

# The Park Press

MARCH 2014

~ Positive news that matters ~

FREE

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



Pro-Active  
Driving  
School  
Returns

10



Winter Park  
Sidewalk  
Art Festival  
Guide

13



Home &  
Garden

16

For updated news, events and more, visit [www.TheParkPress.com](http://www.TheParkPress.com)

## Play Ball!

The Winter Park Babe Ruth 2014 baseball season opened on February 22 with a memorable Opening Day ceremony. Although rain was in the forecast, the skies cleared when 45 teams of approximately 500 players from age 4 to age 16- and all of them in crisp new uniforms -were introduced and recognized. Winter Park Babe Ruth has 640 young people registered for its nine divisions, five in baseball and four in softball. The president of Winter Park Babe Ruth, George McGowan, presided over the ceremony and presentations, which included recognizing five District Champions (two in baseball and three in softball) and one District Runner-up (baseball) from the 2013 season. The league is especially proud of the 16U softball 2013 District Champions, who went on to become State Champions and the first ever Southeast Regional Champion in league history!

The ceremony included a rousing rendition of the National Anthem sung by Winter Park High School student Kasey Cuda while the City of Winter Park Honor Guard presented our nation's colors. Mayor Ken Bradley of Winter Park greeted the ballplayers and the family members gathered for the festivities. The mayor and long-time league volunteer Winnie Hogue threw out the first pitches in baseball and softball, respectively.

In addition to these wonderful events, the ceremony included a special guest, Winter Park resident and former major league player and manager, Davey Johnson. Davey graciously addressed the gathering and was not shy about admitting his age by pointing out that he played youth baseball on the Ward Park ballfields 60 years ago! As he told some



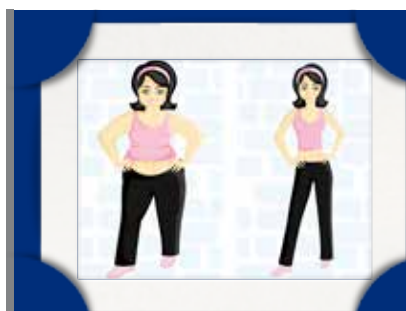
Above, Davey Johnson tosses out the first pitch of the Winter Park Babe Ruth 2014 baseball season. At right: Jack Billingham, Ryan Missigman, Davey Johnson, Chloe Incinelli, Mayor Ken Bradley and Paul Missigman.

stories of his trials and triumphs while a youth baseball player, he was joined on the mound by his old friend and opponent, Jack Billingham, who also played in the major leagues and learned his trade on the fields at Ward Park.

Opening Day was a rousing success and a great event to kick-off the season for all 640 players and their families. The league president mentioned in his remarks that all those involved in the league were responsible for making



memories for the young people playing the games. He expressed his hope that all of these memories will be positive ones before ending the ceremony with the timeless shout of "Play Ball!"



## Drop a size in an hour!

No catches or gimmicks! Treatments starting at \$250.

**407-587-5300 | [couturemedspa.com](http://couturemedspa.com)**

  
**Couture Med Spa**  
Where Luxury Meets Affordability  
offer expires 3/31/14

### INSIDE THE PARK PRESS

Editor's Message .....	3	Real Estate .....	19
News .....	4	Business .....	20
Art Festival.....	13	Business In The Parks.....	21
Home Improvement .....	16	Health .....	23
In The Garden.....	17	Schools .....	24
Arts & Entertainment.....	18	Calendar of Events .....	27

PERMIT NO 4595  
WEST PALM BCH FL  
**PAID**  
US POSTAGE  
PSRST STD



# The Park Press™

www.theparkpress.com

**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



**It's Time for your Air Conditioner Check Up!**

A/C Check-ups **save you money** by lowering your power bill & prolonging the life of your unit.

**Comprehensive 12 point tune up\***

**only \$79.00** HURRY - offer expires April 30th.

Ask about our maintenance agreement & **SAVE** even more!

\* see www.brownieairservice.com for details on 12 point tune up

**BROWNIE AIR SERVICE**

Service, Equipment Sales & Duct Replacement

**407-453-4481**

Serving Central Florida for over 20 years!  
All work warranted! We stand behind our work!

Lic # CAC1814569 • [www.brownieairservice.com](http://www.brownieairservice.com)

## Publisher's Message



Rick Cable

With this issue I want to welcome all of the new residents to the area from the “great white north” who have proclaimed, “I will not go through another winter like that!” Seriously though, I would love to see the numbers of those who migrate south after the winter of 2014. Over the past few weeks, I have had several conversations with people who have decided to relocate to the area. I find their conversations interesting because it's like they are selling Central Florida to me, and I'm a native.

It's great to hear what they have to say, as they are coming from different walks of life and different communities. I must admit, I often take living here for granted. At times I'm so focused on running from point A to point B, I don't take notice of my surroundings. Sure, I can think of a few cons to living here, like rush hour traffic and the seasonal pollen count, but the pros are too long to list.

One such pro came up during a recent conversation with someone new to the area. I

casually mentioned the words “dog park” while rattling off a long list of things to do in the area. I urged him to go to our website to find out what was going on. Then he said, “Wait, there's a dog park here?” Of course, I'm thinking everyone has a dog park, right? His next questions were, “Where is it and how much does it cost?” Yes, this was a moment that made me realize that I take living here for granted. However, I can tell you my foxhound doesn't. Fleet Peoples Park is her Disney World, and we make an effort to go at least once a week.

In closing, there are a lot of great events mentioned throughout this issue that are going on this month in our community. They range from a free safe driving course to the 55th annual Winter Park Sidewalk Art Festival. My hope is that you can get out to some of these events, and that you run across someone who's new to the area, and they try to “sell” you on this wonderful place that we all call home.

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

*Rick*

Rick Cable  
Publisher/Founder

# Winter Park

Florida's premier fitness destination!



**Run, Walk, Train.**

**MARCH**

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

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

25 (Tue) **Five & Dime 5k and 10k Training 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

**HUNTER VISION**



Dates are subject to change.  
\*Track Shack Running Series Event  
**DD** Track Shack Distance Dare Event

**\$2 OFF**  
[Race Registration Only]  
Use Discount Code  
**Park2014**

Run to **TrackShack.com**

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

## When I Grow Up

By Tricia Cable

As my 51st birthday approaches, I still find myself pondering the same old question that I have been asking myself nearly my entire life, “What do I want to be when I grow up?” As a child, it was a toss-up between teacher and stewardess (no disrespect, that is what we called flight attendants back in the day). By the time I was in junior high school, I was pretty sure I wanted to be an Osmond. But when Donny got married in 1978, I was in desperate need of a backup plan.

Since then, I have waffled between what I think I should do and want I really want to do. Oprah says, “Do what you love, and the money will come.” Trouble is, I have done what I have to do for so many years now, I have sort of lost sight of what I would love to do. Don't get me wrong, there are many things in my life that I love doing, and I am healthy and happy. I just am not certain that I have fulfilled my life's purpose.

Maybe it is the unexpected death at 53 of an acquaintance through work that has got me wondering and in a bit of a hurry to figure it all out. Whatever the cause, I am grateful for the

motivation. And after some much needed soul searching and self discovery, I think I am on the right track. I have started to really pay attention to what brings me joy and what I truly enjoy doing.

The first phase or half of my life has been dedicated to a little bit of what I love and a whole



lot of what has been expected of me. That sounds like a whole bunch of backwards to me. That's why, it is my goal to ensure that the next phase or half of my life is packed full of what I love doing with a little sprinkle here and there of what needs to be done.

This type of transition won't happen overnight, but I think putting myself on a five year plan makes perfect sense. It's crazy, but in just five short years, I will have one child in college and the other one getting ready to graduate from high school. My timing may be just perfect, I may have my act

together in time for my empty nest! No regrets at the end is what I am shooting for. I want to make sure that when I check out, I can say that I have left everything out there, nothing left unsaid, nothing left unresolved and am completely secure that I have fulfilled whatever purpose I was destined to fulfill. Whether that is as complex as finding the cure for cancer or as simply to have been the mom to the child who will go on to save the world.

When I grow up, I want to be happy. I want to be proud of my accomplishments and driven to leave the world better than when I got here. I want to be confident, comfortable, sincere, compassionate, and most of all incredibly aware that most of everything that I do has an impact on myself and others. When I grow up, I want to be me. The me that I am meant to be. The me that I have worked so hard on all these many years.



Celebrating the opening of GO Travel's newest location in Winter Park  
344 West Fairbanks Avenue, Winter Park 32789 407-644-7700

**Save \$1,000 per couple on Select 2014 Europe River cruises.**



Ask about our single supplement waived departures..

