

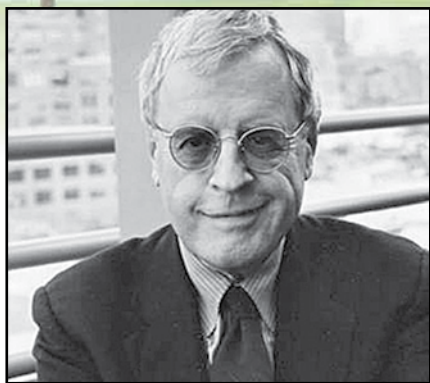
The Park Press

JANUARY 2014

~ Positive news that matters ~

FREE

Winter Park | Baldwin Park | College Park | Audubon Park | Maitland



Winter with
the Writers

08



Health &
Wellness

11



In the
Garden

17

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

On The Move!

Many of you look at historical buildings as a treasured part of our history and feel a type of kinship to those individuals who may have walked the same paths and called these dwellings home. The vastly different types of architecture represented in our cities mark the passing of each decade one by one. Two significant events this past month proved to us that now more than ever, respecting our historic structures is important and worth fighting for.

On December 8 Grant Chapel, A.K.A. the Winter Park Wedding Chapel, was moved from its original location on New England Avenue in Hannibal Square. The chapel was built 1936 and was very carefully and slowly moved to what will serve as its new home at 216 W. Lyman Avenue. Just a two block move, but any time you see a building unearthed, balanced on steel beams, and wheeled down the street at a snail's pace, you can expect to draw quite a crowd.

Grant Chapel, which is owned by well-known developer Dan Bellows, remained empty for many years until the owners of Winter Park Photography, Steve and Suzanne Graffham, approached him with a lease opportunity to use the building as a studio. In 2008 they established it as the Winter Park Wedding Chapel, and have conducted over 500 weddings at the site. They also host renewal of vows, baptisms and life celebrations. The church which was rich with history was revitalized, and has been growing in local and international appeal ever since.

Mr. Bellows wanted to free up the land for future



Above, the Capen House moving across Lake Osceola. Photo by Phil Eschbach. At left, aerial photo of the Winter Park Wedding Chapel arriving at its new location. Photo by Steve Graffham.

development that the church was on, so he - along with city leaders and the Graffhams - began to look at possible solutions to keep the building. Mr. Bellows decided to relocate it to another one of his properties and the Graffhams agreed to a new lease at the new site. Also, Grant Chapel will finally be placed on the National Register of Historic Places. The move took seven days to prepare and took nine and a half hours for Modern Movers to move it along New England and New York Avenues.

When you raise hundreds of thousands of dollars and your plan is to move a 128-year-old house, in two sections, over an in ground swimming pool and across a lake, you surely expect some attention. The moving of the Capen House on December 11 and December 19 from where it was built in 1885, across Lake

Osceola to its new home at the Albin Polasek Museum and Sculpture Gardens. had helicopters from multiple media outlets hovering to document the event.

Many would ask why these historical buildings had to be moved. As it turns out, neither had historical designations placed upon them and both were in jeopardy. From impending wrecking ball to make room for new development, to a completely new address, what a story!

As the second oldest home in Winter Park, the Capen House had similar challenges. The new owners purchased the lakefront home with the intentions of removing and rebuilding on the lot. Many in the community started to rally as the new owners made many aware of their intentions. Creative minds that were passionate about preserving history got together and the Albin Polsek Museum & Sculpture Gardens located at 633 Osceola Avenue came into play.

Continued on page 8



New Patient Special!
BOTOX® Cosmetic for \$8.99 per unit

CoutureMedSpa.com • 321-377-1283

INSIDE THE PARK PRESS

Editor's Message	3	Real Estate	18
News	4	Arts and Entertainment	19
Business	15	Schools	20
Garden	17	Calendar of Events	23

PRSRST STD
US POSTAGE
PAID
WEST PALM BCH FL
PERMIT NO 4595

PUBLISHER RICK CABLE
rick@theparkpress.com

EDITOR TRICIA CABLE
tricia@theparkpress.com

ART DIRECTOR JILL SHARGAA

ADVERTISING SALES JAN CHALHOUB
jan@theparkpress.com
advertising@theparkpress.com

EDITORIAL CONTRIBUTIONS AND WRITERS

Janna McGowan, John Gill,
George McGowan, David Ciambella,
Barbara Solomon, Scott Richardson,
Stephen and Kristin Pategas,
Ayesha G. Bullock, M.A., Scott Hillman

PHOTOGRAPHY Steve Graffham, Tricia Cable,
Scott Richardson

DISTRIBUTION SUPPORT Jimmy Segal

The Park Press, LLC, Winter Park, Florida

Office: 407-644-6760

E-mail: info@TheParkPress.com

VISIT US ON THE WEB www.TheParkPress.com

QUESTIONS OR COMMENTS?

We want to hear from you! Send your submissions to *The Park Press* via e-mail at editor@TheParkPress.com. All submissions to *The Park Press* become the property of this publication and will not be returned; they may be edited and published or otherwise used in any medium.

RECEIVE YOUR COPY OF *The Park Press* EACH MONTH BY MAIL

The Park Press is free at various retail locations each month throughout the community. If you're not currently receiving our publication by mail, but would like to, please email your name and address to subscriptions@theparkpress.com. The 12 month subscription cost is \$15. For more information please call, or email our staff today. Please allow 4-6 weeks for your first mailed issue to arrive.

THE PARK PRESS IS PUBLISHED MONTHLY. ALL CONTENTS, LOGOS, AND ARTICLES ARE COPYRIGHTED MATERIALS AND ALL RIGHTS ARE RESERVED. ANY REPRODUCTION IN WHOLE OR IN PART WITHOUT PRIOR WRITTEN PERMISSION OF THE PARK PRESS IS STRICTLY PROHIBITED. THE PARK PRESS RESERVES THE RIGHT TO REFUSE ANY ADVERTISING MATERIAL FOR ANY REASON DEEMED INAPPROPRIATE BY THE PUBLISHER. ©2014 THE PARK PRESS, LLC

Publisher's Message



Rick Cable

As Americans, many of our traditions are created in our own unique way from those that were previously celebrated in history. When it comes to New Year's being a time to party, the credit goes to Julius Caesar. During his reign the Romans switched to the Gregorian calendar and the day became known as the Festival of Janus, the god of all beginnings and gatekeeper of heaven and earth. This was also the time they changed their government officials, so it was a time to feast and celebrate the new officials. Later, when Constantine accepted Christianity as their new faith, they kept the Festival of Janus as the New Year's Day and turned it into a

day of prayer and fasting. It was a day for all to turn over a new leaf, but many did not. Instead, they chose to continue to feast and celebrate.

Oh, and of course the Scots and Canadians come into play with the traditional playing of the song "Auld Lang Syne." It was written by a Scot named Robert Burns in 1788, and made popular by radio and TV show host Guy Lombardo and his band, The Royal Canadians. Now while I only know the first two lines, I have to come right out and say that this song just doesn't make any sense to me. Literally, it translates to mean "old long since." We don't use these three words together, and my acquaintances are surely never forgotten.

Well, here's to ringing in a new year in traditional American style with enough food, fireworks, and football to make Caesar proud. It's great to start with a clean slate, and perhaps make those resolutions that lead to a very

healthy and prosperous new year.

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

Rick

Rick Cable
Publisher/Founder

Like us on
Facebook

Auld Lang Syne Robert Burns (1788)

OUR PUBLICATION IS
MADE POSSIBLE IN OUR
COMMUNITY BECAUSE
OF THE SUPPORT OF
OUR ADVERTISERS.

WE THANK THEM FOR
SUPPORTING US AND
ASK THAT YOU PLEASE
KINDLY GIVE THEIR
PRODUCTS OR SERVICES
CONSIDERATION FOR
YOUR BUSINESS.



The Plaza Hannibal Square

Apartments and Office Suites
Available in Downtown Winter Park

Call Palmer for more info: (240) 506-2627



Office Suites
1,000-4,000 Sq Ft
Available

In' Town Apartments
1 and 2 Bedrooms Available
\$1,100-\$1,600

444 W. New England/ 362 S. Pennsylvania Ave



RICHIE SLOAN

C: 407.810.2475 | P: 407.367.2967

richie@cmpfl.com

www.cmpfl.com



**Certified
Mortgage
Planners**

**YOUR TRUSTED
RESIDENTIAL LENDER**

A Team of Experts Serving Central
Florida Families Since 1999

**New Home Loans
Refinances
HARP Refinances
FHA Back to Work Loans**

Another 'Auld Lang Syné...'

By Tricia Cable

Met my old lover at the grocery store, the snow was falling Christmas Eve... ha-ha, now that I've got your attention! Seriously, one of my favorite things, that seem to magically happen during the holidays, is running into people that you haven't seen in a while. Well, that, and listening to Dan Fogelberg sing about it.

Maybe it's an old co-worker who you were close to that you haven't seen since you stopped working together; or maybe one of your favorite relatives who you might only get the chance to see at weddings or funerals. Shoot, who am I kidding- if not for text, sometimes my close friends, husband and children wouldn't even know what I was up to. How sad is that?

It is pathetic to admit it, but sometimes- no matter how fond you are of someone and how much you enjoy spending time with them- your life takes you in a different direction. Making, or should I say taking, the time to get together and catch up, can seem like an act of Congress and always feels like you are robbing Peter to pay Paul. Certain things in our lives take priority: work, kids, etc. Once you schedule all the "must do" items on your calendar,

there is often very little time left in the day, week, month, and year for the "would love to" things.

Each year at this time, I invest in a new family calendar. I know, I know, so old school, but it is part of our process and without it, I would forget more appointments than I already do. The calendar hangs on the inside of our pantry door. It only includes personal appointments, no work, just who needs to be where and when and for what. Each member of the family has their own column and thanks to Sandra Boyton (creator of my personal favorite calendar) we even have stickers in order to draw attention to special events. I take it up an obnoxious notch by using a

slew of permanent markers in various colors and highlighters for that extra special touch. The first three to four months of the year are really over the top, but full disclosure, my excitement and attention to detail tends to wane around April.

I have the best of intentions during my annual planning sessions and I have learned to surround myself with people who are not easily offended if it takes half a year to catch up for a quick happy hour cocktail at Outback (and you all know who you are!). Shoot, when I travel for work, I barely have time to check in with my husband between meetings and client dinners. Add to that my occasional rendezvous with either Adam Levine while in Los Angeles or Vince Vaughn when visiting the Windy City and there is seriously little time left to phone home. I kid, of course, but you feel my pain. We are almost all in the same boat these days and I am sure that I am preaching to the choir where time management is concerned.

So this January my New Year's resolution is not to get organized, exercise or lose weight...who am I kidding? My plan is simple- spend an hour each week catching up with one of my favorite people. Whether by phone, email or in person, I am determined make time for the people in my life who make me laugh, challenge, and encourage me. How hard can that be? Shoot, I talk for a living, this is fullproof or is that foolproof....either way, Happy New Year!!

"My plan is simple - spend an hour each week catching up with one of my favorite people."



Care

to Keep Women Well... *for Life.*

Diane S. Mancini, ARNP-C, NCMP returns to Winter Park on January 6, 2014. As a certified family nurse practitioner and certified menopause practitioner by the North American Menopause Society, she knows that the best way to keep women well throughout all the unique stages of life is to provide comprehensive well-woman care and an array of non-surgical treatments.

Diane will start seeing patients, full time, from the new, beautiful Women's Health Pavilion located behind Winter Park Memorial Hospital on Edinburgh Drive.

A LIFETIME OF CARE TO KEEP WOMEN WELL

Abnormal Uterine Bleeding • Endometriosis and Chronic Pelvic Pain • General Gynecologic Care
Hormone Replacement Therapy and Bioidenticals • Menopausal Treatment and Counseling
Pelvic Pain • Pelvic Organ Prolapse • Patient Physicals • Providing Patient Education
Sexual Dysfunction • Urinary Incontinence and Interstitial Cystitis • Uterine Fibroids
Well-Woman Care Across the Life Span



Winter Park Women's Health Pavilion
100 N. Edinburgh Drive, Suite 102, Winter Park, FL 32792
407.303.4190 | www.McCarusGyn.com



**McCarus Surgical
Specialists for Women**
FLORIDA HOSPITAL MEDICAL GROUP



City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

As we begin 2014, we are excited for the full overhaul that our city's website, cityoforlando.net, will be receiving early this year. One of the big improvements to the site is that it will be much more mobile and user friendly.

For a sneak peek at what the layout will look like, check out our city's cemetery's website. greenwood-cemetery.net. While you may be wondering why you would need to check out Greenwood's website, there are actually many interesting events that take place there, since many of our city's veterans are buried there. The property is 82 acres of hills, green space and wetlands with scenic walking paths winding throughout the area. Built in 1880, our cemetery also provides free moonlit walking tours monthly, courtesy of the city's cemetery director, Mr. Don Price, that provide a fun lesson on our city's unique history. So if you are setting any resolutions for 2014, maybe learning about our great community could be one of them!

Another way to get in touch with our community is to stay informed. With our busy lifestyles, that becomes harder when we are always on the go. Keeping that in mind, I put together a list of free apps (besides those that support our local news outlets such as the Orlando Sentinel and television news stations) that may be beneficial to download to your smart phone or tablet that provide useful information about our Central Florida area.

1) Downtown Orlando ParkIN' - if you are

coming downtown for an event or just to have dinner or visit Lake Eola, check out this free app that helps you find parking locations and rates.

2) Amway Center - this app not only allows the user to check out upcoming events, but it also allows you to purchase tickets, sign up for discounts, look at seating charts and preview and preview songs from upcoming shows.

