two Bronze Stars, and the Purple Heart, spoke of the privileges and freedoms granted as a result of the sacrifices made. Things as simple as buying toothpastes and choosing a favorite cereal were simple illustrations given to show the young audi-

ence how fortunate they are to be an American. Everyone left with a sense of pride and gratitude for our veterans and their supreme sacrifices!



St. James Cathedral School

PRINCIPAL MRS. GERRI GENDALL

We are very proud of our strong, faith-filled Catholic community which is reflected in our service to the local community. We are truly blessed with students, faculty, and parents who live our school motto, "Come to Learn & Leave to Serve."

Boy Scout Troop 200 recently held their Fall Court of Honor. Eighteen SJCS alumni and students earned 58 Merit Badges and 11 Rank Advancements, including Cesar Sabogal, SJCS Class of 2010, who earned the rank of Eagle Scout. The Eagle Scout Rank is the highest rank attainable in the Boy Scout program of the Boy Scouts of America. In addition, six SJCS students are eligible for election to the Order of the Arrow. The Order of the Arrow serves as Scouting's National Honor Society, recognizing Scouts who best exemplify the Scout Oath and Law in their daily lives. Troop 200 held their fall elections and four St. James students (former and current) were elected: Sam Pellegrino, Tom Bush, Luke Metcalf, and Christian Stanfill.

On November 2nd and 9th, Troop 200 Boy Scouts participated in Scouting for Food, the largest one-day food drive in the Boy Scouts of America. All food items collected were delivered to the Second Harvest Food Bank to help stock their shelves for the upcoming holiday season. Scouting for Food is a project rooted in the very foundation of the Scouting movement and its dedication to implement the Scout Slogan: Do a good turn daily.

The SJCS community has benefitted from numerous Eagle Scout Projects that have improved our campus that includes: wooden decks, trophy cases, wooden benches, book cases, and a grotto honoring our Blessed Mother.



Trinity Lutheran School

PRINCIPAL MELISSA BERGHOLT

Merry Christmas and Happy Holidays! Trinity Lutheran School is kicking off the season with our first through eighth-grade students performing their annual Christmas program at Lake Eola in "The Gift." The name of this year's program is "We Three Spies." Join us on Friday, December 6 at 6:00p.m. near the downtown stage to see the mayor light the Christmas tree, the TLS musical and more!

December is a month packed with celebration, community and festivities among TLS families. Our VPK and Kindergarten students will perform their annual Christmas program on Thursday, December 12, in our sanctuary.

This is the season for giving and the students, staff and families of TLS are in full swing. We collected candy for Operation Gratitude to send to the troops overseas; the Middle School students went and served

lunches at the Ronald McDonald house and they are selling brownie pops to help the victims of the typhoon in the Philippines; and our Chapel offering this month has the students bringing in canned goods for one of our local food pantries.

We will come together again for our final Chapel before Christmas break (Friday, December 20) to watch our middle school puppet team in action! Our eighth graders love to make the puppets sing, dance and be humorous as they entertain the entire student body. Our day will continue with Christmas parties, love and joy as we celebrate the birth of our Savior!



Trinity Preparatory School

PRINCIPAL CRAIG MAUGHAN

Many special arts performances and activities fill the month of December at Trinity Prep. We will have a musical theatre production of "Altar Boyz" and separate holiday concerts featuring strings, band, jazz and percussion, and vocal performances. Our annual Lessons and Carols chapel service is also a showcase of artistic talent with performances by several of our musical groups.

The middle school has a very special event in the month of December. The seventh grade culminates their study of Charles Dickens's "A Christmas Carol" with an entire day of Victorian holiday-themed activities.

The public is invited to join us for a Holiday Arts Bazaar on December 4 from 8:00 a.m.-4:30 p.m. which will feature more than twenty-five craft artists selling unique hand-made items including Winter Park Soap, Orchid Treasures Jewelry, and artwork by TPS visual arts faculty. Food will be offered by the Whompa Chompa Food Truck.

Congratulations to our Boys Cross Country team on their recent State Championship! We are very proud of the team for bringing home the state championship for the fifth time in school history.

We are also proud of one of our graduates, Shyam Sankar, Class of 2000, who was recently named to CNN's Ten Thinkers List, which recognizes "visionaries whose ideas are shaping our future." Sankar leads a

team of engineers at Palantir Technologies in Palo Alto, California which helps the federal government fight financial crime by analyzing data.



Winter Park High School

PRINCIPAL TIM SMITH

The Winter Park High School Circle of Distinction is comprised of outstanding alumni who have made significant achievements in business, education, science or public service. Nominations for individuals to be considered for selection are accepted any time throughout the year. All eligible nominees must have graduated from Winter Park High School ten or more years from the present date and can be awarded posthumously.