<b>A Taste of the Danube</b> Budapest to Vienna November 10	<b>Burgundy &amp; Provence</b> Côte d'Azur March 24 & 31, 2014	<b>Highlights of Germany</b> Zürich to Basel October 15, 2014	<b>The Rhine &amp; Moselle</b> Zürich to Amsterdam October 14, 2014
<b>Balkan Discovery</b> Budapest to Bucharest April 2, 2014	<b>Capitals of Central Europe</b> Prague to Prague March 31: April 14 2014	<b>The Legendary Danube</b> Prague to Budapest March 25, 2014	<b>The Upper Rhine to The City of Music</b> Zürich to Vienna April 25, 2014
<b>Balkan Discovery</b> Bucharest to Budapest August 1, 2014	<b>European Splendor</b> Vienna to Amsterdam April 20, 2014	<b>The Blue Danube Discovery</b> Budapest to Prague June 18 & 30, July 7 & 28 August 15, 2014	<b>Tulip Time</b> Amsterdam to Amsterdam March 23 & 26, April 2, 6, 9, 13, 16, 19 & 27, 2014
<b>Blue Danube to the Back Sea</b> Bucharest to Vienna April 9, 2014	<b>Magnificent Europe</b> Amsterdam to Budapest December 21, 2014	<b>The Rhine &amp; Moselle</b> Amsterdam to Basel April 13, 2014	<b>Tulips of Northern Holland</b> Amsterdam to Amsterdam March 30: April 12, 2014

**Longwood**  
281 | West State Road 434  
Longwood, FL 32779  
407.774.7700



Since 1979 [www.gotravel.com](http://www.gotravel.com)

**Winter Park**  
344 W. Fairbanks Avenue  
Winter Park, FL 32789  
407.644.7700

\*Book a select 2014 Europe Avalon Waterways vacation to receive \$500 off per person on the cruise/land or cruise only price. For A Taste of the Danube (WBV) the promotion applies only to the land inclusive price. Offer available on select dates of select cruises. Booking must be made, under deposit, and discount applied between January 8 and April 8, 2014, for travel at select times in 2014. Avalon and Royal Suites excluded. Offer reliant on space availability and may be withdrawn at any time. Not combinable with any other offer, other than Journeys Club Repeat Traveler benefits. Applies to new 2014 bookings only, and offer will not be applied to pre-existing bookings. Offer reliant on space availability at time of booking. Full cancellation penalties will apply. Additional restrictions may apply. GO TRAVEL not responsible for any errors or omissions. GOTRAVEL strongly recommends the purchase of travel insurance.

\*\*Book a select 2014 Europe Avalon Waterways River Cruise vacation in order to waive the single supplement fee. Only ten promotional staterooms available each departure. Category BAAP only. Offer available on select dates of select cruises listed above. Booking must be made, under deposit, and discount applied between February 26 and April 8, 2014 for travel at select times in 2014. Applies to new 2014 bookings only and will not be applied to pre-existing bookings. Offer reliant on space availability and may be withdrawn at any time. Not combinable with any other offer other than Journeys Club Repeat Traveler benefits. Full cancellation penalties will apply. Additional restrictions may apply. May be withdrawn at any time GO TRAVEL not responsible for any errors or omissions. GOTRAVEL strongly recommends the purchase of travel insurance.





## City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

We have weathered the storms (thankfully not like the ones in the rest of the country) and made it to March Madness! March is a great month to live in Orlando with an abundance of sports, arts and culture to enjoy.

We are excited that from March 20-22, our own Amway Center will host second and third round games of the NCAA Division I Men's Basketball Championship. For more information, visit [ncaa.com/final-four](http://ncaa.com/final-four).

This month brings the annual Arnold Palmer Invitational ([arnoldpalmerinvitational.com](http://arnoldpalmerinvitational.com)) PGA tournament to Central Florida. From March 17-23, enjoy world class golf right here in our own backyard, which also raises millions of dollars to support the Arnold Palmer Children's Hospital and the Winnie Palmer Hospital for Women and Babies. Mr. Palmer always says that the hospitals are what he is most proud of in his legendary list of accomplishments. These hospitals also hold a special place in my heart, as my four precious grandchildren were all delivered at Winnie Palmer.

March is also a great month to watch tennis at our City's Orlando Tennis Center. From March 8 - 16, enjoy watching the women of the United States Tennis Association play in the \$10,000 Women's Open. Admission to all of the matches is free. Visit [orlandotenniscentre.com](http://orlandotenniscentre.com) for more details.

Speaking of sports in our Great City, visit [orlando-venues.net](http://orlando-venues.net) for live shots of the Orlando Citrus Bowl

renovations. Many know that I have been a Little League umpire for my entire adult life and even got a chance to umpire in the Little League World Series in 2005. My love of the game runs deep, as does my affection for Tinker Field, baseball in Orlando and preserving our Great City's short but rich history.

Because of the recent publicity, there is a renewed interest in the community for Tinker Field, and for that I'm grateful. With the modifications to the Orlando Citrus Bowl, Tinker Field will be reduced to a size that is unplayable for almost every type of regulation baseball. But in the midst of this community discussion, I believe that there is ample room to commemorate and memorialize all that occurred on that field and upgrade an adjacent complex that will provide an opportunity for baseball to have a place in our community for years to come. I hope you will follow this project and share your thoughts with me as this project moves forward.

There are many other great events happening this month that allow our residents to enjoy Orlando's diverse amenities. On March 9, the Mennello Museum hosts its annual family day all afternoon. Enjoy free admission to the museum, which currently has some wonderful Southwestern-themed exhibits, as well as crafts and other activities for the whole family. Visit [mennellomuseum.com](http://mennellomuseum.com) for details.

March 15 and 16 is the Leu Gardens Annual Plant Sale. This is a great time to spruce up your yard, support local nurseries and receive great advice for all of your planting needs. Admission to the gardens is also free all weekend. For more info about this and other



Orlando Magic basketball camp kids give a "thumbs up" during their workout.

great events and happenings, visit [leugardens.org](http://leugardens.org).

Also on March 16 is an Arty Party at the Orlando Museum of Art. Enjoy making and taking your own "birthday cake" art to commemorate the museum's 90th anniversary. Their website is [omart.org](http://omart.org) for more information.

As many parents try to figure out how to entertain their kids during spring break, we are fortunate to live in an area that boasts many fun and educational spring break camps. The Orlando Magic host spring break basketball camp at the RDV Sportsplex in Maitland and the Orlando Science Center also hosts science-themed camps for children in Kindergarten through sixth grade. Visit [orlandomagic.nba.com](http://orlandomagic.nba.com) and [osc.org/camps](http://osc.org/camps) for further details.

I'm excited about all that is happening in our city not only this month, but all year long. It is because of all of the great people we have working together to make our neighborhoods the best they can be to all of you out there, thanks for your support! I look forward to seeing you around town soon.

—Robert

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

*Offering Personalized Service and Attention to Detail to Every Client.*

<p><b>Winter Park's Windsong</b> 5 BR • 4 BA • 3,758 SF \$1,125,000</p>	<p><b>Lake Conway Beauty</b> 6 BR • 6-2.5 BA • 8,075 SF \$2,390,000</p>	<p><b>Maitland Retreat</b> 5 BR • 4.5 BA • 3,903 SF \$579,000</p>
---	---	---

**Fannie Hillman Associates**  
205 W. Fairbanks Avenue  
Winter Park, FL 32789  
[www.fanniehillman.com](http://www.fanniehillman.com)

**THE JERRY OLLER & SHIRLEY JONES TEAM**  
MORE THAN 30 YEARS COMBINED REAL ESTATE EXPERIENCE  
FANNIE HILLMAN 2013 TOP PRODUCERS

**Santiago's Bodega**  
a tapas-style restaurant & bar

Ivanhoe Village 802 Virginia Dr.  
[www.santiagosbodega.com](http://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

**THE WINTER PARK Paint Out 2014**  
APRIL 20 THROUGH APRIL 26  
[www.WinterParkPaintOut.org](http://www.WinterParkPaintOut.org)  
A Central Florida plein air Festival

*Our artists never sell out. But our Garden Party does.*

Left to right: Rose Garden and Porch at Knowles Chapel, Stacy Barber; A Polish Welcome, Berro Ortega; Lapis Lillies, Hui Lai Chong

**Join us for The Albin Polasek Museum & Sculpture Gardens Sixth Annual Winter Park Paint Out, April 20-26, 2014.**

This week-long event has 25 of the best local and national artists recreating iconic area scenes in watercolors, oils and pastels. Free artists demos and paintings available for purchase throughout the event, which is capped by our fabulous Garden Party where you get to mingle with the artists.

Buy your Garden Party Tickets today, 407-647-6294 or online at [www.WinterParkPaintOut.org](http://www.WinterParkPaintOut.org)

This project is funded in part by Orange Co. Government through the Arts & Cultural Affairs Program.

Gold Sponsor: **GRAFTON FAMILY**



## Winter Park Mayor's Message

Mayor Ken Bradley



Ken Bradley

On March 3, we held the official grand opening of the new City of Winter Park Train Station! Constructed on the same site our first train station was built on almost 130 years ago, the new station will serve both Amtrak and SunRail passengers.