3) Florida 511 - this provides up to the minute traffic information and construction project updates for all major Florida interstates.

4) OCFL 311 - this app allows Orange County residents to report problems and stay up to date on community news. While the City of Orlando doesn't have access to the information reported on the app, the county has been helpful in passing along the information that relates to City issues to the appropriate Orlando staff.

5) Live Airport-Orlando - this is a great app whether you are flying or just picking up friends and family from MCO. All of the information is constantly updated so that it is accurate and timely.

6) Hurricane Tracker WESH 2 - good app that allows the user to monitor and track storms, but also links to other agencies to provide information on all emergency updates in case a storm does hit Central Florida.

7) OCFL Alert - receive information about all emergency notices, from traffic incidents, amber alerts, severe weather, boil water notices and more.

8) Healthy 100 Habits, Florida Hospital - a good app to download for the New Year if you are looking for motivation to live a healthier lifestyle. Provides accountability for creating healthy habits, as well as nutrition tips, recipes, and discounts on local products and services.

9) Sayfie Review - the Sayfie review is essentially a news clipping service that organizes all of Florida's political news, both state and local into an easy to read, at your fingertips format. The app also provides external links to newspapers, government websites, and more.

10) Florida State Parks Guide - this is a good way to find fun outdoor activities for the whole family; search all parks and beaches by activity or region, take a virtual tour and learn interesting facts as you walk a trail or visit a natural landmark, also has an alert feature that would allow public safety services or a designated contact to obtain your GPS coordinates in case of an emergency.

Also, please don't hesitate to contact my office if we can ever be of assistance. I may not always have the answer, but most of the time, I know where to find it. Thanks for your support of our Great City. I look forward to continuing to work together to build positive

-Robert

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

Great rates on Vehicle Loans.



Let State Farm Bank® put you in the driver's seat for less money.

From cars to trucks; motorcycles to RVs, let State Farm Bank® finance or refinance all the things that move you. **Bank with a good neighbor®.**

CALL AN AGENT FOR MORE INFORMATION OR VISIT US ONLINE TODAY.



John Psomas
922 Lake Baldwin Lane, Suite A
Orlando, FL 32814
Bus: 407-277-2997 Fax: 407-277-3682
www.johnpsomas.com



James E Ackerman
922 Lake Baldwin Lane, Suite A
Orlando, FL 32814
Bus: 407-277-2994 Fax: 407-277-3682
www.jimackerman.net



1001292

State Farm Bank, F.S.B., Bloomington, IL

OWENS
REALTY SERVICES



Global Expertise with a
Local, Personal Touch...

www.owens-services.com



If you are thinking about selling your home, we will be happy to provide a free market analysis.

Anne Millions-Roche
Broker
amillions-roche@owens-services.com
407-808-0798

Ashley E. Jacobs
Agent
ajacobs@owens-services.com
407-448-6310





Winter Park Mayor's Message

Mayor Ken Bradley



Ken Bradley

One of the best examples of this is when our city residents, our business community, and our city staff all work together for common goals. Even the most basic goals of making sure the water we drink is clean, the parks we play in are maintained, the roads we travel are safe, and the light switches we flip work. When a resident calls 911 in a panic, working together allows our public safety officials respond within minutes. When we conduct meetings or hold celebratory events in city buildings, working

together ensures a successful event. The ability to combine the needs of our community with 500 devoted city employee hearts is powerful.

Each year, although there are 497+ other city employees who are outstanding, the City of Winter Park selects three of these humble public servants who have gone above and beyond the call of duty to be recognized as the city's "Employee of the Year," "Firefighter of the Year," and "Officer of the Year." It is my great pleasure to introduce each of them to you.

When you see these three outstanding city employees, or any of our other humble hearts and hands that server our city, please take the time to thank them for their dedicated service

and helping make our city a place we are proud to call home. We will be recognizing these three Outstanding Employees of the Year at the Winter Park Chamber of Commerce's luncheon where I deliver my annual "State of the City Address" on Friday, January 17, at The Alford Inn. I invite you to join me to see other ways in which Winter Park works best when Winter Park works together. Congratulations to all three Employees of the Year!

Sincerely,

Kenneth W. Bradley

Kenneth Bradley, Mayor



Amy Giannotti

Employee Of The Year - Amy Giannotti, Assistant Environmental Resource Manager

In 2011, Amy joined the Lakes Division. Since then, she has exhibited an exceptional work ethic and demonstrated leadership qualities that have motivated the entire division and raised its level of performance. Amy has taken a leading role in employee safety training; developed a new more efficient and cost effective herbicide inventory management system; reduced the amount of hydrilla in our lakes to the lowest acreage in two years - saving over \$50,000 in treatment; and uses her extensive background in environmental education to share the best lake management practices with the public.

Her determination, coupled with her enthusiasm for science and lake management, has inspired other employees to learn the science of lake management and strongly enhanced the cross training effort throughout the division. All of Amy's accomplishments, expertise, public outreach efforts and professionalism have helped to save thousands of taxpayers' dollars and improve the image of the division and the City, not just among our residents, but within the greater environmental management community in Florida. Congratulations, Amy, for achieving the city's Employee of the Year!



John "Jack" Ryan

Firefighter Of The Year - John "Jack" Ryan, Firefighter Paramedic

Since November 11, 1996, Jack has served the people of Winter Park as a firefighter paramedic. After a stellar career with the Orlando Fire Department, Jack came to Winter Park Fire-Rescue with a tremendous amount of experience and leadership in the area of emergency medicine. Training others is one of Jack's most impressive skills; he has served as a paramedic trainer during his entire career with Winter Park. His supervisors all commented that "Jack is our go-to paramedic for training; his skills combined with his extensive years of experience make him a valued employee and most worthy of this recognition." While Jack has

literally responded to thousands of emergency calls during his career, his caring for the condition of his patients, combined with his excellent bedside manner, has been recognized by both his patients and fellow firefighters alike. Each and every response is a new learning experience for Jack and his student paramedics. Supervisors support the fact that he is one of our best paramedics and instructors. "He makes the time and enjoys sharing his experiences with new firefighters; we trust his abilities to lead our new people." Congratulations, Jack, for achieving Winter Park Fire Rescue's Firefighter of the Year!



Kaitlin Gonzalez

Officer Of The Year - Kaitlin Gonzalez, Officer

Kaitlin is a member of the Community Services Division who is a leader, team player, relationship builder, and most importantly, a strong role model and mentor for our city's youth. Her unquestionable gift of working with children has allowed her to develop solid formidable relationships with faculty, parents, behavior specialists and counselors at Brookshire Elementary, Lakemont Elementary, and St. Margaret Mary School. Her leadership in the Police Explorer post and management of the DayCare Reading program allows her to nurture our youth through daily reading, training, safety lessons, and discussion of discipline that fosters a tight bond and trusting mentor

relationship. Children are not the only ones touched by Kaitlin's talents. She also leads our women's SAFE program organizing the classes and providing invaluable safety information to women, one of our most vulnerable of populations. Within the department, Kaitlin is known for accuracy, timeliness, willingness to help wherever needed, and teamwork. She constantly strives to be the best at what she does and in doing so, motivates the rest of the unit to meet that level of excellence. Officers like Kaitlin are what make our city one of the safest cities in the county and we congratulate her for being awarded Winter Park Police Department's Officer of the Year!

NO SETUP FEES
NO ARTWORK FEES
NO MINIMUMS
24 HOUR TURNAROUND

**BUY ONE
GET ONE
FREE**

BIGFROG.com

BIG FROG
CUSTOM T-SHIRTS & MORE
321-972-8879
975 S. Orlando Winter Park, FL 32789
NANCYS@BIGFROG.COM
Facebook.com/BigFrogOrlando

CUSTOM T-SHIRTS AND MORE
FOR YOUR NEW YEAR

Spring Sports Custom Tote Bags
School Spiritwear
Tradeshows
After School Clubs
Spring Festivals
Business Polos Cause Walks

Santiago's
Bodega

a tapas-style restaurant & bar

Ivanhoe Village 802 Virginia Dr.
www.santiagosbodega.com
407-412-6979

Full Menu Available 11am- 1:30am
Happy Hour Daily 4pm-6pm & 11pm-1am
Saturday & Sunday Brunch Buffet 10am-2:30pm

Orlando ✨ Key West



Maitland Mayor's Message

Mayor Howard A. Schieferdecker



Howard A. Schieferdecker

What could be a more noble cause, one man's idea, shared with a few who shared with a few more; it became the mission, a community looking to honor its past and present heroes. Those who have agreed to be the protector of our freedom, the men and women of the armed services, who have answered the call of duty, with no regard to race, color, religion or part of the country we come from, we are "a band of brothers and sisters." We have been sent around the world to protect and enforce freedom which our ancestors entrusted to us. We swore an oath to do this where ever and when

ever needed.

On Sunday, November 10, 2013, we paid tribute to the young and old, members of the Air Force, Army, Coast Guard, National Guard, Navy, and Marines.

Along with the guests who came to thank and honor the veterans, local school children spent countless hours preparing their own special thanks in the form of banners and letters; and what a beautiful job they did, thank you Maitland school children!

The event featured the newly-formed Maitland Military Band, playing a variety of music while people registered and found their way to their favorite spot. At 4:00 p.m. precisely, the event began. The City of Maitland issued a Proclamation declaring the week of November 10 - November 16 as "Maitland

Maitland Salutes Its Veterans By Ivan Valdes,
Maitland City Councilman, U.S. Marine Corps Veteran



Ivan Valdes

Military Veterans Appreciation Week." The invocation was provided by a Navy Chaplain. The Young Marines (ages 9 to 18) performed the Colors Ceremony with the precision expected at a military event; this brought us all to attention, from the youngest members who are serving now to the oldest World War II Veterans in wheel chairs. During the National Anthem some saluted, others placed their hands over their hearts. The band proceeded to play a military medley honoring each of the different branches of service, as is tradition; those individual veterans stood for their particular branch in honor of those who have shared the training that entitled them wear that uniform. Our guest speaker, Retired U.S. Navy Captain and Purple Heart recipient Warren Hudson, spoke on the true meaning of The

Band of Brothers and its origin. The speech was short in words but so rich in history and meaning that I think for those of us who have worn the uniform, it will become a part of who we are.

No celebration would be complete without sharing the All-American meal of hot dogs, burgers, cake and ice cream that was enjoyed by all.

It is at an event like this that so many can come together with a common goal,

"To be thankful." While so many are thanking us for serving, we the veterans are also saying thanks, we are thankful that we were able to serve our country, it has been our honor. Semper Fi (Always Faithful).



County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



Ted B. Edwards

I hope you had a wonderful holiday season with your friends, family, and neighbors. Now that the New Year is upon us, it is time to adopt our resolution list for 2014. Please join with Orange County in our goal to recycle 50 percent of our waste by the end of 2014.

Orange County's municipal solid waste has a big impact on our environment. In 2012 alone, over 18 million tons of waste went into our landfill. This includes over 4.3 million tons of paper products, 3.9 million tons of construction and demolition debris, 3.6 million tons of metals, and 1.6 million tons of plastics. Many of these items are not biodegradable. This, coupled with the ever-shrinking capacity of our landfill to take new waste, has compelled individuals and governments to find new, more environmentally sound ways to dispose of our waste.

Recycling reduces the amount

of waste entering the landfill. Public and private sector organizations across Orange County recycled 9.6 million tons of materials, or 35 percent of the county's solid waste, in 2012. Some of the waste can be reused "as is" while the rest is reduced to its component raw materials for reuse in new products. Recycling also reduces the demand for environmentally unfriendly activities such as strip mining, fossil fuel exploration, and forestry in virgin woodlands. For instance, recycling one ton of paper produces an equivalent amount of raw material that would come from 17 trees. Recycling is also more energy efficient than exploration for new sources of materials. Recycling of aluminum cans saves 95 percent of the energy required to make the same amount of aluminum from virgin sources.

Recycling is also cost effective and creates new economic opportunities while using a minimal amount of new material. The textile recycling industry offers an interesting insight into the positive economic impacts of recycling. Over 90 percent of dis-

carded textiles are recyclable and a competitive market has emerged for both the reuse and recycling of these items. Many discarded clothing items are resold "as is" to the developing world, allowing many economically disadvantaged people to purchase high quality name brand clothing for just over \$1.00. Many items are also broken down for raw materials. For instance, old sweaters from the United States are sold to places such as the United King-

dom, India, Italy, and the Philippines where they are turned into blankets for both local use and export. Other items are broken down for use in industrial applications ranging from wiping materials to insulation. These processes reuse existing materials, create jobs along every step of the supply chain, and add value to products that would have otherwise been discarded.

Continued on page 7

HAPPY NEW YEAR!

Kristin Haughwout-Osorio
Broker

PARKSIDE PROPERTIES

3133 Corrine Drive • Orlando, FL 32803 • 407-622-5400 • www.ParkSidePropertiesFL.com

Is your New Year's resolution to buy a new home?

Call today for a **FREE Market Analysis!**

Let me help you make your resolution for 2014!

The Winter Park playhouse

Breaking Up IS HARD TO DO

Featuring the Songs of Neil Sedaka

January 24 - February 15, 2014

Relive all the excitement and innocence of your first kiss with this upbeat musical comedy set in the Catskills during the 1960s, featuring the hit songs of Neil Sedaka!

Reservations: (407) 645-0145

www.winterparkplayhouse.org

711 Orange Ave., Suite C Winter Park, FL

A 501 (c) (3) Non-Profit Organization



Karen Castor Dentel, PhD

Representative’s Message

Karen Castor Dentel, PhD, Florida House of Representatives

With the holidays behind us, I am eager to continue working on issues that move our community forward.