Recently, Winter Park High School graduate, former Senator Ken Plante was nominated for his distinguished service in the Florida Senate. A Republican born in Orlando, Ken Plante was elected to the Florida Senate from Winter Park in 1967. He served until 1978 during a time when the Senate had few Republicans and many had moderate views. Mr. Plante later became a lobbyist and created The Florida Association of Professional Lobbyists, an association of lobbyists designed to improve ethics among special interest groups. Mr. Plante has developed a reputation as "one of the good ones in Tallahassee." He is known for his firm stand on ethics and is universally trusted and admired by lawmakers in Tallahassee. Former Governor Jeb Bush credited Ken Plante for helping him navigate his way with Florida lawmakers during his term. Despite having a serious health condition, Mr. Plante is forging ahead with plans to write a book and is looking for a state university to create a school like the Kennedy School of Government at Harvard.

Mr. Plante was officially inducted into the Winter Park High School Circle of Distinction on Saturday, November 9, 2013. Winter Park High School is honored to add another distinguished graduate to the Circle of Distinction.

Meet Lexi Reed from Disney's A.N.T FARM



**The Maile School Welcomes
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COMMUNITY CALENDAR

Audubon Park Garden District Events

Ongoing Events

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

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

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

Now - January 5 Leu's Holiday House – Thirty-minute tours of the Harry P. Leu Gardens museum that was built in the late 1880s are given on the hour and half-hour starting at 10:00 a.m. with the last tour of each day at 3:30 p.m. every day, closed Dec. 25. Leu Gardens is located at 1920 N. Forest Ave. For more information please visit www.leugardens.org. or call 407-246-2620

December 6 Date Night – 7:30 p.m. at Harry P. Leu Gardens - Pack a dinner picnic basket and a blanket or chairs, alcohol is permitted. For more information and movie selections please call 407-246-2620 or visit www.leugardens.org.

Baldwin Park Events

December 14 Jingle Bell Run/Walk – 7:30 a.m. at Lake Baldwin. Proceeds benefit the Arthritis Foundation. For more information please call 800-672-0882.

February 4 7th Annual Out of Darkness Community Walk – 9:00 a.m. at Lakemont Ave. to benefit the American Foundation for Suicide Prevention. For more information please visit www.outofthedarkness.org or call 407-646-2227.

College Park and Orlando Area Events

Ongoing Events

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

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

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

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

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

Now - December 11 HFUW Baby Supplies Collection – The Heart of Florida United Way (HFUW) is focused on Collecting various baby supplies to benefit at-risk mothers and infants in Orange, Seminole and Osceola Counties. For more information please call 407-429-2136 or visit www.hfuw.org

December 6 Holiday Lights Orlando – Festivities begin at 4:00 p.m. with a tree lighting ceremony at 6:15 at Lake Eola Park. This event also includes the sixth presentation of Trinity Lutheran Downtown's musical celebration, as well as the showing of the cartoon version of "How the Grinch Stole Christmas."

December 7 OUC Orlando Half Marathon & Track Shack Lake Eola 5K - 7:00 a.m. at Lake Eola. This race is limited to 4,500 participants. For more information or to register please visit www.trackshack.com.

December 7 4th Annual Florida Youth Symphony Holiday Concert – 4:00 p.m. at the Lake Eola Amphitheater. The concert is performed to help gather donations and collect gifts for kids in need and to support the Sal-

vation Army's Angel Tree Network.

December 7 Orlando Pottery Festival – 9:00 a.m. - 5:00 p.m. at the Loch Haven Neighborhood Center located at 610 N. Lake Formosa. For more information please visit www.orlandopotteryfestival.org.

December 8 Downtown South Holiday Tree Lighting Ceremony – 6:00 a.m. at Lake Beauty Park. This event is free and open to the public and features the Orlando Philharmonic Ensemble, carolers, free refreshments and more. For more information please visit www.DowntownSouthOrlando.org.

December 12 Holiday Movies at Lake Eola Park - 7:00 p.m. featuring the movie "Elf" at the Lake Eola Amphitheater.

December 14 Meet Lexi Reed from Disney's A.N.T. FARM – 10:00 a.m. - 1:30 p.m. and 2:30 p.m. - 6:00 p.m. at The Maile Image, Modeling & Acting School. For more information please call 407-628-5989.

December 30 Florida Citrus Bowl Parade - 10:00 a.m. along the streets of downtown Orlando. For more information please call 407-423-2476.