Featuring Craftsman-style architecture, passengers will be surrounded by solid beams of dark cherry wood etched with delicate carvings. Shades of teal, green, royal blue and brown swirl about a beautifully laid tile wall—reminiscent of the colors of a peacock. From the new public restrooms to the Mission-style hardware on the fine wood cabinetry, the city's new train station will warmly greet or bid farewell to rail passengers as they arrive and depart our city. It is also the newest LEED-certified, city-owned facility, furthering our commitment to sustainability. We are also looking forward to the installation of the public art piece "Tree Whisperers" by local artist and longtime Winter Park resident Diane Gillett Boswell.

Rail travel has always been a very important means of transportation to and from our city. Maps from the 1800s show how our city was built and developed around its train station. It is exciting to have such a lovely station launch a new era

for our region—the first SunRail train ride scheduled for Thursday, May 1.

On Tuesday, March 11, the City of Winter Park is holding its General Election for City Commission Seat 2. I encourage each of you to exercise your right to vote. Precinct locations, voting times, and other important election information can be found on the city's official website at [cityofwinterpark.org/elections](http://cityofwinterpark.org/elections).



The 55th Annual Winter Park Sidewalk Art Festival kicks off Friday, March 23 and runs until Sunday, March 25. More than 225 national and international artists will showcase their creations throughout the weekend.

Voted "America's Best Arts Fair" (by Art Fair Calendar.com) and Orlando's "Best Festival" (by *Orlando Magazine*) our city is proud to host the 55th Annual Winter Park Sidewalk Art Festival Friday, March 23, through Sunday, March 25.

More than 225 national and international artists will showcase their unique creations throughout

Central Park, in downtown Winter Park. The city's Bicycle & Pedestrian Advisory Board is offering free bike valet service that is convenient, safe and hassle-free for those riding their bikes. Crowds of more than 300,000 are expected during this grand event.

Winter Park now has an additional 90 public parking spaces available downtown. Located just across from the Winter Park Farmers' Market on Lyman Avenue, the former Public Works Administration Building has been demolished, making way for these additional public parking spaces. In addition, a city lot formally reserved for City Hall employees only has been opened for everyone to use due to the wonderful activities that continue to grow our downtown.

We have also started streaming our city commission meetings live, as they happen. This new live video broadcast allows you to watch our meetings without leaving your home or place of work by logging on to [cityofwinterpark.org/cclive](http://cityofwinterpark.org/cclive). Watch us on the second and fourth Monday of every month to stay tuned-in to official city business. We are doing this to make our meetings even more accessible to our citizens.

March signifies the beginning of spring in Winter Park. Please vote, enjoy the activities planned, and celebrate the great place we live.

*Kenneth W. Bradley*  
Kenneth Bradley, Mayor

2014

**LOOK GOOD. FEEL GOOD.**

**THIS IS YOUR YEAR.**

**Come to Our Open House February 12th, from 3-7pm**

Cheers to the new you with **FREE Screenings for spider/varicose veins and body fat analysis. Plus live music, caricatures, and a teddy bear clinic for the little ones — BYOB (Bring Your Own Bear)!**

**To RSVP call (407) 599-6111.**

**Diana Jaime, MD**  
Board-Certified Family Medicine Physician

**Family Medicine of Baldwin Park**  
FLORIDA HOSPITAL MEDICAL GROUP  
942 Lake Baldwin Lane | Orlando, FL 32814





## Maitland Mayor's Message

Mayor Howard A. Schieferdecker



Howard A. Schieferdecker

The Maitland Fire Rescue Department started a new outreach program in the elementary schools located within the City of Maitland and Town of Eatonville. The goal of the program is to allow on-duty firefighters to visit the schools and read to the children. The program is designed to help create a relationship with the children and firefighters in the com-

munity. It shows the children that there is a normal person behind the helmet, mask, and firefighting gear. When a young child is involved in an emergency incident, it can be a scary experience. They are surrounded by public safety officials who they view as strangers. By interacting with firefighters in a safe classroom environment, the children become more comfortable with the firefighters and know that firefighters are there to help.

The firefighters recently visited the Jewish Community Center for the first reading. They showed up 30 minutes

early to review the books that the teachers selected for the day. The firefighters dressed in normal duty clothes that are worn around the station, and fire helmets. Each firefighter went to a separate classroom and read a short story to the children. After they were finished reading the firefighters answered questions and allowed the children to share stories. It was a unique experience for everyone involved and one that will foster a healthy relationship between the children and firefighters.



An on-duty firefighter reads a book to children in a classroom.



## County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



Ted B. Edwards

Many District 5 constituents have been reporting crime, particularly property crime, is on the rise in their communities. As a victim of a home burglary myself, I know first-hand the sense of loss and invasion these crimes inflict on families and individuals and am committed to helping to reduce the occurrences of these crimes.

The Federal Bureau of Investigations' Uniform Crime Reporting (UCR) Program presents a bleak outlook on Orange County's property crime problem. The UCR program was founded in 1930 to give policymakers and the general public a better understanding of trends in criminal justice through the collection of nationwide crime statistics. The UCR program breaks property crimes into three categories: burglary, larceny, and auto theft. Although the data shows that property crimes are on the decline nationally, Orange County's property crimes rates have risen since 2010. In 2010, residents reported 13,783 burglaries, 31,055 larcenies, and 3,754 auto thefts to state and local law enforcement agencies within the county. In 2012,

14,034 burglaries, 32,034 larcenies, and 4,013 auto thefts were reported, a three percent increase in total property crime from 2010. Although an adjustment for the increase in Orange County's population since 2010 may reduce the increase upon individual residents, property crime impacts an entire family and sense of safety in our neighborhoods.

You can help deter criminals from committing property crime offenses in your neighborhood. You can take a few steps to significantly reduce the risk of becoming a victim. Keep your garage door or storage shed closed and locked and secure tools and equipment like ladders that criminals could use to gain access to your home. You would be surprised the number of crimes that could be prevented if residents simply closed their garage doors and sheds. Keep your yard well maintained; a well-maintained yard provides fewer hiding places for criminals. Ensure that trees and shrubbery do not obscure doors and windows or provide access to the second story of your home. Be sure your property is well lit. Consider installing automatic timers or motion sensors that activate exterior lights. Join your local Neighborhood Watch group. If one does not exist, ask your local police department or the sheriff's department to help you start one. If you live in an apartment or condo complex,

check the community on a regular basis for problems such as burned-out light bulbs, dark corridors, uncollected trash, or broken locks on mailboxes and doors. Report any problems to the complex manager or condo owners association as soon as possible. Park your car in a lit, well-traveled area. Be sure to lock your car even if you plan on returning in a few minutes, to prevent giving criminals easy access to your belongings. Vigilance can deter criminals and make the community safer for everyone.

I will continue to work with Sheriff Demings and other local law enforcement officials to reduce the impact of property crimes in

our communities. Nothing is more important than ensuring your safety and the security of your home and property. If you would like additional information on starting a neighborhood watch program or any other county issue, please feel free to contact me or my staff, Edgar Robinson and Lynette Rummel. We can be reached at 407-836-7350 or by email at district5@ocfl.net. In closing, close your garage door, lock your car doors, and be safe!

*Ted B. Edwards*

Ted Edwards  
Orange County Commissioner,  
District 5

**HANNIBAL SQUARE WINE TASTING**

**MARCH 20<sup>th</sup> WEST NEW ENGLAND AVE. 5 to 7<sup>30</sup> pm**

Featuring Beer, Wine Samples and Appetizers from Local Eateries, and Live Entertainment.

**\$25 IN ADVANCE • \$30 AT THE DOOR**  
**WWW.WINTERPARK.ORG • 407.644.8281**

PRESENTED BY  
**primera**  
Med spa  
WINTER PARK

**The Park Press**  
WUCF 25  
WUCF 25  
WUCF 25

**Observer**  
WUCF 25  
WUCF 25  
WUCF 25

**edible**  
WUCF 25  
WUCF 25  
WUCF 25

**SIX**  
WUCF 25  
WUCF 25  
WUCF 25



Karen Castor Dentel, PhD

## Representative's Message

Karen Castor Dentel, PhD, Florida House of Representatives

Dear Neighbors:  
As a Florida native, I can't imagine living anywhere else. Like so many of you, I love our world-class attractions, year-round mild weather, bountiful lakes and parks and gorgeous beaches; all making Florida a top tourist destination. But have you ever wondered how people around the globe choose to come to Florida? One answer is VISIT FLORIDA! This public/private partnership was created by the Florida Legislature in 1996 to serve as the official marketing source for visitors' travel planning around the world. I recently attended their press conference at Orlando International Airport

**VISITFLORIDA®**

where they announced a record number of over 94,000,000 guests in 2013!

As the Sunshine State enjoys a renewed commitment to tourism, thanks in part to the economic upturn, industry leaders were given their 2014 challenge: 100 million visitors to Florida! And to help meet that goal, an increase in funding is recommended in the governor's budget. In addition to the state funds, VISIT FLORIDA also raises money by recruiting companies such as Disney, Sea World, Busch Gardens, and The

Hertz Corporation to invest as partners through cooperative advertising campaigns and other promotional programs. These strategic alliances not only benefit theme parks but also benefit smaller attractions like Gatorland, DeLeon Springs State Park, the Orlando Science Center, and cultural festivals.