As I prepare for the upcoming Legislative Session, I would like to talk to you about an issue that is often difficult to bring up and discuss in polite circles: human trafficking. If you haven’t heard about human trafficking, think modern-day slavery. A leading national organization, The Polaris Project, which coordinates efforts to abolish human trafficking defines it as something that “occurs when people are forced or coerced into the commercial sex or labor trade against their will.”

In the conversations I’ve had

with others, the detail that surprises them most is that so many people are being trafficked right here in Central Florida. This isn’t something that is limited to Asia or South America. In fact, much of it occurs between Tampa and Orlando along the I-4 corridor. According to the U.S. Department of State, there are over 340,000 American men, women, and children who are at risk of becoming human trafficking victims each year. Many of them are preteen and teenage runaways, who fall victim within 72 hours of hitting the streets.

Just recently, the Metropolitan Bureau of Investigation arrested a man in Orlando for his role in this despicable crime. The man told authorities that he usually takes young women “by force...[that] the key is

to keep them drugged, and locked up, and have [them] at gunpoint.” The details of cases I’ve read about are gruesome and tragic at best, and in the worst instances are barbaric and inhumane.

Those were the cases we kept in mind when the state legislature passed the Safe Harbor Act last session. The law makes sure that young girls who have been trafficked receive treatment and rehabilitation after their traumatic experiences instead of being incarcerated for prostitution.

That legislation was a great start, but it has become evident that we need to do more. To learn more about how I could help, I joined both the Greater Orlando Human Trafficking Task Force and the Legislative Caucus to Combat Human Trafficking. Both are bipartisan groups that rely

on experiences from professionals with child welfare, law enforcement and juvenile justice agencies, and compassionate individuals who are dedicated to making our children and communities safer.

I hope you will take the time to learn how you can help end human trafficking and assist organizations like the Polaris Project or more locally, the Lifeboat Project, which help restore dignity and hope to victims. For our challenges that are hiding in plain sight, the first step to eradicating the problem is being aware that it exists.

Your representative,

Karen Castor Dentel, PhD
Florida House of Representatives

Continued from page 6

You too can participate in making 2014 the Greenest year on record. If you live in a single family residence in unincorporated Orange County, be sure to order your recycling bins from our Solid Waste Division. If you live in one of our many municipalities, do the same from your city’s solid waste department. For

residents of apartment or condominium complexes, please drop off your recyclables at the nearest transfer station. You can find the nearest transfer station at Orange County’s Solid Waste website, www.ocfl.net/WaterGarbageRecycling.aspx.

I hope that you will do your part to help Orange County reach our

goal of recycling 50% of our waste this year. If you need further information on Orange County’s recycling efforts or have any other questions or concerns 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.

Here’s wishing you and your family a wonderful, safe and Green 2014.

Ted Edwards
Orange County Commissioner,
District 5

Winter Park

Florida's premier fitness destination!

Run, Walk, Train.

JANUARY

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

21 (Tue) MarathonFest Marathon Training Begins Glenridge Middle School
Presented by Track Shack Fitness Club

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

Run to TrackShack.com

1104 N. Mills Ave, | Orlando, FL 32803 | 407.898.1313

COMMUNITY BANKING

“IN THE PARKS”

Bank with New Traditions, a local bank built on integrity, personal service and a commitment to serving our community.

Maitland/Winter Park | 145 S. Orlando Avenue • Suite 1 • Maitland, FL • 32751 • 407-740-7800

Orlando/College Park | 600 Wilkinson Street • Suite 100 • Orlando, FL • 32803 • 407-206-7800

www.ntbank.net



protection and service by The Winter Park Police Department

Crime Prevention For A Safer Community

Crime prevention is the process by which a police agency partners with its stakeholders, residents, business owners and entities to use a specific philosophy to harden the target area, prevent crime and build a safer community. That philosophy rests on the premise that if you decrease the opportunities for criminals to victimize others, crime will either displace to an area that is not as target hardened or it will not occur.

The Winter Park Police Department has a three-pronged approach to a safer community: education, target hardening, and community interaction and collaborative relationships. Via education, we are able to impart knowledge to our stakeholders to help them look at their environment and behavior patterns in such a way that empowers them to do what is necessary to maximize awareness and safety. Through programs such as our Citizen's Po-

lice Academy, Citizen's Crime Prevention Academy, Women's SAFE class and Traffic Safety Initiatives, we provide resources to our adult demographic. The police explorer program, Fantastic Foundations, Bike Safety, Internet Safety, Bullying Prevention and Youth Personal Safety programs assist us in reaching the youth of our community. Neighborhood and Business Watch along with social media outreach and marketing keeps all who follow abreast of the latest crime trends and provides the most up-to-date strategies to increase safety in the timeliest of manners.

Target hardening is the process by which a physical environment is analyzed and manipulated using security products, lighting, landscaping and other strategies to increase natural surveillance, controlled access and way-finding and to decrease ambush points and target vulnerability

to deter crime though environmental design. The Winter Park Police Department does this by offering free personal security surveys for all residents and business owners within the city along with assessing building plans for future development to ensure ordinance is met and safety concerns are not built into new structures and communities. Additionally, this approach supports our intelligence led policing philosophy through the Data Driven Approach to Crime and Traffic Safety. This philosophy allows for the collection of data to determine crime "hot spots" within our city and the deployment of appropriate resources to solve and eliminate crime within that identified area.

Community interaction and collaborative relationships are the most important for nurturing the knowledge base and assessment of community needs. We consistently share information via social media, the

agency website www.wppd.org which has a link for crime mapping and participate in professional organizations and community outreach events like National Night Out and community Safety Days where interaction between stakeholders allows for the availability for input and sharing of ideas. Unequivocally, from the Chief of Police down, the Winter Park Police Department is committed to providing the community the best service available.

We believe the Winter Park community shares the vision of all collaborating to ensure Winter Park continues to be one of the safest cities within the Central Florida community. We lead by example in terms of service and understand and celebrate the ever-changing role of a city's law enforcement agency from a strict law enforcement model to a proactive, prevention model. Our efforts shall remain tireless.

Award-winning Authors Highlight 2014 Winter With The Writers

Five award-winning writers will take part in the 2014 Winter With the Writers, A Festival of the Literary Arts. In keeping with Rollins College's long-standing commitment to bringing contemporary literature to the community, the 2014 season will feature a diverse mix of authors, including former poet laureate Charles Simic and best-selling novelist Justin Cronin, author of "The Twelve." For several decades the series has hosted renowned writers who share their work and expertise with students and the community.

Afternoon master classes and evening readings will take place on the Rollins College campus on four consecutive Thursdays, beginning on February 6. The events are free to the public. Parking is available in the SunTrust Plaza Parking Garage at no charge.

Former poet laureate Charles Simic will speak on February 6 at 7:30 p.m. in the Bush Auditorium (master class at 4 p.m.). Simic emigrated from Yugoslavia to the United States at the age of 16, and his first full-length collection of poems, "What the Grass

Says," was published the following year. Since then he has published more than 60 books in the United States and abroad, including "New and Selected Poems: 1962-2012" and his 1990 Pulitzer Prize-winning "The World Doesn't End: Prose Poems."

Best-selling author Justin Cronin will speak on February 13 at 7:30 p.m. in Bush Auditorium (master class at 4 p.m.). Cronin has written four novels: "Mary and O'Neil," which won the Pen/Hemingway Award and the Stephen Crane Prize; "The Summer Guest;" "The Passage;" and "The Twelve." "The City of Mirrors," the third in his apocalyptic vampire trilogy, is scheduled for publication in 2014.

Pushcart Prize-winning author Alan Michael Parker and emerging fiction writer Laura van den Berg will speak on February 20 at 7:30 p.m. in Bush Auditorium. Parker's master class will be held at 2 p.m. at Winter Park Plaza 330; van den Berg's master class will be held at 4 p.m. in Bush Auditorium. Parker has written three novels, "Cry Uncle," "Whale Man" and "The Committee



Left to right: Charles Simic, Justin Cronin and Laura Van Den Berg will be part of the 2014 Winter With the Writers, A Festival of the Literary Arts at Rollins College. The event is free and will begin on February 6, 2014.

on Town Happiness;" and seven collections of poems, including "Long Division," which won the 2012 North Carolina Book Award for the best collection of poetry. Van den Berg's first collection of stories, "What the World Will Look Like When All the Water Leaves Us," was a Barnes & Noble "Discover Great New Writers" selection and was short listed for the Frank O'Connor International Award. Her second short story collection "The Isle of Youth" was released in November.

Madison Smartt Bell will speak on February 27 at 7:30 p.m. in Bush Auditorium (master class at 4 p.m.). Bell is the author of 14 novels,

including his most recent, "The Color of Night." His 2002 novel "Doctor Sleep" was adapted as a film, "Close Your Eyes," starring Goran Visnjic, Paddy Considine and Shirley Henderson. "All Soul's Rising," the first novel in his "Haitian Revolutionary" trilogy, was a finalist for the 1995 National Book Award and the 1996 PEN/Faulkner Award.

Discussions and readings are free and open to the public. Guests are encouraged to arrive early, as seating is limited. For more information, visit the Winter With the Writers website at www.rollins.edu/winterwiththewriters.

Continued from page 1

The museum had land, they could use more exhibit and office space, and they could move the house 1/3 of a mile across the Lake Osceola. Sounds simple, but presents two major challenges: 1) moving a 128-year-old house across a lake would certainly test the boundaries of modern engineering, and 2) the Polasek, as a non-profit, would need to do some fast and heavy fundraising. Even prior to moving, the wood structure home was in need of some care. The home was split into two parts, one named "Ginger" and the other named "Fred."

The minimum cost is estimated at \$650,000. They have raised \$530,000 so far. Former State Attorney Lawson Lamar; former Rollins College president, Thaddeus Seymour; the Polasek's executive director, Debby Komanski; and Friends of the Casa Feliz executive director Betsy Owens are currently spearheading the fundraising efforts.

The moving and the renovations of the Capen House are being overseen by general contractor Frank Roark. The prep took over a month, but once the vessel hit the water it only took 15 minutes to cross the lake.

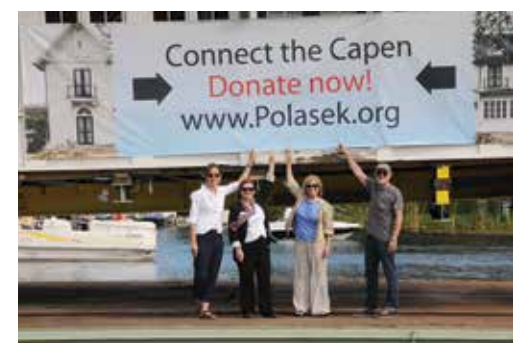
The Capen House will offer more

exhibit space as well as a meeting and event venue. "The Capen House will complement the Polasek Museum and our historic grounds by providing in perpetuity additional programming and exhibit space and enhance our cultural institution to better serve our great community," says Komanski.

The Albin Polasek Museum and Sculpture Gardens is a 501C(3) public Charity, non-profit organization.

For more information regarding their historical preservation fundraising efforts please visit www.polasek.org.

Video footage captured by Winter



Betsy Owens (Casa Feliz), Debbie Komanski (Polasek), Susan Skolfied (Winter Park History Museum) and contractor Frank Roark. Photo by Phil Eschbach.

Park Photography of these historic events are available at <http://youtu.be/4AzITf1rUNc> and <http://youtu.be/EKaL5V5pkQs>.



WINTER PARK
HEALTH
ASSESSMENT

ADVANCED
GYNECOLOGY

LIFE
DESIGNER

BONE
HEALTH

DIGESTIVE
HEALTH

MENOPAUSE

NUTRITION

BREAST
HEALTH

HEART
HEALTH

UROGYNECOLOGY

MAMMOGRAPHY

Welcome to an extraordinary place for women's health and healing, an elegant haven designed just for you. The new Florida Hospital for Women at Winter Park Memorial Hospital offers a one-stop boutique approach for your mind-body-spirit called **Full Embrace Health Care**. Here you'll find physician specialists in women's health as well as your very own Life Designer, a specially trained registered nurse to guide you on your personal health journey. Inspired by you, she'll collaborate to design your HealthStyle Guide for how you want to live according to your ultimate vision of health and happiness.



FLORIDA HOSPITAL
for Women - Winter Park
The skill to heal. The spirit to care.®

HEALTH CARE DESIGNED IN THE STYLE OF YOU.

To schedule a consultation with your Life Designer, please call (407) 646-7999, or visit WinterParkWomensHealth.com

Orlando Wetlands Festival

Come and enjoy the Orlando Wetlands Festival on Saturday, February 15, 2014, from 9a.m.-3p.m. at Fort Christmas Park. The Orlando Wetlands Festival is an opportunity to celebrate the City of Orlando's Wetlands Park, the city's 1,650 acre wetland oasis. The event is sponsored by City of Orlando, Atkins, Orange Audubon Society, and Orange County Parks & Recreation.

Come and experience this unique wetland treatment system with the entire family. Event co-sponsor, Orange Audubon Society, will lead guided bird-watching excursions. The Florida Native Plant Society will lead native plant identification hikes; while the Florida Trail Association will be providing wilderness hikes. Guided photo hikes will also be available and led by nature and wildlife photographers.



Guided bus tours will travel along the wetland berms, giving riders a chance to experience firsthand the city's incredible water reclamation project. Hay rides will also tour the wetlands.

In addition to the guided tours, there will be bird-banding and mist-netting demonstrations as well as live folk music. This year, comedian and magician Brian Staron will be performing. Featured in the wildlife shows, many different live animals will be present such as alligators, snakes, bald eagles, and many others. Also, the City's Families, Parks & Recreation Department will be giving away free backyard trees in celebration of Arbor Day. Better Homes & Gardens radio talk show host, Tom MacCubbin, will be on hand to answer your horticulture questions.