January 9 The Orange County Retired Educators Meeting - 10:00 a.m. at College Park United Methodist Church located at 644 W. Princeton Street. Anyone who has worked in education is invited to attend. For more information please visit www.ocrea-fl.org, or call 407-677-0446.

January 25 Seasons 52 Park Ave 5.2K presented by Florida Hospital - 7:30 p.m. in Central Park on Park Avenue. This race benefits the Boys & Girls Clubs of Central Florida, the Joe R. Lee Branch in Eatonville and the Track Shack Foundation. For more information and to register please visit www.trackshack.com or call 407-896-1160.

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily

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

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

Second Friday each month (November 2013 through April 2014) Culture Pop! – 7:00 - 11:00 p.m. at the Art & History Museums - Maitland. This event features a Clothesline Show of artworks highlighting Central Florida artists. Cost is \$5 per person, and free to current members. For more information please visit www.artandhistory.org.

December 7 City of Maitland's Season of Light The Waterhouse Residence Museum is open from 12 noon to 7:00 p.m. and the Dickens Carolers will perform at 5:35 p.m. and 6:00 p.m. For more information please visit www.ArtandHistory.org

Winter Park Events

Ongoing Events

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

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

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

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

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

Every Tuesday, Friday and Saturday Winter Park Benefit Shop – the shop is located at 140 West Lyman Avenue

DECEMBER HIGHLIGHT



December 30 Florida Citrus Bowl Parade – 10:00 a.m. along the streets of downtown Orlando. For more information please call 407-423-2476 or visit <http://floridacitrusparade.com/>

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

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

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

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

Now - January 5, 2014 Winter in The Park Ice Skating Rink – various times in Central Park West Meadow. For more information please visit www.cityofwinterpark.org.

December 5 Annual Holiday Arts Bazaar – 8:00 a.m. to 4:30 p.m. at Trinity Preparatory School. This event is open to the public and for more information please visit www.trinityprep.org.

December 5 Garden Talks, presented by Stephen and Kristin Pategas of Hortus Oasis, featuring "Contain It! - All About Container Gardening" - Noon to 1:00 p.m. (bring lunch) at the Winter Park Public Library. Cost is \$5 per session. For more information and to register please call 407-623-3279, or visit www.wtpl.org.

December 5 Christmas At The Casa – 6:00 p.m to 8:30 p.m. at the Casa Feliz. The event includes the Belles & Bows Quartet, portraits opportunities with Santa, and refreshments.

December 5 35th Annual Christmas In The Park – 6:00 p.m. in Central Park.

December 6 Holiday Tree Lighting Ceremony and Holiday Stroll – 5:00 p.m. in Central Park.

December 6 Popcorn Flicks – 7:00 p.m. featuring the showing of "White Christmas" in Central Park.

December 7 15th Annual Leadership Winter Park Pancake Breakfast – 7:00 a.m. to 10:30 a.m. in Central Park. Cost is \$6 for adults and \$4 for children. This event is presented by Fannie Hillman and Vason Construction. For tickets and more information please visit www.winterpark.org. or call 407-644-8281.

December 7 Ye Olde Hometown Christmas Parade – 9:00 a.m. along Park Avenue.

December 8 - 22 Fourth Annual Winter Park Window Contest - Participating merchants along Park Avenue and Hannibal Square display their holiday best. For more information please visit www.cityofwinterpark.org.

December 12 - 14 Performance of Almost, Maine by the Winter Park High School Drama Department - 7:00 p.m. Thursday-Saturday and 2:00 p.m. on Saturday at the Winter Park 9th Grade Center, 528 Huntington Ave. Cost is \$10, for more info 407-622-3200.

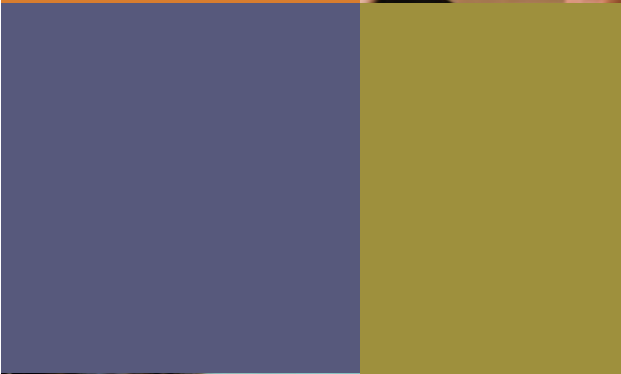
December 19 - 20 Living Nativity – 7:00 - 9:00 p.m. at Winter Park Presbyterian Church located at 400 S. Lakemont. For more information regarding this free event please call 407-647-1467.

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