Studies have shown that for every dollar spent on marketing our state, tourists spend \$390 and generate \$23 in new sales tax collections. A strong sales tax base supports our great



schools and provides for vital infrastructure needs. As Floridians, we are well aware of our many treasures and we all benefit when we can share them with the rest of the world as well.

Learn more at VisitFlorida.com

*Karen*

Karen Castor Dentel, PhD  
Florida House of Representatives



protection and service by The Winter Park Police Department

## Citizen Police Academy At The Winter Park Police Department

The Winter Park Police Department is now taking applications for its upcoming Citizen's Police Academy on their website at <http://www.wppd.org/community/cpa.htm>. The newly restructured program had a very positive response in 2012 and 2013 from the residents, business owners and other community stakeholders who attended. The Citizen's Police Academy is a commitment of every Tuesday night from 6 p.m. until 9 p.m. for eleven weeks.

In addition to the eleven weeks of classroom training during the Citizen's Police Academy, a four hour patrol ride-along is offered and a

four hour Saturday Firearms Safety class is conducted. A Citizen's Police Academy experience is an all-encompassing view of the daily operations of Winter Park's Police Department while getting to know various members of the agency. Participants will learn about patrol, traffic enforcement, lakes patrol, DUI investigations, parking enforcement, homicide and Federal Task Force investigations, crime scene preservation and evidence collection, street crimes investigations, community services offered, S.W.A.T., K-9, crisis negotiations and School Resource Officer responsibilities, and other

various police-related divisions.

Upon successful completion of the classes and training participants will receive a certificate of attendance and various complimentary treasures from the Winter Park Police Department.

Classes are open to all Winter Park residents, business owners and community stakeholders and are limited to 35 participants. A minimum background check must be completed satisfactorily. The Citizen's Police Academy will be held on every Tuesday night from April 1 through June 10, 2014 from 6 p.m. - 9 p.m.

This is just one of the many special programs offered free of charge to

the community; please consider joining us! To sign-up for the Citizen's Academy please visit [www.wppd.org/communityevents/cpa.htm](http://www.wppd.org/communityevents/cpa.htm)

We look forward to seeing you there!



**10 for \$10**  
10 White Shirts, One-Side Print, Unlimited Color, \$10.00 each  
BIG Process Only - Retail Pricing Only, Up-charges apply for color garments and second side prints

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

**BIGFROG.COM/ORLANDO**

**NEWBRIDGE**  
Outpatient Drug and Alcohol Treatment  
The "Detox At Home" Program  
Medically Assisted Recovery  
Intensive Outpatient Program (IOP)  
Dual Diagnosis Therapy  
Holistic Support Care  
25 Years Experience in Addiction  
Confidential and Discreet

**NewBridge Addiction Recovery & Wellness Center**  
1801 Lee Road - Suite 115 • Winter Park, FL 32789  
[www.NewBridgeRecovery.com](http://www.NewBridgeRecovery.com)  
CALL TODAY: 407.644.1500

**It's TAX time.**

No out-of-pocket preparation costs for those who qualify!

**\$40<sup>00</sup> OFF**  
Tax Preparation  
Must present this coupon at time service is provided. Offer valid for one-time use. Cannot be combined with any other offer. Expires April 15, 2014. Code: TPP14

Appointments Available 7 Days a Week!

**Tax Form Processing LLC**  
4070 Aloma Ave., Suite 1010  
Winter Park, FL 32792  
Tel: (407) 657-6336  
[www.TaxFormProcessing.com](http://www.TaxFormProcessing.com)

Frank DiPaola, EA  
Tax Accountant  
Licensed to Practice Before the IRS

**Proudly Serving the Orlando Area for 19 Years!**

**Check out the Home & Garden Section in this month's Park Press on page 16!**



## Continuing A Father's Legacy Through Scholarship

John Crossman, son of the late Rev. Kenneth Crossman, former pastor of Broadway United Methodist Church in downtown Orlando and later St. Paul's United Methodist Church in Melbourne, has a goal of raising an additional \$25,000 to fund his father's endowed scholarship at Bethune-Cookman University in Daytona Beach.

Crossman said his fundraising effort coincides with Black History Month. He hopes to reach his goal by April 4, the 46th anniversary of the assassination of the Rev. Dr. Martin Luther King Jr.; it also would have been Rev. Crossman's 81st birthday.

Crossman said his family launched the endowed scholarship in 2004 to honor his father's memory. "My dad believed in education and social justice. So do I, and I believe that investing in

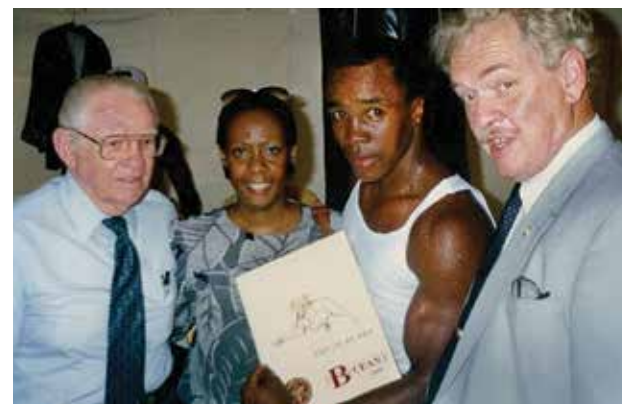
Bethune-Cookman is a wonderful way to honor both Black History Month and my dad."

"As a preacher's kid, we moved a lot but Bethune-Cookman University was always a part of our lives. The university's great Concert Chorale performed in every church my dad pastored," he said.

Rev. Crossman was also the pastor at churches in Casselberry, Deltona, Fort Lauderdale, West Palm Beach and Jacksonville.

He was known as a "bridge builder" of communities, Crossman said. "He specialized in getting people to work together for the greater good."

"Over the past decade the Kenneth C. Crossman Endowed Scholarship Fund at Bethune-Cookman University has helped students graduate and begin successful careers," Crossman said. "I can't think of



(Left to right) Bethune-Cookman University staff members with Sugar Ray Leonard and Reverend Kenneth Crossman in the mid-1980s.

a better way to remember my dad."

For more information, or to donate, please visit <https://collegeadvancement.cookman.edu>.

## UCF Alumna To Play Major Role In The Future Of Downtown Orlando

Bridget Downes Keefe, former assistant director of the University of Central Florida (UCF) Alumni Association, and UCF alumna, has been selected as the new executive director for the Downtown Orlando Partnership (DOP). Keefe is a graduate of the UCF Rosen College of Hospitality Management and the UCF College of Health and Public Affairs.

In her new role as the DOP executive director, Keefe is responsible for overseeing daily operations and implementing strategic plans and programs for the association, working with board members and business leaders to enhance business and community relationships in Downtown Orlando through collaborative events and initiatives. Among her other duties, Keefe will manage all volunteer relations, marketing and communications efforts among all of

DOP business partners and members.

Keefe credits her experience as a UCF student and former employee for preparing her for her new role. "My time working with the UCF College of Business and Alumni Association exposed me to a network of some of the most impressive business leaders in the Orlando and Central Florida region," said Keefe. "The connections and learnings from my time as a student and employee at UCF have been invaluable to my professional growth. This includes the lessons I learned on customer service and event coordination as an undergraduate student at the Rosen College, the deep knowledge of public organizational management that I gained in my post-graduate studies in the UCF College of Health and Public Affairs. I con-

tinue to benefit from all of these experiences as I grow as a professional."

The Downtown Orlando Partnership is an association of volunteer board members and one executive director that manages over 200 corporate members. Members of the DOP include business professionals working in the area of finance, architecture, hospitality, healthcare, sport, public service and other professionals with a vested interest in the continued growth of downtown Orlando. To learn more about the DOP, please visit: [www.downtownorlandopartnership.com](http://www.downtownorlandopartnership.com).



Bridget Downes Keefe, executive director of the Downtown Orlando Partnership.

## Spring Time Fashions

Looking for the latest spring fashions? Come on out to the Seminole Towne Center to see the best looks for the season. It's that time of the year to feel the sun and have some fun.

The spring runway fashion show is produced and presented by The Maile Image, Modeling & Acting School and all models ages 5 to 18 years are graduates

of the modeling program.

To kick off the show we have singers to entertain you and a special performance from The Maile All Star Performing Acting Troop.

The show is Saturday, March 8 at The Seminole Towner Center, located on the lower level center court at 2:00 p.m.

For more information please call 407-628-5989.