There will be interactive children's activities (like Out-On-A-Limb kids tree climbing), a bounce house and much more! So bring the whole family and invite your friends to this fun, free educational



festival. Bring your cameras, and prepare for an adventure in the wilderness. Please leave your pets at home.. Food will be available for purchase. Free admission and free door prizes! For more information: call Orlando Wetlands Park 407-568-1706.

Event Website: cityoforlando.net/wetlands.

Directions to Fort Christmas Park:

From Orlando, take S.R. 50 East to Christmas, Florida. Turn left onto C.R. 420 (Ft. Christmas Rd.), continue north 1.8 miles. Fort Christmas Park will be on your left. Free parking will be located on your right across from the park. The address is 1300 North Fort Christmas Road, Christmas, FL 32709.

At left, the entrance to the recreated Fort Christmas in Christmas, Florida. The fort is built with logs and chinked with cement, but provides an accurate representation of the original fort, built by the U.S. Army in 1837, during the Second Seminole War on a site thought to be less than a mile from this modern replica.

Rollins Center For Lifelong Learning Brings Families Together

For daughter and mother Terry Osborne and Rae Delfosse, the Rollins Center for Lifelong Learning (RCLL) has brought them together to study one of their lifelong passions, the Sistine Chapel. Bob Lemon, Ph.D., retired professor of art from Rollins College and chair of the Rollins College Emeritus Faculty Association taught the course, "The Sistine Chapel: Up, Down, and Sideways" for the RCLL this fall and Osborne and Delfosse were in the first class of thirty-five students. The course was so popular that Jill Norburn, Ph.D., director of the RCLL opened a second section which

also filled in a matter of days.

Mother and daughter traveled together to Italy in 1995 and 1999, and they visited the Sistine Chapel when they were in Rome. In the 1980s, Delfosse traveled on her own with an art appreciation class to view one of the world's most beloved masterpieces. Both were greatly appreciative of the Holt School opening the RCLL program and offering the class on the Sistine Chapel. Osborne returned to see the Sistine Chapel with her family in November.

Delfosse, who lives at The Mayflower, a retirement community in Winter Park, heard about the class from Jana Ricci, the Mayflower's

marketing director. During her working career Delfosse was an art teacher in Orange Park, Florida. Earlier in the year, Delfosse participated in a health seminar at the Holt School, "Fitness Through Motion and Imagination."

Osborne, who resides in Windermere, Florida is pursuing the Master of Arts in Liberal Studies at the Holt School. She was in the human resources field prior to her retirement. Also holding a master's in English literature, Osborne aspires to teach literature and humanities classes.

For more information on the Rollins Center for Lifelong Learning contact; 407-646-1577 or view the website at <http://www.rollins.edu/rcll/senior/>



Terry Osborne and her mother, Rae Delfosse

Business Spotlight

Design Trends For 2014

By Susan Pridgen, PB Interiors

Here we are in 2014 and of course there is no shortage of design trends that are moving into the New Year! Something you would least expect, carpet- yes, carpet- is making a comeback with a vengeance. With so many bold patterns and gorgeous colors to choose from in the marketplace, the possibilities are endless, especially with the invention of carpet tiles that allow you to custom design your flooring. The style trends for the New Year are still leaning contemporary. The desire to simplify our busy lives is reflected in

our interiors. Clean lines and contemporary décor with a "less is more" outlook are definitely the direction. The same is showing with the color choices for the year. Benjamin Moore's "Breath of Fresh Air" is a color that lives up to its name. Crisp and clean, this soft blue hue is perfect for any space where the theme is relaxation. Stay tuned next month when we look at Pantone's color choices for the New Year as well as give some helpful and inexpensive ideas to spruce up your home for 2014. Thanks for reading!

PB Interiors is an Interior Design Firm dedicated to detail located in Winter Park, FL. For more information please go to their website www.pbinteriors.com or call 407-832-8933.



PB INTERIORS

**Stylish Interiors
for
Everyday Living**

**FOR A FREE INITIAL
CONSULTATION, PLEASE CALL
407-832-8933
Or EMAIL susan@pbinteriors.com**

***LET US BRING OUR FRESH
IDEAS AND EXPERTISE TO YOUR
LIVING SPACE***

5494 LAKE HOWELL ROAD • WINTER PARK, FL 32792 • WWW.PBINTERIORS.COM



Health & Wellness



Ayesha G. Bullock

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

Happy New Year!

I'm hoping that the holidays went off without a hitch and that you were rested, relaxed, able to enjoy and partake in the festivities... and that you are now ready for the next (and perhaps BEST) year of your lives.

Though the holidays are officially over, I have been told many times that it takes almost until the end of January to get back into the swing of things and fully "recover" from the revelry that began at Halloween and didn't quite end until after New Year's Day.

As such (as promised) I'm sharing the remainder of Jeff Haden's article from LinkedIn on Sleeping Better. December's Park Press shared the first five ways and January offers the rest... (pun intended).

It's a brand new year - you may as well be well-rested as you wel(l)come it!

Simple Ways To Sleep A Lot Better At Night (cont'd) -Jeff Haden

6. Lay off the conspiracy theories.

No one is out to get you. Even if people are, they're really not the problem - most of us do a better job sabotaging ourselves than someone else ever could. Besides, you can't control what other people might do. But you can control what you will do.

7. Reduce the number of judgment calls.

The more prepared you are to handle a situation, the easier it is to be objective - and to avoid stressing out later over whether or not you made the wrong call.

Create price lists that take into account unusual requests. Set up guidelines for responding to customer complaints. Create employee policies for objective areas like attendance, quality, and performance. Decide what you will and will not allow your kids to do before they start asking.

Think about situations you struggle with and decide what you will do before those situations get stressful or confrontational. Then you can make better decisions and greatly reduce your level of stress... and regret.

8. Create a cutoff time...

Yeah, I know, you consider yourself a 24/7 go-getter. But that's impossible. Decide what time you'll stop working each day, no matter what.

And if stopping makes you feel guilty?

9. ...Then create a plan for tomorrow.

Write down what you need to do first thing tomorrow. You'll rest easier knowing you have a plan to take care of what you didn't get done today.

10. Spend a few minutes every day getting better at something else.

It doesn't matter what you pick. Just make sure it's not business: A musical instrument. A foreign language. A hobby. Whatever it is, spend a little time on it. Get a little better.

Step outside your daily grind and do something for yourself.

In the process, you'll gain a little perspective. Perspective soothes the soul.



11. Count your blessings.

Take a second before you turn out the light. In that moment, quit worrying about what you don't have. Quit worrying about what others have that you don't.

Think about what you do have.


Thought so. You have a lot to be thankful for. Feels pretty good, doesn't it? Feeling better about yourself is the best sleeping pill of all.

May 2014 be the year in which you enjoy your greatest sense of peace, joy, well-being and meaning..

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.

Tai Chi - Chi Kung (energy exercises)
www.mindandbodymartialarts.com
Mondays & Fridays
407-234-0119
Group Setting - Ages: 18 & up
11:30am to 12:30pm

Ongoing classes since 1997
at Winter Park Presbyterian Church
400 S. Lakemont Ave. Winter Park

PROFESSIONAL COUNSELING
in the Comfort of Your Own Home!
30+ YEARS OF EXPERIENCE IN:
• Family and marital issues
• Support for the caregiver/concerns related to aging
• Personal growth/adjustment

SHARON K. DURRANT, MA
Florida Licensed Marriage and Family Therapist
#MT410 • 407-761-8469 • Durone2@aol.com

Eyes off the Avenue
At Winter Park Village
460 N. Orlando Ave
Winter Park, FL 32789
407-510-2020
Featuring Exclusive Styles From
lore Rodkin
Eye Couture by Sama
Grand Opening Specials
Now thru January 31st 2014
www.facebook.com/eyesofftheavenue


Looking For A Health Club? Remember, It's Better In Groups

By Jean Kingsford, RDV Sportplex

If you're looking to make a change and are considering joining a health club, consider this: a survey of more than 2,200 health club members in the U.S. and Canada revealed that 60 percent of club members rate group fitness as a club's most important offering – higher than any other service or amenity.

And with good reason.

On average, members of athletic clubs who are involved in group exercise programming utilize their athletic clubs twice as much as non-group users. Studies show that working out with a group increases an individual's chance of taking off weight -- and keeping it off.

Researchers studying the effectiveness of different fitness modalities have found scientific basis for this trend. The American Council on Exercise reports that the social dynamic of group exercise encourages people to show up for the class and work harder when they're there. Dr. Kevin Spink, a researcher from the University of Saskatchewan agrees, reporting that the "greater sense of 'groupness' and cohesion in an exercise class results in the participants being more punctual, having better attendance and working harder."

Additionally the trade journal, ClubBusinessIndustry, reported that

"90 percent of all exercisers say that they prefer to work out in a group." These findings point to an increase in group exercise participation and an increase in overall fitness levels of club members who report taking these classes.

Joe Casalese, director of fitness services at MVP Sports Clubs, the parent company of RDV Sportsplex Athletic Club in Orlando, explains why it works.

"One, it's a simple way to get into shape; a pre-programmed hour of working out. You just show up and follow the leader. Two, you make friends very quickly. You work out with the same people, go through the same emotions and meet the same challenges. Three, accountability – you don't want to let your friends down. You're going to be there even when you don't feel like going. If you're not there, your friend is going to call and ask you why."

This isn't news to Bora Erbilin who recently lost 20 pounds. Most of the success Erbilin attributes to his now healthy habit of finding himself in one of RDV's many group exercise classes once, twice, sometimes even three times each day.

"Group Ride is my favorite, but I also like Group Kick, Group Groove," he says and also reports doing yoga once or twice weekly to

maintain flexibility. Accountability could be a factor. "When you're held accountable to another person, they're expecting to see you there and then you're much more likely to hold to your commitment. Besides, the classes are fun."

He's lost two pants sizes, his acid reflux is gone and he's noticed that he's sleeping better than he has in years. Additionally, his doctor had been monitoring his blood pressure and he's gone down to a level where his doctor's no longer concerned.

"I think one of the greatest changes that we have seen and one that we are really leading in from our industry is interest in being involved in group-type programming," said Karl Droppers, president of MVP Sports Clubs. "We have seen our



percentage of attendance in group participation climb from the low teens in most clubs to more than 40 and even 50 percent. That changes how we do things and we continue to evaluate how to do it better."

With a network of people that expect you to be there and work hard, commitment to group training is what makes it a successful way to meet fitness goals.

Business Spotlight

Getting Healthy After The Holidays

By Dr. Neha Doshi, MD

Welcome 2014! Here are some fun tips to getting back on track:

1. Fill it up!

Drink up! Lots of water will help cleanse your system and fill you up when you know you shouldn't be hungry. If you've had the munchies since Thanksgiving, your body is craving carbs constantly and needs to be re-trained.

2. Mix it up!

Exercise is great for you, right? But it's a shame to hit the ground like a freight train on January 1, only to lose steam by February 1. Try a new exercise to keep yourself interested. If you're a regular at the gym, try yoga or bike-riding instead. If you're a cardio person, try adding strength/resistance training to have a complete

workout routine. If you are a home exerciser, try a new exercise DVD or speed-walking in your neighborhood.

3. Clean it up!

Try having a few days where you reduce or eliminate sugar, alcohol, caffeine or dairy, kind of like a mini detox. By this, I don't mean you should feel guilty and go on a fad diet. Remember it only takes a few days of withdrawal from simple sugars to transition back to normal. During this time of detoxification, increase greens and beans.

Experiment with new salad recipes and give a green smoothie a try!

So take the challenge and take back your power!



Dr. Neha Doshi

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

WINTER PARK PRIMARY CARE
CONCIERGE MEDICINE

"MEDICINE, THE WAY IT USED TO BE."

DISCOVER CONCIERGE MEDICINE:

- ✓ Same day or next day appointments
- ✓ Extended and un-hurried office appointments with your Physician
- ✓ House Calls
- ✓ Easy access to your Physician 24 hours a day via direct cell phone and email
- ✓ Individualized health care regimen that focuses on preventative care

Call 321-285-6363 to schedule your no-obligation "Meet and Greet" with Dr. Doshi at Winter Park Primary Care.

1341 Orange Ave Winter Park, FL 32789 • Tel: 321.285.6363 • Fax: 321.282.6176 • dr@nehadoshi.com



Whole Foods Market, Winter Park
1989 Aloma Avenue, Winter Park FL 32792
Open 8:00 a.m.- 10:00 p.m. 7 days a week

My Arms Are Too Short By Dr. Phil Mackinder, OD

"Hey Doc, everything is great! My eyes feel great. I can see everything in the distance, but when I go to read anything, I feel like my arms are too short!" I've heard of this complaint more times than I can count. For those of you under 45, who don't know what I am talking about, keep reading.

Most people have heard of the term near-sighted (myopia), far-sighted (hyperopia) and astigmatism. These are very common forms of visual aberrations that can make it difficult to see. People who are myopic have trouble seeing in the distance. People who are hyperopic have trouble with near vision, and people with astigmatism can have blurriness both up close and in the distance. These aberrations are often easily corrected with glasses, contact lenses or refractive surgery.

There is another form of refractive error that affects those of us over the age of 40 called presbyopia. Presbyopia, often called "old-sighted" by people under 40, occurs when the lens inside our eye loses its ability to accommodate. Accommodation is the ability to focus on something in the distance, then change your focus to read something close up. To do this, our lens must change its shape. Unfortunately, as we mature, (get old) the lens loses its flexibility. This loss of flexibility occurs gradually, but when

we reach our 40s, it becomes noticeable. We have to hold items further and further away until the dreadful day when your arms are no longer long enough to read. That's when you call me and we commiserate. This is a normal process and there is no way known to reverse it.

Fortunately, presbyopia can be corrected with a number of ways. The most common form of correction is reading glasses: either prescription or over-the-counter "cheaters." The advantage of prescription readers vs. cheaters is threefold. First, they are designed to have your exact prescription for each eye so your eyes will be balanced and work better together. Second, the lenses are cut so the optical centers align perfectly with your eyes. This eliminates unwanted prism which can cause double vision and eyestrain. Third, the lenses and frame are typically much better quality. The disadvantage of readers is they blur your distance vision. You will have to take them off when looking at an object more than a few feet away to see it clearly.

Another way to correct presbyopia is through the use of bifocals. Bifocals have two powers: one for near and one for distance. The advantage of bifocals is you do not have to take them off and on depending on whether you are reading or looking off into the distance. The disadvantage of a bifocal is the line

that demarcates between your near and distance vision. As your line of sight passes through this junction there is an "image jump" that many people find distracting, especially when walking or going up and down stairs.

Progressive Add Lenses (PALs), often call no-line bifocals, offer a smooth transition from distance vision through intermediate vision to near vision and they supply all the in between corrections as well. This helps to minimize the "image jump" that plagues bifocal wearers. Progressives, come in many varieties and price ranges. As the old saying goes, you generally "get what you pay for." Progressive lens technology has been developing since the early fifties and recently at a very accelerated pace. Like a diamond, the differences cannot be seen by the naked eye, but believe me, your eyes will know the difference. Think of digital vs. analog television. The newest technologies utilize computer-assisted lens grinding techniques that create more versatile lenses. This will give the user larger reading areas, a larger distance sweet spot and less distortion when looking through the peripheral aspects of the lens. As expected, having the newest and best technology will come at a higher price, but the benefits are worth the investment.

Many people have tried PALs in the

past and never adapted and this lead them to have a bad opinion of progressives. However, there are many reasons why you may not have adapted to them. The prescription could be wrong, poor frame selection and positioning, improperly centered lenses, and use of old or outdated technologies. There are a small number of individuals who cannot adapt to these lenses even when everything is done properly. Fortunately, many of lens manufacturers will pay to switch you to reading glasses or bifocals if you cannot adapt.

We did not spend much time discussing surgical correction or the use of contact lenses. There are options here as well, however, this discussion will have to wait for a future article.

For some reason, folks like to delay the inevitable and prolong moving into a progressive until the moment that their arms have become too short, but take a tip from a patient who once told me, "I should have done this years ago, these glasses make me feel younger!"



Dr. Phil Mackinder, OD

Dr. Phil Mackinder has been practicing optometry for 16 years and is co-owner of Eyes & Optics on Park Avenue.

Your Health. Your Way. In One Day.

Your Winter Park Health Assessment...

is the ultimate health experience - a comprehensive evaluation that addresses everything from clinical care to fitness needs all in one seamless day - **comprehensive, convenient and personalized.**

The program is personalized, the results are immediate. Backed by state-of-the-art technology in a relaxing, spa-like atmosphere.

- Women's Health Assessments
- Complete same day results, review and life improvement plan
- Extensive one-on-one time with your physician
- Comprehensive history & physical exam
- Preventive cardiology & oncology
- Fitness assessment & nutritional assessment
- On-site lab tests & imaging
- Men's Health Assessments also available

Call our Health Ambassador and book your appointment today.

407-303-4461

Located inside Florida Hospital for Women Winter Park
100 North Edinborough Drive | Winter Park, FL 32792



FLORIDA HOSPITAL

Winter Park Health Assessment

The skill to heal. The spirit to care.®

BRING ON 2014!



Let us help you get and stay motivated in 2014.



We have everything you need to make this year's resolution a reality!


Fitness | Group Exercise | Aquatics | Basketball | Tennis | Kids Activities



65% off ENROLLMENT!

Applies to all membership types. Expires 1/31/14. Certain restrictions may apply. HS-3565

8701 Maitland Summit Blvd • Orlando, FL 32810

 [Facebook.com/RDVAthleticClub](https://www.facebook.com/RDVAthleticClub) • 407-916-2442 • RDVSportsplex.com





John Gill

fiscal fitness by John Gill

Happy New Year! A Fresh Look At Your Fiscal Fitness

Happy New Year! I hope the holidays were enjoyable and rejuvenating. The New Year is a time for resolutions, renewal, and some reflection on the past year. We can all resolve to improve the management of our finances. With the recent revelation that economic growth in the third quarter of 2013 was 4.1%, people are beginning to feel like the economy is improving. While that is true for many, there are still

those who find the new economy challenging. As things improve, many are reverting to their old ways. We are spending more and saving less. Outstanding debt is increasing and impulsive purchases are more common. No matter your situation, it is never too late to develop and implement a plan. People do not plan to fail, they fail to plan! As Norman Vincent Peale said, "Plan the work and work the plan." Let's take time to get some insight on where we stand and use the results to plan for our fiscal/

financial future. Some diagnostics are in order to see where we stand and how we should move forward. This column is going to focus on self analysis so that you can understand the areas of your fiscal life that need help, and work on those things that you can control. Below is a personal financial survey. Take a few minutes to complete it and check the key below to see where you stand. Check the box that reflects your answer. Add the corresponding numbers to get a total score.

Take The Fiscal Fitness Test	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
We have a monthly budget and stick to it.				
We save money regularly and maintain an "emergency fund."				
We are saving enough to retire the way we want to.				
We have our debt under control.				
We pay off our credit card debt every month.				
We are saving enough for our children's college expenses.				
If my spouse dies, my family will continue to be financially secure.				
If anyone in our family becomes physically or mentally impaired we have a financial game plan to provide the help they will need.				
We have an up-to-date will (power of attorney, etc.) and we have someone to turn to for legal advice.				
We have short-term and long-term disability coverage in case one of us should become disabled and unable to generate income.				
We have a written financial plan to guide our financial future and we understand it.				

How Did You Score?

If your score is 40 to 48
congratulations! You are in great shape. It seems like you are on the right track with focus, discipline, and a system that is working. Consider yourself fiscally fit, but don't let up, this is a marathon!

If your score is 32 to 39, you are on the right track. Keep up the good work, but remain diligent and work on the problem areas.

If your score is 24 to 31, you may want to consider increasing your financial focus, discipline, or your system! Get a plan in place and execute it!

If your score is less than 23, you have a lot of work to do! It is not too late! Work on a plan and remember the importance of focus, discipline, and a system to get working towards 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.

Doc Rivers Appointed To Board Of Directors

The Edyth Bush Charitable Foundation has elected Glenn Anton "Doc" Rivers to its board of directors. Rivers is the current head coach and senior vice president of basketball operations for the NBA's Los Angeles Clippers. The former Orlando Magic head coach and his family reside in Winter Park. Active in the communities in which he lives and works, Rivers' sense of community is known from Orlando to Boston to L.A. For thirteen years he held a golf tournament in Orlando to raise funds for Shepherd's Hope, a non-profit organization of volunteers that provides access to health care for the uninsured. While in Bos-

ton, he held basketball tournaments to raise funds for Action for Boston Community Development. Rivers has donated his time and resources to the Junior NBA and WNBA; Wounded Warriors and Operation Homefront; and Positive Coaching Alliance. Rivers also sits on the Marquette board of trustees and is a Micky Ward Foundation board member. "I look forward to continuing to give back to this community that my family and I call 'home.' The Edyth Bush Charitable Foundation is a natural fit for me. I appreciate the diversity of the non-profit organizations they fund, from health and human services organizations to

arts and education initiatives," says Rivers. The foundation's president, David Odahowski says, "We couldn't be more thrilled to have "Doc" join our team. His energy and enthusiasm are evident in all that he does. "Doc" will enhance the foundation's legacy of leadership and his sense of community will serve as inspiration to his fellow board members." Rivers fills the seat vacated by Matthew W. Certo, CEO and principal at Websolvers, who recently concluded his ten-year term on the board. For more information on the Edyth Bush Charitable Foundation, please visit www.edythbush.org.



Doc Rivers

PENNY DANNA MD, FACOG
Board Certified in Obstetrics and Gynecology

I AM HERE FOR YOUR WOMEN'S HEALTH NEEDS.

Dr. Danna is proud to have an office in Baldwin Park specifically dedicated to Women's Health.

The office of Dr. Penny Danna is part of Physician Associates' ongoing commitment to the growing needs of our Orlando community.....and you.

Now offering Minimally Invasive and Robotic Da Vinci Surgery. New technology now provides; significantly less pain, shorter hospital stay, small incision, quicker return to normal life and more.

CALL US TODAY TO SCHEDULE YOUR APPOINTMENT.
867 Outer Road Suite A Orlando, Florida 32814
407-898-6588 • paof.com

PHYSICIAN ASSOCIATES
ORLANDO HEALTH

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

Business In The Parks

Eleven real estate agents with the Winter Park firm of **Fannie Hillman + Associates** have earned Five Star status for exceptional service and overall customer satisfaction in a 2013 survey of Orlando area homebuyers, industry experts and other real estate professionals. Fannie Hillman agents Jerry Oller and Megan Cross earned Five Star honors for the sixth time, Mary Stuart Day, Sharon Helsby and Nancy Bagby were five-time winners, Maria Van Warner was a four-time winner, Elizabeth Manno was a three-time winner, and Glad Messeroff, Shirley Jones, Julie Williams and Dawn Romance were all two-time winners. Five Star winners represent less than 2 percent of the more than 15,000 real estate agents in the Orlando area who had to satisfy a minimum client volume or production on a 1-year and 3-year basis, according to the survey conducted by Five Star Professional.



Jerry Oller



Megan Cross



Mary Stuart Day



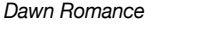
Sharon Helsby



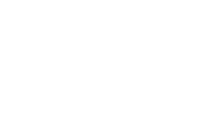
Nancy Bagby



Maria Van Warner



Elizabeth Manno



Glad Messeroff

Fannie Hillman agents Jerry Oller and Megan Cross earned Five Star honors for the sixth time, Mary Stuart Day, Sharon Helsby and Nancy Bagby were five-time winners, Maria Van Warner was a four-time winner, Elizabeth Manno was a three-time winner, and Glad Messeroff, Shirley Jones, Julie Williams and Dawn Romance were all two-time winners. Five Star winners represent less than 2 percent of the more than 15,000 real estate agents in the Orlando area who had to satisfy a minimum client volume or production on a 1-year and 3-year basis, according to the survey conducted by Five Star Professional.

Florida law firm **Railey Harding & Allen** recently announced it has strengthened its commercial and construction litigation practice with the addition of Robert A. Crabill to the Orlando office. Mr. Crabill's practice focuses on construction litigation, contracting licensing, contractor's facing state disciplinary action, and regulatory matters. Crabill has represented the construction industry and construction professionals on a national basis handling complex commercial and construction litigation cases since 2002. His experience also includes chief construction attorney and executive director for the Florida Department of Business & Professional Regulation.

NAI Realvest recently named Ginger Vetter as an associate. Robin L. Webb, CCIM, managing director at NAI Realvest said Vetter has more than seven years of experience in commercial real estate. She holds a bachelor's degree in communications from University of Central Florida. Vetter was formerly with Morrison Commercial and GVA Advantis in Orlando.



Ginger Vetter



Robert A. Crabill

Sergeant Marcus Camacho of the Orange County (Florida) Sheriff's Office is the first law enforcement official to earn the Certified Lodging Security Director (CLSD) designation from the American Hotel & Lodging Educational Institute (EI). While the certification was originally created for security personnel working in hotels, Camacho's work with Orlando-area hotels and attractions through tourism-oriented policing services (TOPS) made pursuing the hospitality certification a logical extension of his professional development. "I've spent 17 years of my career working in the tourism district, and I've dealt with many issues of security and the hotel industry," said Camacho, who shares his industry-specific security research and best practices through law enforcement bulletins sent to a national mailing list of subscribers. "As I do presentations to law enforcement about global threats to the lodging industry, the CLSD will give me even greater credibility."



Sergeant Marcus Camacho

Handex Consulting and Remediation Inc. announce the appointment of two top industry leaders to execute its strategic plans for diversification, market expansion and revenue growth. Bruce N. Bosserman, PE, has been named president, and Diane M. Anderson has been appointed senior vice president for corporate market management at Handex. Handex is an award-winning, full service environmental consulting, construction, remediation, spill response and sludge dewatering company with main offices in Florida and New Jersey. Handex serves government and business clients nationwide, and is known for giving back to the communities in which its employees live and work. Bosserman has more than 35 years of professional experience in environmental, civil and petroleum engineering and management. Bosserman earned his B.S. in Civil Engineering, with honors, from the University of Connecticut, and his M.S. in Environmental Engineering, with honors, from the University of South Florida. Anderson is a veteran of more than two decades of diversified environmental industry experience, including leadership in sales, marketing, operations, finance, estimating, resource management and process improvement on federal, state and local contracts. She holds a B.S. in Civil Engineering from Florida State University.

Victory Martial Arts is excited to announce its 20-year anniversary! Since 1993, Victory has been dedicated to improving quality of life through the practice of martial arts. Over 80 professional instructors, staff members and motivational experts are employed by Victory. With expert names such as UFC lightweight champion Anthony Pettis and Xtreme Martial Arts founder Mike Chat, Victory continues to grow within the martial arts community.



Kelly Price & Company agents are part of a select group representing less than 2% of the real estate agents in the Greater Orlando area.