**RICHIE SLOAN**

C: 407.810.2475 | P: 407.367.2967

[richie@cmpfl.com](mailto:richie@cmpfl.com)

[www.cmpfl.com](http://www.cmpfl.com)



**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**

# The Winter Park playhouse

## sisters of swing

### The Story of The Andrews Sisters

**Follow the famous trio, LaVerne, Maxene and Patty Andrews, from their early days on the road through their rise as recording stars and entertaining American GIs overseas. The score features over 20 hit songs like "Boogie Woogie Bugle Boy," "Don't Sit Under The Apple Tree" and many more.**

**March 7 - 29  
Preview: March 6**

**Reservations: (407) 645-0145**

**711 Orange Ave., Suite C Winter Park, FL  
[www.winterparkplayhouse.org](http://www.winterparkplayhouse.org)**

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

## Beware Of Tax Scams by Peter Pappas

There are many so-called tax resolution firms out there that will promise anything to get you to part with your money. You've probably seen them hawking their wares on late night infomercials telling you they can get the IRS to accept pennies on the dollar in settlement of your tax debt. If you have been approached by one of these outfits (and you will be), don't hire them if they have done any one of the following:

**1. Sent you an unsolicited mailer** - These bottom-feeders scour the public records for the names and addresses of people who have had a tax lien filed against them. They then send a letter the purpose of which is to either frighten you into hiring them or persuade you that they can easily resolve your tax problem. It is a violation of the Florida bar rules for a lawyer to send you a written solicitation for your business.

**2. Given you a guarantee** - It is illegal for a tax attorney, CPA or IRS Enrolled Agent to guarantee that you will get a certain result. People who do make these guarantees are doing so for the sole purpose of getting you to pay them. They are lying and you should never hire a liar to be your tax representative because that means they probably also have lied about their qualifications.

**3. Rendered an immediate opinion** - Any one who renders an opinion on your case before asking detailed questions about the nature and circumstances of your tax liability and your financial condition is a con man. Don't trust them and never, ever give them any of your money. You'll be sorry and end up having to hire a qualified tax advisor to correct the mess they made.

**4. Tried to frighten you** - Anyone who tells you that if you don't immediately hire them, the IRS will arrest you or initiate a criminal prosecution against you is probably lying through his teeth. He or she knows that the more scared you are, the more likely it is that you will pay them. Don't fall for this. A reputable tax advisor will tell you the truth about your tax situation, but will never tell you that if you don't pay them you'll go to jail.

**5. Failed to maintain a local office where the work is actually performed** - Most of these national tax outfits use commissioned salesmen to try to coax you into hiring them. These people are not qualified tax representatives. Their only goal is to make the sale. In other words, you cannot trust what they tell you. This is why tax lawyers and CPAs are not permitted to share fees with non-lawyers and non-CPAs, just as doctors are not permitted to pay non-doctors commissions for soliciting patients. Only an experienced

tax lawyer or CPA can tell you whether or not you need representation and whether or not there is a viable legal solution to your tax problem.

**The Lies...**Is that one penny on the dollar or 99 pennies on the dollar? Whatever it is, don't believe them. They are used car salesmen who cynically hope that you are naïve enough to believe their pie-in-the-sky promises and give them your hard-earned cash. Once you pay these snake-oil salesman their optimism about resolving your tax problems ceases. It is immediately replaced by statements about how they can't resolve your problem unless you give them this or that document or take this or that action. Eventually, after their repeated requests for additional documentation, you become exhausted and realize that you are getting nowhere with them. In the end, they have your money and you still have a tax problem that's even worse because of the additional accruals of interest and penalties. And if you wanted to sue them - which you probably don't have the money to do, anyway - you have to go to another state to do so.

**The Truth...**The truth is that no reputable, experienced tax professional will ever render a legal opinion about your tax problem without first gaining a thorough understanding of your predicament and doing a detailed analysis of your financial situation. IRS settlements are very difficult to get and nobody, regardless of his or her experience in tax law, can tell you whether or not you will get one. An honest tax professional will tell you the truth about offers in compromises and ask for detailed financial information from you before predicting your chances of success.

**Our Advice...**Don't trust anyone who tells you he can resolve your tax problem unless and until he has asked for your financial information and taken a sufficient amount of time to analyze it. If he's making promises and giving assurances without first seeing this information, he is either incompetent or lying or both.



Peter Pappas is a tax attorney and a CPA. He and his Baldwin Park firm, The Pappas Group, have been helping Central Florida taxpayers with their problems for more than 25 years. Call Peter at 407-648-2555; email him at [ppappas@pappaslaw.com](mailto:ppappas@pappaslaw.com); or visit [www.pappastax.com](http://www.pappastax.com)

# PEACE OF MIND...

## [ AND PRICELESS MEMORIES ]

*"We couldn't ask for anything more."*

When Ruth McDaniel and her son David agreed she needed a lifestyle with more security, she visited The Mayflower on the recommendation of friends. "Everyone there was so friendly and interesting, and the amenities were so far beyond what I saw at other communities. In the end, the choice was clear." Now living only a mile apart, Ruth and her three granddaughters enjoy cultural outings and Sunday brunches in The Mayflower's dining room. "The memories we've made here are priceless," she says.

"Mom is just as independent as always," adds David. "At the same time, it's reassuring to know she'll always be well cared for. As a family, we couldn't ask for anything more."

**If your loved one needed long-term care, what would you do?  
Call today, and let's talk about it: 407.672.1620.**

**THE MAYFLOWER**  
[www.themayflower.com](http://www.themayflower.com)  
1620 Mayflower Court | Winter Park, FL 32792



## Free Pro-Active Driving School Returns To Orlando

For Doug Herbert and his entire team at B.R.A.K.E.S. (Be Responsible And Keep Everyone Safe), one way to measure the success of their Teen Pro-Active Driving Schools is how often they are asked to return to a community which hosted the program previously, and conduct it a second time. Such is the case with Orlando where B.R.A.K.E.S. completed four sessions over the course of two days last November at the Manheim Orlando facility.

On March 15 and 16, B.R.A.K.E.S. will once again be setting up shop at the spacious Manheim Orlando to give teenagers and their parents the opportunity to hone and sharpen their focus and concentration when behind the wheel through the

intensive Teen Pro-Active Driving School, taught by B.R.A.K.E.S.' staff of professional instructors.

Herbert, a Top Fuel drag racing champion whose two sons, Jon and James, lost their lives in a fatal traffic accident in 2008, created B.R.A.K.E.S. along with his sons' classmates and has watched how his non-profit 501(c)(3) organization has made a lasting difference in the skill levels of young drivers and their parents.

"I've often said how Jon and James would probably still be alive today had there been a program like this available before we lost them. When you talk to kids and their parents after they've experienced the Teen Pro-Active Driv-

ing Schools, it's amazing to hear how they've learned a whole new appreciation for the concentration and conscientiousness safe driving requires."

The Teen Pro-Active Driving School sessions planned for Orlando will offer both morning and afternoon classes and are free of charge. (They require a \$99 refundable check to 'hold your spot.') Please register online at [www.putonthebrakes.org](http://www.putonthebrakes.org). Classes usually fill up fast so register now to insure a place for your teenager(s).

For more information on B.R.A.K.E.S. or to make a tax-deductible donation, please log on to [www.putonthebrakes.org](http://www.putonthebrakes.org).

## Orlando Mayor Buddy Dyer Announces New Police Chief

Last month, Mayor Buddy Dyer of Orlando announced the retirement of police Chief Paul Rooney of the Orlando Police Department after nearly 28 years of service to the citizens of Orlando. Committed to ensuring public safety remains a top priority, Mayor Dyer has appointed John Mina, a 23-year OPD veteran, to succeed Rooney and serve Orlando as the 38th police chief.

"Over the last three years, under Chief Rooney's leadership our city has continued to see reductions in violent crime year after year," said Mayor Dyer. "Chief Rooney launched new domestic violence initiatives, enhanced outreach and support to the elderly, initiated a body camera study, placed a new emphasis on officer safety and training and made succession planning a priority."

As the newly appointed police chief, John Mina, 45, will oversee the day-to-day operations of the department and serve as chief counsel to the mayor in matters of public safety. During his

23-year tenure with the Orlando Police Department, Mina has worked in a variety of divisions, including West Patrol, criminal investigations, community policing, the training unit, and the drug enforcement division. He has also served as the division commander for both the North Patrol Division and the Criminal Investigations Division and served as staff director for the Chief of Police under former Chief Val Demings.

In addition to his regular job assignments, Chief Mina served as a member of the SWAT Team for 17 years and was the team commander. Most recently, he served as the bureau commander for the Patrol Services Bureau, the largest section of OPD comprised of 392 sworn and civilian personnel.

Chief Mina is a graduate of the 254th Session of the FBI National Academy and has also completed the Southern Police Institute Command Officer's Development Course. Chief Mina is currently working on a Master of Science in Criminal Justice

from Columbia College.

"I am confident that under Chief Mina's strong, capable leadership, the Orlando Police Department will continue to work diligently in protecting our community against crime while utilizing proven practices and developing proactive, innovative approaches to meet the growing and changing needs of our city," said Mayor Dyer. "Chief Mina has grown through the ranks of OPD over the last 23 years and remains committed to ensuring safety is a top priority for the City of Orlando."



Chief of Police, John Mina.



**Colon cancer is the #2 leading cause of cancer-related deaths. And your #1 go-to person could be at risk, yet symptomless.**

It's no caper; every day the superhero in your life performs monumental feats to ensure you're healthy, happy and well-prepared to navigate all life's obstacles. If your #1 is 50 or older, guide them toward getting a routine colon cancer screening\*, which leads to early detection, prevention and cures! Screenings help make this cancer up to 90% preventable!

**March is National Colorectal Cancer Awareness Month. The #1 thing to do is fly in for a screening.**

\* Depending on your ethnicity, family and personal health history, your doctor may recommend earlier screenings.

Call 407.513.4918 or visit [www.GetScreenedToday.com](http://www.GetScreenedToday.com)



**FLORIDA HOSPITAL**  
MEDICAL GROUP





# BRING ON YOUR BEST.

**BRING ON (v): To produce action or cause change.**

RDV members are driven in everything they do, including the commitment to healthy living. And we know you never stop looking for a new challenge.

That's why we offer more than just a place to work out. Our world-class facility provides everything you need to satisfy your passion for fitness and an active lifestyle, so you look and feel your best.

So go ahead. **BRING ON** a challenge. **BRING ON** the action. **BRING ON** your best!

Fitness | Group Exercise | Aquatics | Basketball | Tennis | Kid's Activities



**Contact Us today for a  
FREE 3-Day Activity Pass**  
[RDVSportsplex.com](http://RDVSportsplex.com)

407-916-2442 | 8701 Maitland Summit Blvd | Orlando, FL 32810



## Florida Hospital Lays Foundation For Women's Health

**Pink is the new gray for women's hospital foundation pour**

On February 8, 2014, just after the sun set on downtown Orlando, members of the community watched pink concrete flow out of trucks onto the construction site for a new comprehensive women's hospital. Throughout the night and into the early morning, roughly 700 truck loads poured about 180,000 cubic feet of concrete. That's 48 million pounds of hope for a better future for women's health care.

For Dena Jalbert, a cardiology and obstetrics patient at Florida Hospital, it was a moment of

promise as she watched the pink concrete pour into the slab. Jalbert experienced severe cardiac problems after giving birth to her children, and knows firsthand the importance of a comprehensive women's health facility.

"Having a facility like Florida Hospital for Women is truly phenomenal - a place for women like myself to have access to all areas of specialty and have that care truly be coordinated," she said. "My two beautiful, healthy daughters are proof that comprehensive care can prevent critical problems

and make the unbelievable, believable."

The Central Florida community gathered to witness history in the making at the foundation pour event for the new comprehensive women's hospital, Florida Hospital for Women. This was the second largest concrete pour in Central Florida history following the 2006 construction of Florida Hospital's Ginsburg Tower.

However, this is much more than hundreds of trucks pouring concrete all night long. The concrete being laid is the foundation that will support women's health in our community. Florida Hospital for Women will be a comprehensive facility to treat the health needs of women in all stages of life. Services will include obstetrics, maternal fetal medicine, gynecologic oncology, women's surgery, neonatal intensive care, mammography, wellness and education, a lactation center and the High Risk Breast Center. The facility will answer the need for more comprehensive women's health care.



Work begins on the Florida Hospital for Women. Roughly 700 truck loads poured about 180,000 cubic feet of concrete into the slab.

## Thank You for Your Support!

It is my honor to continue serving the citizens of District 3 and the Great City of Orlando for four more years. As I have during my last two terms as your city commissioner, I will continue to support public safety and smart growth for our neighborhoods. With your help, our city has weathered very difficult economic times. As we look toward a more prosperous future, I'm confident in all we can accomplish together.

As you have heard me say at almost every community meeting, "I'm humbled to serve the citizens of Orlando and District 3. It's a privilege I don't take lightly and one that I accept with great humility."

THANK YOU...for your confidence and support!

**WWW.VOTESTUART.COM**

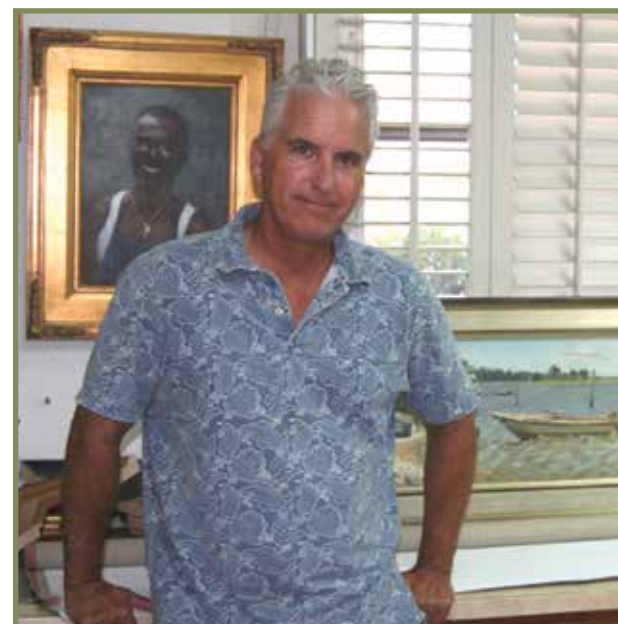
Political advertisement paid for and approved by Robert Stuart, non-partisan, for Orlando City Council, District 3.



## The 55<sup>th</sup> Annual Winter Park Sidewalk Art Festival

**March 21, 22 and 23, 2014**

### About The Artist Bill Farnsworth



As a 1980 graduate of The Ringling School of Art and Design, Bill Farnsworth has spent more than 30 years as an Illustrator and fine artist.

Born in Norwalk, Connecticut in 1958, Bill spent most of his life in New Milford, Connecticut, painting landscapes of the rural area while supporting himself and family with his growing illustration career.

A signature member of The Oil Painters of America, American Society of Marine Artists, and the National Oil and Acrylic Painters' Society, Farnsworth's paintings have appeared in many national shows and private collections throughout the United States. A nationally-known illustrator, Bill has seamlessly moved into the fine art field where he has garnered awards of excellence from the Oil Painters of America's national and regional shows.

Farnsworth said, "Every day life has a story, no matter how small, and deserves telling if it has the



right light. The light is what makes something very special or just forgettable." He continued, "If you travel to another country and don't know the language, no one will understand you. This goes for art as well. A painting with bad values, shapes, and edges will not convey to the viewer how the artist feels about the subject. My illustration work over the years has been the best training to put a picture together. Tight deadlines and being asked to paint everything under the sun was a great motivator to be resourceful."

"So today the learning process continues, and with it comes little steps of improvement. For me this is what makes painting so rewarding and fun.

Moments in life pass by us all the time and if we can capture the great ones honestly in paint and canvas then maybe it will make our lives better."

He won first place in the Fifth Biennial National Show in Punta Gorda, and Best in Show in the 2010 Cashiers paint out. Bill won a bronze medal in The 2013 OPA Summer Salon.

His work is represented by The Hughes Gallery, Galerie Du Soliel, JM Stringer Gallery, The Edward Dare Gallery, Mountain Mist gallery and Anderson Gallery.

For more information please visit  
[www.billfarnsworth.com](http://www.billfarnsworth.com).

**KIDS TEENS ADULTS**


\*On Camera Acting for TV, Commercials & Film  
\*Image & Confidence Development  
\*Kid's & Teen Modeling  
\*Professional Modeling for Adults  
\*Advanced Acting, Scene Study & Improv  
\*Executive Image & Personal Branding

**1 Day Spring Break Workshop Fri, March 21st**

Attention Kids & Teens:  
Building Confidence, Dining Etiquette,  
Auditioning, Commercials, Cold Reads, Public  
Speaking & Performing on Camera

**Call Now 407-628-5989**

999 S Orlando Ave  
Winter Park, FL 32789



**NOW OPEN!**

**FREE Haircut with Color or Highlight  
OR 20% OFF any Haircut or Style**

**407-893-5288**

**MSQUARED ORLANDO**

3212 E. COLONIAL DR. • ORLANDO, FL 32803



# The 55<sup>th</sup> Annual Winter Park Sidewalk Art Festival

## About The Festival

**N**amed America's Best Juried Fine Art Fair (Art Fair Calendar, 2013), **The Winter Park Sidewalk Art Festival** is one of the nation's oldest, largest and most prestigious outdoor art festivals. It is also ranked the #1 Best Fine Art and Design Show in the Southeast by *Sunshine Artist Magazine*, 2013. The Festival debuted in March 1960 as a community project to bring local artists and art lovers together. The festival is produced by an all-volunteer board and draws more than 350,000 visitors each year. This year, more than 1,100 artists from around the world applied for entry. An independent panel of three judges selected the 225 artists exhibiting their works. The Festival is also recognized as "Central Florida's Best Festival" *Orlando Magazine*, 2013; "Can't Miss" Arts Event, *Orlando Life*, 2013; and "Best Winter Park Event/Festival" *The Winter Park Chamber of Commerce and Winter Park/Maitland Observer*, 2013.