Bruce N. Bosserman, PE



Diane M. Anderson



Jennifer King



Dee Morgan



Kelly Price

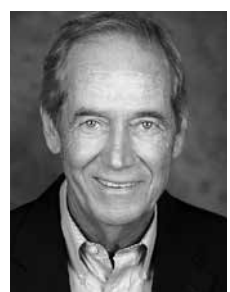


Pamela Ryan

Kathleen and Jock Smee of Baldwin Park recently announced that they are the new owners of **Florida Pool and Spa Service**. One year ago, both Kathleen and Jock were in Maine working in telecommunications; Jock was vice president at FairPoint Communications where Kathleen designed and delivered executive leadership training. Both Smees were eager to become small business owners and return to Florida (they lived in Ocala previously where Kathleen was a middle school principal). When they learned Florida Pool and Spa Service was for sale, they jumped in with both feet!



Recruitment Process Outsourcing leader, **Source2**, is pleased to welcome Guy W. Millner as vice-chairman. Mr. Millner has served as chairman of the board and chief executive officer of AssuranceAmerica Corporation since 1999. In 1961 he founded Norrell Corporation, a leading provider of staffing and outsourcing solutions. Under his direction, Norrell was the first staffing company to introduce functional outsourcing through a multi-million dollar contract with IBM. In 1999, when Norrell merged with another NYSE company, it had grown into a \$1.4 billion organization.



Guy Millner

Congratulations to Jennifer King, Dee Morgan, Kelly L. Price, Pamela Ryan, Jennifer Sloan and Audra Wilks on winning the 2013 Five Star Professional Award! The winners were evaluated against five objective criteria and were chosen for their exceptional communication skills, integrity and customer service. These



Stephen & Kristin Pategas

in the garden by Stephen and Kristin Pategas

Challenge Us

We love a good challenge when it comes to consulting or designing a garden. We encourage our clients to share their concerns with us. In order to share them with you, we put our heads together to develop this list and added our solutions.

Our Lawn Is Suffering In The Shade

Tree roots out-compete lawns for water and nutrients, and then there is the canopy that decreases sunlight. Just thinning the tree canopy rarely solves this problem. We have identified dozens of plants with interesting foliage texture and color along with blooming plants that thrive under trees.

Why Did One Podocarpus In My Mature Hedge Turn Brown And Die?

Mushroom root rot – ok, you are probably wondering who would be concerned about mushrooms rotting in their garden. This soil-borne fungus disease (*Armillaria tabescens*) affects almost every plant grown in Florida. There is no cure for the infected plant. Replanting the infected area frequently with the same type of plant, with a resistant plant (short and unreliable list), removing and replacing a great deal of the infected soil, or growing plants in containers set on the surface are the only solutions.

Dogs Rule The Garden

Plants cannot be hazardous and must be durable. Use temporary fencing to let the plants get established. Lawn in shady areas (see above) is impossible unless it's artificial turf which is an amazingly successful solution. Permanently portion off parts of the yard with fencing to create a pet-free zone.



Pictured above, mushroom root rot kills Podocarpus. At left, raised beds at Hortus Oasis allow the use of good soil. Photos by Stephen G. Pategas/Hortus, Oasis.



My Partner And I Can't Agree

After 33 years of marriage we find ourselves successfully counseling couples to come together and agree upon a garden design that meets enough of each partner's needs to make everyone happy – or at least civil.

Our Water Bill Is Too High! Clever irrigation techniques using low volume irrigation, a separate



Some dogs have little respect for plants.

program for containers and plants clustered together by water needs are some of the strategies we employ.

We Want Local Food

We grew our first vegetables in New England the year we were married and continued in 1982 at our new home in Florida. Meanwhile Kristin

was growing vegetables hydroponically and in pure sand as part of her job as a plant pathologist at WDW at the Land Pavilion at EPCOT. Over 30 years later we are still growing our own, facing new challenges and sharing our knowledge. Planting in the proper months (September, January and March), using raised beds with good soil, having adequate sunlight and water, and regular monitoring for pests are critical.

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

PRETTY AMAZING FOR A LONG-TERM CARE PLAN [DON'T YOU THINK?]



The Mayflower. Smart. Secure. And Spectacular.

Close your eyes and think "continuing care retirement community" for a second. What do you see? Park-like grounds and walking trails? A pool and fitness center? A formal dining room? Perhaps.

But what about your own faux fireplace? Hardwood floors? Designer kitchen with granite countertops and custom cabinetry? Closet systems? At a retirement community...seriously? Seriously.

At The Mayflower, you have the freedom and flexibility to customize your home and your retirement lifestyle to make them uniquely yours. And while you're having fun doing that, you'll also have the guarantee of pre-funded long-term care. That's what prompted residents like Ann and Pete Cross to plan ahead and proactively make the move...because they wanted to, not because they needed to. How about you?

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



THE MAYFLOWER

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





Scott Hillman

real estate in the parks by Scott Hillman

Improving Median Home Prices A Positive Sign For Area Market

While the existing home market hasn't fully recovered from the ills of a challenging economy, it's no longer on life support and the prognosis for continued recovery looks good as we head into the new year. Most real estate forecasts predict existing home prices will increase by single digits over the next four years, while a number of prognosticators see prices plateauing early in 2014 before gathering momentum in the second and third quarters.

Although national statistics don't always reflect what's happening in a given market, we have seen local existing home prices continue to rise over the past 24 months which has helped narrow the median price differential from the boom market days of 2005-2007. Real estate experts and savvy homebuyers alike look at median price as the true barometer of housing market conditions over a period of time. Median prices are much more accurate numbers to work with than average home prices which can be skewed by one or more million-dollar-plus

residences or several lower priced homes.

Over the past 20 years, local residential real estate has appreciated about 4-6% annually. In fact, when we straight-line the appreciation of existing homes in Orange and Seminole counties over that period we're right on a 4% pace. At this writing there is a four-month supply of existing homes which will hold prices steady or perhaps result in slightly higher prices depending on location. There also is the possibility that we may see an influx of properties coming on the market in January and February

which will increase inventory and keep prices steady. If, however, inventory drops below a three-month supply, existing home prices will probably increase.

That said, the median price of existing homes locally is nowhere near what it was in the boom years of July 1, 2005 through June 30, 2007 when it stood at \$249,000. The gap, however, has been narrowed from 56.2 percent in 2010 when the median price had dipped to a low of \$109,000, to 38.5 percent in the past 12 months when the median had risen to \$153,000.

Location often has a great deal to do with some areas/neighborhoods performing better than others when it comes to closing the median price gap. Our analysis showed the median price off from a low of 21.2 percent in Baldwin Park (32814) where the price gap is closing quicker, to 43.7 percent east of Winter Park (32792), which covers both Orange and Seminole counties, where the price gap is currently the widest.

As median prices of existing homes in Orange and Seminole counties continue to ramp up, the overall health of the market is much improved.



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.

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

Contact Fannie Hillman today and experience the support of Winter Park's largest independent real estate office.

Serving Central Florida for over 32 years

Hillman
Fannie Hillman
Hillman
ASSOCIATES



Stunning Custom Built Windsong Estate
5 BR • 4 BA • 3,800 SF \$1,125,000



Great Location in Kenilworth Shores
3 BR • 2 BA • 2,070 SF \$429,000



Secluded & Beautifully-Appointed in Windsong
5 BR • 3.1 BA • 4,406 SF \$1,365,000



Charming WP Home w/ Hdwd Floors & Updated Kitchen
3 BR • 3 BA • 1,936 SF \$499,000



Elegant Baldwin Park Townhome Overlooking Park
3 BR • 3.1 BA • 2,320 SF \$525,000



Sleek & Contemporary 2-Story WP Pool Home
3 BR • 3.1 BA • 3,371 SF \$819,000

We improve the lives of the people we serve.

205 W Fairbanks Avenue, Winter Park, Florida 32789
407.644.1234 800.283.6235
www.fanniehillman.com



Voted "Orlando's Best Real Estate Office"
2005, 2006, 2007, 2008, 2009, 2011, 2012
Orlando Business Journal

pop culture detours by George McGowan

Looking Forward To Some Great Pop Culture Choices in 2014

Well, it's 2014, and a year removed from my column where I predicted losing the extra 30 pounds I have been carrying around for too long. Well, that didn't happen. Interestingly, several of the recommendations I made for "quite a few interesting items of culture that are scheduled to be released in 2013" were also abject failures, specifically some TV shows that looked interesting. Anyone remember "Do No Harm" or "Zero Hour"? I missed on those two, but I will take credit for getting you all to see the underrated but awesome "Pacific Rim" in the movie theater! You're welcome!

So how about what's coming in 2014? In the world of books, you can expect a new novel from geek/hero Ernie Cline, writer of the successful (and current multiple re-read by my oldest) "Ready Player One." Cline is expected to release "Armada." According to Wired Online, "details on the book are scarce, but the internet is currently describing it as the tale of gamers recruited because their videogame skills could help save Earth in an alien war." Um, sounds pretty awesome. In January, an interesting debut novel currently getting some big press will be released. *Shovel Ready* is the brain-child of Adam Sternbergh, the current culture editor of the *New York Times Magazine*. Amazon.com describes it as a "futuristic hardboiled noir ... about a garbage man turned kill-for-hire." This hitman, named Spademan, used to be a garbage man "... before the dirty bomb hit Times Square, before his wife was killed, and before the city became a blown-out shell of its former self." Anyone out there ready for a new novel set in a dystopic New York City? By the way, both of these novels were sold

to Hollywood for future movie adaptations before they were even published.

In music, it seems that we can expect new albums from Bruce Springsteen, St. Vincent, Broken Bells, and that U2 album I told you about last year which never made it out but is now expected in 2014. You can also look forward to beyond-the-grave releases by Johnny Cash and Michael Jackson.

In movies, as in the last year, there are too many notable films expected to be released in 2014 to list, so I will just highlight a few. It will kickoff in January with a franchise reboot, "Jack Ryan: Shadow Recruit" with Chris Pine as the title character. It is directed by Kenneth Branagh, who is pretty much the epitome of "hit or miss" when it comes to his movies, so beware. In February, everyone who is anyone will be lining up for "The LEGO Movie." Seriously, it looks good! In March, Wes Anderson's next "The Grand Budapest Hotel" is expected to be released and since it has one of the best trailers ever, I expect it to be great. Did you know my wife is a movie producer? Her first foray into funding movies (through Kickstarter) will also be released in March. Get ready for the "Veronica Mars" movie. And you know the summer will be nuts, as usual, with these expected blockbusters: "X-Men: Days of Future Past" and "The Amazing Spiderman 2," as well as Angelina Jolie as the evil queen "Maleficent," and Tom Cruise saving the world again (and again) in "Edge of Tomorrow."



Coming soon to a theater near you, the *Veronica Mars* movie. At left, Angelina Jolie as the evil queen "Maleficent."



Finally, television has some interesting new series expected to debut in 2014. The anticipated spinoff from the fantastic "Breaking Bad," "Better Call Saul" is expected sometime during the year and it

has already been announced that it will be made available for "binge viewing" on Netflix. The SyFy network is promoting the next series from the producer who brought "Battlestar: Galactica" back to life. Named "Helix," it is about a team of scientists investigating a disease outbreak in the Arctic. The next from one of my favorites, the great Guillermo Del Toro (you know, he of "Pacific Rim") is a TV show! While it is yet another vampires among us story, it looks to be scarier and less campy. "The Strain" is set in the modern day, and is based on a book series that, according to Wired Online, "... treats vampirism like a virulent outbreak, meaning less love triangles and more white-knuckle suspense."

It looks like 2013 might be another good year for pop culture. Who knows what else might be in store for us? Happy New Year everyone.



SHEN YUN 2014

神韻晚會

JANUARY 22-24

Bob Carr Centre

ALL-NEW 2014 SHOW
WITH LIVE ORCHESTRA

Five thousand years of
myths & legends come alive on stage

Online: FLShows.com | Ticketmaster.com
Phone: 888-974-3698 | 800-745-3000

Presented by Florida Falun Dafa Association



"Fantastic! The athleticism, the artistry, the colors and the choreography...**beautiful.** The way they are able to display and tell the story through dance, so you can see the story and understand it without any words being spoken or any explanation, **it is very impressive.**"

— *Rich M. Kruger, President, ExxonMobil Production*



"The tone and the pitch interval from the Western and Chinese traditional musical instruments **blended and matched seamlessly." "Many people had tried to put Eastern and Western musical instruments in an orchestra but they never succeeded. Shen Yun did it. It sounds so unique and terrific!"**

— *Kang Mang Ho., renowned South Korean conductor*



"If it's in your neighborhood, you should go see it. And not only is it a cultural experience but it's an experience of beauty and love and precision..."

You'll be sorry if you miss it."

— *Anne Jeffreys, actress and singer*



"Superb!
Every performance was stunning."

— *WNYC*



"Mesmerizing!
Reclaiming the divinely inspired cultural heritage of China."

— *Donna Karan, creator of DKNY*

theater in the parks by Barbara Solomon

Laura Hodos Lights Up The Piazza

THE LIGHT IN THE PIAZZA

WRITTEN BY CRAIG LUCAS AND ADAM GUETTEL

DIRECTED BY ARADHANA TIWARI

STARRING LAURA HODOS AND JENNAFER NEWBERRY

This is a different type of musical from the ones we usually see, and I applaud Mad Cow for trying to produce it. However, I cannot applaud the end results, as I will explain a little later. Meanwhile, transport yourself to Florence, Italy in 1953, and meet a dysfunctional mother and daughter, Margaret and Clara Johnson, visiting from the States. Margaret has left her authoritative husband at home, and is dragging her mentally challenged daughter on a sightseeing tour of Italy. Of course, Clara (Jennafer Newberry) meets and falls in love with a young Italian, Fabrizio (Robert Johnston), the charming son of a more than charming father, Signor Naccarelli (Stephan Jones). After much soul searching, Mama Johnson agrees to the marriage of the young lovers, never telling the Italian family the mental condition an accident has left Clara with. The drama is continuously punctuated with operatic-type songs, only one of which I found melodic, "Il Mondo Era Vuoto." The songs, along with the less than flowing story, make this a difficult production to enjoy.