The wide variety of art is grouped into categories that include clay, digital art, drawing and pastels, fiber, glass, graphics & printmaking, jewelry, leather, metal, mixed media, painting, photography, sculpture, watercolor, and wood.

The artists in each of these categories are competing for 63 awards totaling \$72,500, with the Best of Show being awarded \$10,000. The Winter Park Sidewalk Art Festival Committee purchases the Best of Show art and donates it to the City of Winter Park, and all previous Best of Show winners are on permanent display at the Winter Park Public Library. There are also 10 Awards of Excellence; each is \$2,000. There are 20 Awards of Distinction; each is \$1,000 and there are 30 Awards of Merit; each is \$500. In addition, a \$2,500 Award for a Distinguished Work of Art is presented through the Charles Hosmer Morse Museum of American Art. A \$5,000 "Art of Philanthropy" purchase award is presented by the Edyth Bush Charitable Foundation.

The distinguished panel of judges for this year's festival includes Jerry Allen Gilmore, artist and curator formerly from Colorado and Arizona now residing in St. Paul, Minn.; Novie Trump, sculptor and installation artist working in ceramics and mixed media, from Mt. Rainier, MD; and Earl Wilson, curator and full time artist for past 30 years, formerly from Alabama, now residing in Hoosick, NY.

## 2014 Festival Schedule

**Friday, March 21 and Saturday March 22:**  
9 am - 6 pm

**Sunday, March 23:** 9 am - 5 pm

## Entertainment Schedule

### March 21 – Friday:

4:30-5:15 p.m..... TBD  
5:45-6:45 p.m..... BuzzCatz  
7:30-9:00 p.m..... Kim Waters

### March 22 – Saturday:

10:00 to 10:45 a.m. .... Paint it Black (classical)  
11:00 to 11:30 a.m. .... Orlando Children's Choir  
11:45 to 12:30 p.m. .... Suzuki Institute (jazz)  
12:45 to 1:45 p.m. .... Orlando Brass Quintet  
2:00 to 3:00 p.m. .... Kenny Mackenzie Trio  
3:15 to 4:15 p.m. .... Robbie Hazen  
4:30 to 6:00 p.m. .... The Redcoats

### March 23 – Sunday:

10:00 to 10:45 a.m. .... Three Flutes Only (classical)  
11:00 to 11:30 p.m. .... Elevate Live Entertainment  
11:45 to 12:15 p.m. .... Bach Festival Youth Choir  
12:45 to 1:00 p.m. .... Biana Pinchuk  
1:00 to 1:45 p.m. .... Orlando Concert Band  
2:00 to 2:45 p.m. .... Daisy Cameron Wessner  
3:00-4:15pm ..... Matt Shenk Band



try the TapMap

interactive festival map

for Apple mobile devices

[www.imageserve.com/tapmap.pdf](http://www.imageserve.com/tapmap.pdf)

Free Quick Reader (QR) Download Instructions:  
Apple App Store: Search on "NeoReader"

## Parking

There are no designated parking lots for festival attendees. Parking is available on all of the side streets surrounding the downtown area where the festival is held. There are also a number of parking lots on the surrounding streets that charge a nominal fee by the day and are run by charitable organizations (Boy Scouts, church youth groups, etc.).

## Disabled Parking

A limited number of disabled parking spaces are available on North Park Avenue between Canton and Garfield. This area is barricaded and a Winter Park police officer will allow entrance to anyone with a disabled parking hang tag.

To access this area, proceed north on New York Avenue and turn right onto Canton Ave. or proceed north on Interlachen Avenue and turn left onto Canton Ave.

## Complimentary Bike Valet

Enjoy the festival while your bike is safely monitored. Located on Morse Boulevard across the street from the Amtrak Station parking lot, a free bike valet service is provided during festival hours by the Winter Park Pedestrian and Bicycle Advisory Board.



ARTIST NAME	BOOTH #
CLAY	
Brian Beam .....	113
Barry Bernstein .....	104
Paveen Chunhaswasdikul .....	18
Peggy Crago .....	63
Mikyung Cunningham .....	210
Richard Gruchalla .....	203
John Herbon .....	199
Mina Heuslein .....	170
Bruce Johnson .....	124
Michael Kahn .....	194
*William Kidd .....	55
Brenda McMahon .....	109
Craig McMillin .....	189
Marti Mocahbee .....	14
*Steven Olszewski .....	46
Jim Parmentier .....	5
Toby McGee .....	121
*Cheryl Mackey Smith .....	120
Andy Smith .....	226
Jill Tortorella .....	39
Glenn Woods .....	230
DIGITAL ART	
Jason Brueck .....	206
Tanya Duskova .....	162
Lisa Lammey .....	195
Andrew Mosedale .....	214
Daryl Thetford .....	3
Lou Zale .....	23
DRAWINGS & PASTELS	
Edson Campos .....	45
C. L. Cunningham .....	106
Benjamin Frey .....	103
Robin Frisella .....	223
*Jennifer Gardner .....	151
Jaeryon Ha .....	19
Robin Lauersdorf .....	22
Lynne Libby .....	131
Clare Malloy .....	54
Ellen Marshall .....	259
Greg Barnes .....	212
Dawn Miller .....	118
A.B. Word .....	62
EMERGING ARTISTS	
Trisha Bruno .....	187
Tim Deppen .....	186
Jennifer Sauer .....	185

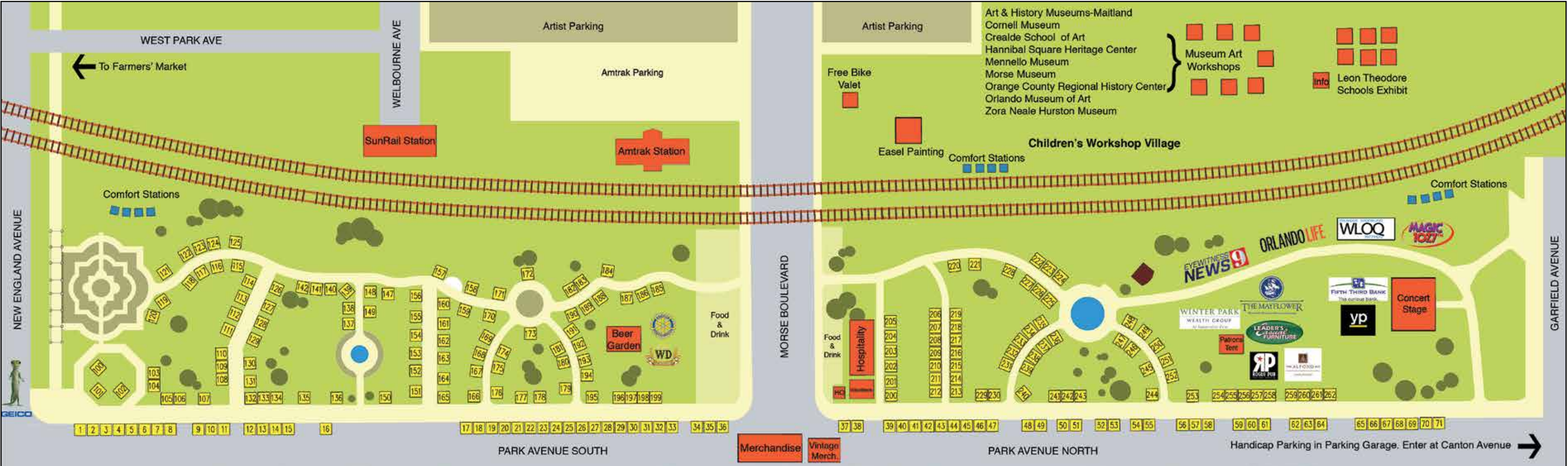
FIBER	
Kate Beck .....	251
Miriam Carter .....	122
Candiss Cole-Footitt .....	175
Ignatius Creggan .....	221
*Leah Dziewit .....	140
Stephen Kostyshyn .....	42
Barbara Rubright .....	231
Anna Shapiro .....	110
GLASS	
Scott Amrhein .....	9
Molly Barnes .....	258
John Blackwell .....	247
Sandra Brewster .....	252
Renee Engebretson .....	68
Jeremy Griffith .....	121
Earl James .....	198
Randy Kuntz .....	216
Toby McGee .....	219
Michael O'Toole .....	225
Steve Palmer .....	47
David Sandidge .....	16
Andrew Shea .....	4
Douglas Sigwarth .....	65
Warner Whitfield .....	129
GRAPHICS & PRINTMAKING	
David Bigelow .....	134
*John Costin .....	36
*Jeff Eckert .....	217
David Hunter .....	227
Gillian Kemper .....	114
Leslie Peebles .....	159
Stephen Sebastian .....	255
Grant Silverstein .....	24
Marina Terauds .....	12
Philip Thompson .....	174
Kreg Yingst .....	6
JEWELRY	
Obayana Ajanaku .....	26
Sean Brown .....	141
Ann Marie Cianciolo .....	244
Barbara Cieslicki .....	11
Megan Clark .....	20
Gloria Danvers .....	233
Sana Doumet .....	101
Patricio Ferreirs .....	182
*Pam Fox .....	53
Samantha Freeman .....	213