Laura Hodos actually saved the show, with a lot of help from Stephan Jones. Her voice is superb as is her acting, and she is well matched with Stephan. He is actually close to perfect in this role. Although Fabrizio does a fine job of portraying the young son and lover, his voice is not up to snuff for the high operatic songs. His sister-in-law and mother make up for his lack with gorgeous voices, and his mother, played by Lara Larberg, does a great job with her comedic timing. The costumes are absolutely gorgeous and the set is quite creative.

The theme of the show is love—love of family, young love, and love lost. As Shakespeare so aptly put it, all's well that ends well, and "The Light in the Piazza" certainly ends on an upbeat note. It's worth seeing just to put something different in your repertoire and for the performances of Laura Hodos and Stephan Jones.

Playing through January 6 at Mad Cow Theatre, 54 West Church Street. For more information call 407-297-8788 or visit madcowtheatre.com.



BARB'S BEST BETS FOR JANUARY: Start the theatre new year out right with "Clybourne Park" at Theatre Downtown, "Breaking Up Is Hard To Do" at The Winter Park Playhouse, and "Sweeney Todd" at The Venue.



Photos by Tom Hurst

The Light in the Piazza, now playing at Mad Cow Theatre, playing through January 6, 2014.



schools



Aloma Elementary

PRINCIPAL DR. DREW A. HAWKINS

The New Year has arrived, and we hope everyone had a safe and restful vacation. We have many thanks to give for all who support our school, our families, and our community. Thank you to Mrs. Wallace and all of the parents who helped with all of the performances of Aloma's Eagle Ensemble. Thank you to Winter Park Health Foundation for the multiple contributions they make for the health and welfare of our students. Thank you to John R. Behrle and other members of the Winter Park Rotary Club for their donation of dictionaries to all of our third-grade students.

Our next SAC Meeting will be on Tuesday, January 7 at 8:00 a.m. in the principal's conference room. On Thursday, January 16, at 6:30 p.m., there will be a PTA General Meeting combined with the Family Fun Night and School Dance. We hope many of you can attend. Students must have a parent present to attend.

Please note that there is no school for the students on Friday, January 17, or on Monday, January 20. As always, we appreciate your help and your support! We are "Team Eagle: Every Student! Every Day!"



Brookshire Elementary

PRINCIPAL DR. MARC RUMMLER

Happy New Year! We hope everyone had a wonderful holiday and got to spend quality time with their families. Speaking of time, seems like everyone is always saying there just isn't enough of it in the day. I heard someone say that an unhurried sense of time is in itself a form of wealth. So how do we and our children become rich with time?

Most schools use planners to help the students keep their assignments organized with due dates. When you can make a list and prioritize the daily tasks, you utilize time more wisely. Work together to develop a priority list of school and non-school related tasks for the entire family.

Having the time to accomplish these tasks is equally as important. Schedules are posted in all classrooms allowing the children to know how much time will be devoted to each area. Creating a schedule at home and developing those daily routines will alleviate some stress.

When you can, work as a team. Some parents are reluctant to give their elementary-aged child tasks or chores. By giving your child a chore to complete, it provides a sense of

Continued on page 21






St. James Cathedral School

Located in historic downtown Orlando, across from Lake Eola, our accredited Blue Ribbon School offers a challenging curriculum for Pre-K-3 through 8th grade, with an emphasis on technology, complemented by the arts, athletics, and extracurricular activities.

With the love and stewardship of Jesus as our inspiration, our exceptional and experienced faculty provides personalized instruction to all our students.

OPEN HOUSE

January 26, Sunday • 10:30a.m.-1p.m.
April 30, Wednesday • 8:30-10:30a.m.

Jean Wilkes 407-841-4432 ext.116
Admissions Director
505 East Ridgewood Street
Orlando, FL 32803

stjcs.com





A Catholic Community

schools

Continued from page 20

accomplishment and it frees up time for you to help your child with homework or a project. It's all about time - see if you can get some back for you and your family.



Dommerich Elementary
PRINCIPAL DR. JUNELLA HANDLEY KREIL

Wow, what a great first semester we have had at school! It is incredible how fast the year goes because we are so excited about our learning! The holidays have provided a bit of rest and time with family; we are refreshed and eager to see all that we will achieve in 2014. Our second marking period ends on January 16, and report cards will go home on January 24. This marks the official mid-point of our school year.

As we kick off our New Year, please mark your calendar and plan to join us for the following events! Dommerich will be Walking n' Rolling to school on January 8 and skating at Semoran Skateway on January 9. Then you can stop in to purchase the latest best sellers at our Book Fair during the week of January 27. Join us for Family Night on January 28, and reading with Grandparents on January 30 - when we will treat them to breakfast! Finally, we gear up for some serious running in February

with the Fast Start track event on the 1st and our Dommerich Chiefs on the Run 5K and Dommerich One-mile Dash on the 8th.

So as we prepare for a New Year of learning, we wish everyone a safe, productive and happy New Year!



Fern Creek Elementary
PRINCIPAL DR. PATRICK GALATOWITSCH

'Tis the season of giving here at Fern Creek Elementary! We have been blessed with so much community, volunteer, and partner support this time around. Through these efforts, every single student received gifts for the holidays. Special 'thanks' goes out to Lake Highland Preparatory School, Blue Man Group at Universal Orlando Resort, Woman's Club of Winter Park, ActivEngage, Inc., Keller-Williams Realty, Travelers Insurance, Fern Creek Foundation, and many more for making all this possible!

For this new year, we must take the time to reflect not only on our personal actions, but also on what we can do for others. Families and individuals struggling to make a better life have a long journey ahead of themselves, but our communities can see to it that those families have the support and resources they need to reshape their circumstances to live in a better

place. We need to do it for all of us. We individually cannot do it alone, but each of us can do something to create a collective impact.

Recently, Blue Man Group at Universal Orlando Resort gave a stellar performance in our very own auditorium, filled with amazing lights, fanciful music, flying streamers, and more. Fern Creek students were presented with their own unique experiences, and were even given gifts of stockings and light-up beach balls. The team behind the show proves that collaborative efforts make a difference in the community, and the experience was significant.

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.



Hillcrest Elementary
PRINCIPAL RUTH N. ORTEGA

Hillcrest Elementary, in downtown Orlando, is an Orange County Public School and a Foreign Language Magnet Program, offering opportunities for students to learn French or Spanish. During the year, each foreign language academy celebrates French or Spanish language, culture, and food. In addition to the regular curriculum and the foreign language instruction for all magnet students, Hillcrest offers many special areas including art, music, computer, Media Center, and physical education.

Hillcrest has had a wonderful first half of the year! Here are a few of the many events so far this year. In September, students displayed original art work at the Maitland Art Festival and won a 1st and 2nd place in the Global Peace Film Festival Calendar Art Exhibition. The Hillcrest Chorus performed at Hillcrest and in the community. We also had students selected to participate in the All-State and All-County Choirs. Our PTA organized the first Family Fun Dance of the year. In October, volunteers beautified the school, and the school held an FCAT and literacy night. In November, the PTA held the annual carnival and silent auction to raise money for the school's technology fund. Teach In, where parents and community members shared knowledge and stories with students, was also held in November, as was a very successful Math Night.

All of us at Hillcrest are looking forward to a fun and educational 2014!



Lake Sybelia Elementary
PRINCIPAL DR. JULIE PARADISE

The generosity of our school community during the holidays is always one of the beautiful things about this time of year. Thank you to each of our families, our partners and our community groups for sharing with others. It is this kindness that we want our children to emulate.

The brand new year is full of resolutions and commitments to

be the best we can be for 2014. Our teachers and students are wrapping things up for the first semester and are eagerly looking forward to the second half of the school year. This time of the year, our teachers are intensely focused on every child learning every day. We are a tight knit, well-oiled machine by the time we reach midyear.

Our students are busy preparing for our Waves of Wonder (WOW) science event on January 30. Students choose an area of interest to investigate and prepare a project to share with students and parents. We'll start the evening off with a family dinner at 5:30 p.m., followed by a special guest who will inspire the crowd with funky, fun science. Afterwards, the families will spend lots of time visiting the students' tables, playing with the experiments and getting all their questions answered by our budding scientists. It always turns out to be an incredible night of sharing and learning.



Lakemont Elementary
PRINCIPAL DR. BRENDA CUNNINGHAM

Happy New Year! We're starting the New Year off with a renewed concentration on achieving academic excellence. Our teachers and students will continue to focus on achieving benchmark standards in all core subject areas, and also enjoy the benefits of participating in our outstanding special area classes. Our after-school enrichment clubs will continue, too, as we move into the second half of our school year.

In order to help all of our students achieve grade-level standards, all of our students have been participating in STEM activities which integrate science, technology, engineering and math. It was great to watch our fifth-graders so excited to test their prototypes to combat weathering and erosion! Our students are really using their critical thinking skills, deepening their knowledge, and developing necessary skills for college and career readiness. Also, we have been having students participate in In-School Tutoring during their scheduled special area time. One full-time and one part-time teacher are working with targeted students on reading comprehension and reading strategies, or on basic mathematical concepts and fact fluency.

Beginning in February, we will add a Saturday School for targeted students in grades three through five. Again, we will be working on both reading and mathematical skills, to help these scholars reach grade-level expectations prior to our state testing in April.

Parents, please continue to assist your child at home and keep in close communication with school. We need to work together to reach our Orange County Public School Mission: "To be the top producer of successful students in the nation." We appreciate the continued support of our great Lakemont Leopard families and Winter Park community.

Continued on page 22



TUTORING

ALL GRADES K-12

BETTER GRADES START HERE!

Here's how Huntington helps:

- Academic evaluation identifies problem areas
- Programs tailored to address each student's needs
- Highly trained tutors work individually with students
- Huntington helps improve skills, confidence, and grades



Huntington.
Your Tutoring Solution

Winter Park
1997 Aloma Ave.
407-644-0456

1 800 CAN LEARN®



SAVE \$100

WHEN YOU CALL BEFORE JANUARY 31, 2014

ACADEMIC SKILLS

K-12

Reading • Writing • Math

Study Skills • Spelling

Vocabulary • Phonics

SUBJECT TUTORING

MIDDLE SCHOOL-COLLEGE

Pre-algebra • Algebra • Geometry

Trigonometry • Pre-calculus

Calculus • Earth Science

Biology • Chemistry • Physics

EXAM PREP

SAT/PSAT • ACT • Advanced Placement (AP)

HSPT • ISEE • SSAT • GED • ASVAB

FCAT Prep

HuntingtonHelps.com

©2012 Huntington Bank, LLC. Independently Owned and Operated. SAT and PSAT are registered trademarks of the College Entrance Examination Board. ACT is a registered trademark of ACT, Inc. The College Entrance Examination Board and ACT, Inc. were not involved in the production of, and do not endorse, this program. *Offer valid for Academic Evaluation or Tutoring, new students only. Not valid with any other offer.

HPA100

Continued from page 21



Maitland Middle School

PRINCIPAL DR. STEFANIE C. SHAMES

We are so proud of all of our students who were inducted in the National Junior Honor Society on December 17! The following day Marc Mero, Champion of Choices, delivered his powerful anti-bullying message to our and sixth and seventh-grade students. The second marking period will end on January 16. Students return from the Winter Holidays on January 6 and we will begin benchmark testing the next day. 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 Account, choose the Manage Alerts Tab, and check the alerts you would like (such as Missing Assignments/Low Assignment Marks), and add your email address. I encourage our families to take advantage of this feature.

We hope you have an enjoyable holiday season!

Orlando Science Schools

PRINCIPAL DR. YALCIN AKIN

The beginning of a new year provides an excellent opportunity to look back at the previous year's successes. At the Orlando Science Schools (OSS), among our many achievements was our goal of giving back and supporting our community during the holiday season.

We started in October with our Breast Cancer Awareness campaign benefitting the American Cancer Society. Throughout the month, students contributed by purchasing pink awareness ribbons, participating in "Pink Dress Down Days," and classroom door decorating contests. The campaign culminated in students serving as volunteers at the Making Strides breast cancer walk. In total \$350 was raised.

We continued our giving back initiatives in November by supporting Seniors First, which helps area seniors in need. We collected a variety of much-needed supplies, including blankets, towels and pillows. In December, we kicked off our canned food, blanket and toy drives with all proceeds supporting local community organizations.

OSS also continued to collect soda can tabs in support of the Ronald McDonald House's "2013-14 Pop Tab Recycling Contest," which will conclude this April.

Moving forward, always keep in mind that giving back doesn't only have to happen during the holiday season. Take time to think about how you can give back all year long.

Wishing you a Happy New Year from all of us here at OSS!



At left, Orlando Science Schools makes a donation to the American Cancer Society fight against breast cancer.



St. James Cathedral School

PRINCIPAL MRS. GERRI GENDALL

Catholic Schools Week will begin on Sunday, January 26 with the celebration of Mass at 9:00 a.m. in our beautiful Cathedral, followed by our annual Open House at St. James Cathedral School (SJCS) from 10:30 a.m. to 1:00 p.m. Prospective families, alumni, parishioners, neighbors and the general public who would like to learn more about our Blue Ribbon School and tour our historic "little gem" in downtown Orlando are invited to attend. Our entire staff will be present to welcome our visitors who will have an opportunity to view all of our classrooms and interact with our dedicated teachers.

We will carry out this year's theme "Catholic Schools: Communities of Faith, Knowledge, and Service" with planned activities for the students that focus on these three areas, with the goal of developing a deeper understanding of, and commitment to, their faith, and a greater willingness to serve others.

The seventh and eighth-grade classes will take part in a Helping Hands Service Project by packaging meals for the poor in West Africa. The students will package 10,000 meals for Burkina Faso, Africa. The food will serve 26 different centers of the most vulnerable in Burkina, including widows, orphans, and the physically handicapped.

As our students journey from preschool to eighth grade, we equip them to become Christian role models in their environments. We take pride in their academic achievements and celebrate their athletic and artistic successes.

This year's Catholic Schools Week theme complements our school motto, "Come to learn... Leave to serve."



Trinity Lutheran School

PRINCIPAL MELISSA BERGHOLT

Happy New Year from Trinity Lutheran School! We hope you had a wonderful holiday season and were able to spend time with family and friends. December was such a busy month on our campus as our students put on a fantastic show at Lake Eola when they headlined the Christmas program, "The Gift." The evening was magical as the students performed, the choirs sang, the Christmas tree was lit, and families browsed the craft and bake sale tables and checked out the food trucks.

January kicks off with our March in to Middle School Day. Our current fifth-grade students get to ex-

perience the "day in the life" of our sixth-grade middle school students. Then, our Middle School Round Up brings families to our campus to enjoy a meal together and learn a little more about our middle school program.

Bring your family and join us at Tijuana Flats in Thornton Park from 5-8 p.m. on January 22 and Tijuana Flats will donate 10 % of their profits to our school (don't forget to mention you are with TLS)!

Family Fun Night is right around the corner on January 24, when our Parent Teacher League plans a night of science and experiments for the students to rotate through, enjoy and learn a little something in the process!



Winter Park High School

PRINCIPAL TIM SMITH

The Winter Park High Varsity Girls Volleyball team got redemption this year after beating Lake Mary High in the State Volleyball Championship.



At left, Winter Park High School Varsity Girls Volleyball team 2013 State Champions.



Open House Sunday, January 12th
Join Us Between 2:00 pm and 4:00 pm



Make your first choice the B.E.S.T. choice.

At The First Academy, we partner with you in making your child's education the very best it can be by combining a first class education with a core set of Christian values:

Bolstering spirituality, **Excellence** in teaching and learning, developing **Servant** leaders, and **Telling** the story of Christ.

The First Academy – the best choice for your child's education.



THE
FIRST ACADEMY

A Christ-Centered K4 – Grade 12 College Preparatory School
2667 Bruton Blvd., Orlando, FL 32805 | 407.206.8602 | thefirstacademy.org

The First Academy does not discriminate on the basis of color, race, gender or ethnic origin.

COMMUNITY CALENDAR

Audubon Park Garden District Events

Ongoing Events

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

First 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 Ave. For more information please call 407-246-2620 or visit www.leugardens.org.

February 8 Seed Swap – 9:00 a.m. to noon at Harry P. Leu Gardens located at 1920 N. Forest Ave. Seed swapping is free, fun and best of all, the find - you may find seeds you've always wanted to try. Participation in the seed swap gives you free seeds and free admission into Leu Gardens on the same day. For more information please visit www.leugardens.org.

February 14 Valentine's Stroll – 7:00 to 10:00 p.m. at Harry P. Leu Gardens located at 1920 N. Forest Ave. For more information please call 407-246-2620 or visit www.leugardens.org.

March 15 -16 Leu Gardens Annual Plant Sale – 9:00 a.m. to 5:00 p.m. at Harry P. Leu Gardens. For more information please call 407-246-2620 or visit www.leugardens.org.

Baldwin Park Events

February 1 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 Dr. For information call 407-999-5251.

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

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

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

January 6 Healthy Living Series Clinic presented by Florida Hospital – Topic: Women's Health with Diane Mancini, ARNP-C at 6:00 p.m. at Track Shack. For more information please call 407-896-1160 or visit www.trackshack.com.

January 9 The Orange County Retired Educators Meeting – 10:00 a.m. at College Park United Methodist Church located at 644 W. Princeton St. 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 9 - 26 Who's Afraid of Virginia Woolf? – Presented at the Goldman Theater at the John and Rita Lowndes Shakespeare Center. For various show times and more information please call 407-722-7037 or visit www.cornerstonetheatrecompany.com

January 11 Orlando Philharmonic presents Michael Cavanaugh in Concert: The Songs of Elton John and More – 2:00 p.m. and 8:00 p.m. at Bob Carr Performing Arts Centre located at 401 W. Livingston St. For tickets and more

information please call 407-770-0081.

January 18 33rd Annual Dick Batchelor Run for the Children 5K –Registration is from 6:00 to 7:00 a.m. at Universal Orlando Resort located at 1000 Universal Studios Plaza. Proceeds benefit The Howard Phillips Center for Children & Families, part of Arnold Palmer Hospital for Children. For more information please call 407-896-1160 or visit www.trackshack.com

January 25 Seasons 52 Park Ave. 5.2K presented by Florida Hospital – 7:30 p.m. in Central Park on Park Ave. 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

February 1 Florida Hospital Lady Track Shack 5K – 7:30 a.m. at Mead Gardens located at 1300 S. Denning Dr. For more than 30 years, this event is to celebrate women's health and fitness. For more information please call 407-896-1160 or visit www.trackshack.com

February 6 The Orange County Retired Educators Meeting – 11:30 a.m. pot luck luncheon at College Park United Methodist Church located at 644 W. Princeton St. Anyone who has worked in education is invited to attend. For more information please visit www.ocrea-fl.org, or call 407-677-0446.

February 8 Orlando Chili Cook-Off – Noon to 6:00 p.m. at Festival Park. Proceeds for this event benefit Special Olympics of Florida and Kiwanis Clubs of Greater Orlando. For more information please call 407-777-8309 or visit www.orlandochilicookoff.com

February 15 Orlando Wetlands Festival – 9:00 a.m. to 3:00 p.m. at Fort Christmas Park located at 1300 N. Fort Christmas Rd. This event is sponsored by the City of Orlando, Atkins, Orange Audubon Society, and Orange County Parks & Recreation. For more information please call 407-568-1706 or visit www.cityoforlando.net/wetlands.

February 15 Run Around the Pines 5K presented by Florida Hospital – 7:30 a.m. at Showalter Field located at 2525 Cady Way. This annual event includes a Healthy 100 Kid's Run at 8:45 a.m. and proceeds benefit the Track Shack Foundation. For more information please call 407-896-1160 or visit www.trackshack.com

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.

Winter Park Events

Ongoing Events

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

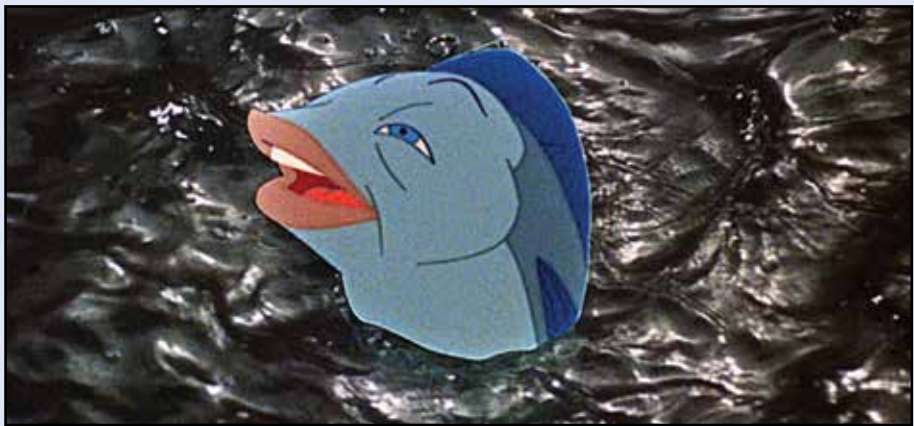
Every Saturday Line Dance Class –10:00 a.m. at the Winter Park Community Center. Beginners are asked to come at 9:30 a.m. to learn the basic steps. For more information please call 407-592-7835.

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

JANUARY HIGHLIGHT



January 9 Popcorn Flicks – 7 p.m. showing of "The Incredible Mr. Limpet" in Central Park. For more information on this free event call 407-629-0054 or visit www.enzian.org. Rain date will be January 23.

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

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

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

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

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

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

January 9 Popcorn Flicks – 7:00 p.m. featuring the showing of "The Incredible Mr. Limpet" in Central Park. For more information regarding this free event please call 407-629-0054 or visit www.enzian.org. Rain date will be January 23.

January 9 - 12 Park Avenue Sidewalk Sale – Enjoy discounts at participating retailers along Park Avenue.

January 10 Good Morning Winter Park – 7:45 to 9:00 a.m. at the Winter Park Welcome Center. Event is free and open to the public, and includes guest speaker David Joswick representing New Hope for Kids. For more information please visit www.winterpark.org.

January 15 Keys to Green Gardening by Stephen and Kristen Pategas of Hortus Oasis – 7:00 to 9:00 p.m. at Harry P. Leu Gardens. Registration required by calling 407-246-2620.

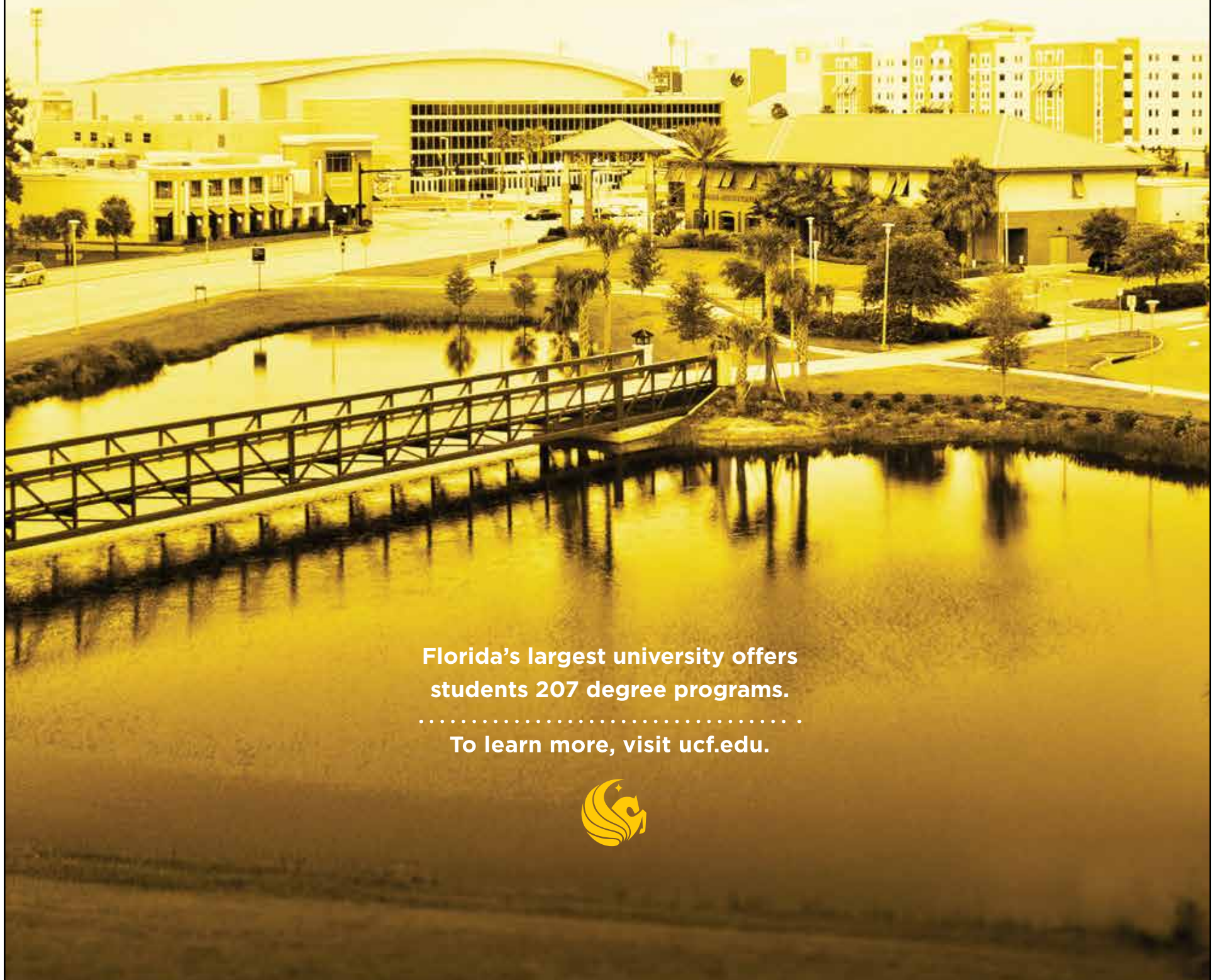
January 17 State of the City Luncheon – 11:30 a.m. to 1:15 p.m. at The Alford Inn located at 300 E. New England Ave. Mayor Kenneth W. Bradley delivers the annual State of the City Address and recognizes outstanding City employees. Costs is \$35 for chamber members and \$40 for non-members. To register, please visit www.winterpark.org.

January 24 The Winter Park Playhouse presents "Breaking Up is Hard To Do" – This performance features the songs of hit songwriter Neil Sedaka set in a 1960s Catskills resort setting. For performance times and ticket information please call 407-645-0145 or visit www.winterparkplayhouse.org.

January 31 An Evening with Fernando Varela – Varela was an "America's Got Talent" eighth season finalist from the group "Forte." 8:00 p.m. at the Trinity Preparatory School Auditorium located at 5700 Trinity Prep Lane. For more information please visit www.trinityprep.org.

BIG =*equals*= OPTIONS

UNIVERSITY OF CENTRAL FLORIDA



Florida's largest university offers
students 207 degree programs.

.....
To learn more, visit ucf.edu.