Hilary Hachey .....	256
Christiane Hampel .....	117
Julie Jerman-Melka .....	166
Christina Kauke .....	138
Birgit Kupke-Peyla .....	57
Bernadette Mahfood .....	128
Jorn Mork .....	222
Rex Nockengust .....	152
Willard Olney .....	59
Donald Pekarek .....	205
Michael Romanik .....	108
John Ruff .....	176
Maureen Shankey .....	248
Lauran Sundin .....	157
Brian Swiersz .....	193
Marc Zoschke .....	180
LEATHER	
Marvin Bower .....	177
Steve Edgar .....	218
Greg Roche .....	28
Rudy Tell .....	184
Horace Thomas .....	173
METAL	
*Robert Farrell .....	102
Pat Juneau .....	15
*Luke Proctor .....	32
Chris Seeman .....	48
Sompit Xia .....	200
MIXED MEDIA	
Meyer Abrams .....	241
Todd Alexander .....	190
*Kathrine Allen-Coleman .....	163
Paul Andrews .....	149
*Deborah Banyas .....	181
Chris Bruno .....	232
David Burton .....	137
Teri Causey .....	260
Carolina Cleere .....	245
Amy Flynn .....	136
Su Griggs Allen .....	257
Debo Groover .....	215
Beverly Hayden .....	34
Aaron Hequembourg .....	132
Olive Kraus .....	249
Alice Legler .....	183
Michael Madzo .....	228
Holly Manneck .....	105
Teresa Merriman .....	165
Phil Parker .....	37

Rob Peaden .....	126
Pamela Redick .....	130
Garry Seidel .....	253
*Joyce Stratton .....	169
Allan Teger .....	204
Lynn Whipple .....	7
*Kimberly Willcox .....	239
PAINTING	
Dawn Adams .....	211
Stephen Bach .....	150
Bert Beirne .....	58
Cindy Capehart .....	161
James Carter .....	178
*Matthew Cornell .....	1
Scott Coulter .....	52
Dobson Cundiff .....	69
Richard Currier .....	261
Dave DeLaCruz .....	202
Patricia DeLeon-Alfonso .....	64
Ilkin Deniz .....	127
Charles Gatewood .....	25
Kathleen Green .....	158
*Tim Hooper .....	153
*Farhana Hussain .....	13
Harry Jarman .....	191
Michael Kueske .....	207
Ning Lee .....	236
Keun Park .....	250
*Bruce Peeso .....	21
Loretta Petraitis .....	188
Jeff Ripple .....	40
Robert Ross .....	167
*Suzy Scarborough .....	60
Maryann Schmidt .....	156
Stephen Sebastian .....	254
Carroll Swayze .....	30
Charles Tersolo .....	116
Hua Tung .....	43
Taylor White .....	147
Yu Zhou .....	123
PAINTING	
Richard Auger .....	172
Doug Cavanah .....	135
Micheal Paul Cole .....	208
*Greg Davis .....	197
Cali Hobgood .....	44
Lorri Honeycutt .....	119
Jesper Johansen .....	142
Nels Johnson .....	224
*Brad Kelly .....	201

Curtis Krueger .....	61
William Lemke .....	31
Paul Marcellini .....	243
Emerson Matabele .....	107
Amanda Murphy .....	49
James Parker .....	179
Daniel Powers .....	56
Mikel Robinson .....	100
John Scanlan .....	71
*Paul Stevens .....	220
Heidi Thamert .....	237
Jeff Thamert .....	238
Greg Turco .....	29
SCULPTURE	
David Bryce .....	262
Nancy Cervenka .....	164
Josh Coté .....	240
Steven Gregory .....	50
*Charles Hazelaar .....	33
Jennifer Ivory .....	38
Trent Manning .....	160
Katherine Mathisen .....	2
Michael Moffett .....	154
John Petrey .....	229
Gabriel Puyana .....	235
Joan Rasmussen .....	70
Eric Shupe .....	139
*Thomas Wargin .....	66
John Whipple .....	8
WATERCOLOR	
*Randy Eckard .....	196
Robert Flowers .....	67
Charles Greenholdt .....	41
Lori Jenkins .....	209
*Aletha Jones .....	17
M. Kemper .....	125
Jinsheng Song .....	111
Taman VanScoy .....	35
Michael Weber .....	27
Vonnie Whitworth .....	234
Russell Yerkes .....	51
WOOD	
James Barnes .....	246
*Thomas Dumke .....	115
Matthew Hatala .....	168
Shaari Horowitz .....	133
Lance Munn .....	171
Stephen Noggle .....	242
Jerry Remillard .....	192

## Festival Map





## home improvement

A Call For More Solar In the Sunshine State by Joe Collins

As energy consumption continues to grow in Florida, our state government needs to rethink our energy policies and aggressively promote renewable energy options, especially solar.

It's amazing how fast the focus of the energy debate has changed. Just a few years ago Florida stakeholders were weighing the benefits and drawbacks of drilling for oil off the Florida coasts. Then all of a sudden increases in natural gas production in the Northeast and Midwest switched the emphasis to building new pipelines in Florida and the argument over drilling for oil became moot.

In the meantime, the pluses and minuses of increasing our nuclear energy option are still being discussed along with the "clean coal" idea that for some is still considered an oxymoron.

But while we debate the merits of the more traditional energy sources, renewables continue to make steady progress in the Sunshine State. Wind, biomass and solar energy continue to claim a larger portion of the Florida "energy production pie" and more "talk time" in the offices and halls of the state legislature.

The challenge is moving the conversations from the offices and the halls of law makers in the state capital, to the committee rooms and legislative chambers where a strong, clear, consistent, renewable energy policy can be debated, voted on and enacted.

Even though we Floridians continue to use more and more renewables to meet our energy needs, overall renewable energy production is but a fraction of what it could be. And that is especially true of solar energy. Which is a shame because not only is solar energy



**"Last year Florida ranked 18th out of the 50 states in terms of solar installations."**

clean and safe, it is abundant here.

For those of you who investigated solar energy 10, 8, 6, 4 or even just 2 years ago and decided it was too expensive, it might be time to take another look. The costs have decreased dramatically for both solar photovoltaic systems that make electricity and solar thermal systems that heat water. First of all, the federal government gives a 30% federal tax credit for solar investments. Second, to its credit, Florida's various state sponsored solar initiatives and rebates have made it easier and cheaper to invest in solar products.

A host of solar initiatives have lowered solar costs substantially here in the Sunshine State. There are low-interest solar loans for individuals and businesses who invest in solar. There is a property tax exemption for putting solar on your home (on average the value of

your property will increase 9% when you put solar on your roof). We have net metering and feed in tariffs which allow homeowners and businesses to sell

the electricity they don't use back to their utility company. There are solar water heater rebates. For example, in Orlando if you buy a solar hot water heater, the Orlando Utility Commission (OUC) will give you a \$1,000 rebate. There are renewable energy credits. Again, in Orlando, OUC will credit homeowners 5 cents for every kilowatt hour of solar energy they produce. The average solar home produces around 10,000 kilowatt hours per year, so that's \$500 per year. But the best policy by far has been the solar system rebate programs offered by FPL, Duke, Gainesville Regional Utilities, Tampa Electric, and Gulf Power. These programs have offered rebates up to \$2 per watt which in some

cases, along with the 30% federal tax credit, have lowered the costs of solar installations by as much as 80%. For example, if an 8 kilowatt solar system covers all of your electricity needs, and you pay \$3 a watt to install the solar system, the initial cost is \$24,000. With the solar rebate, your cost is reduced to \$8,000. Add in the 30% federal tax credit and you are down to \$5,600. So for \$5,600, you would never have to pay for electricity again. That's a great deal!

Unfortunately, many of these initiatives and rebates have run out of funding or time. In addition, they are specific to certain areas and utilities, so not all Floridians benefit from the many solar energy policies that have been enacted.

What we need is a more robust and comprehensive solar energy policy that will benefit all Floridians. Many of the solar initiatives available in Florida today offer great incentives to employ solar in our residences and businesses; we just need our lawmakers to establish statewide policies so more Floridians will be able to "go solar."

Last year Florida ranked 18th out of the 50 states in terms of solar installations. In comparison, states like Massachusetts and Delaware, that are tiny and not so shiny, but have favorable state solar energy policies, each installed more solar panels than we did here in the Sunshine State.

It's time to put the Florida sun to work. Energy consumption is only going to increase and a more aggressive, comprehensive and long term solar energy policy would cut costs, protect the environment and put Florida on the road to a bright solar energy future.

*Joe Collins is a Winter Park resident, and president of Collins International Enterprises.*



Stephen & Kristin Pategas

in the garden by Stephen and Kristin Pategas

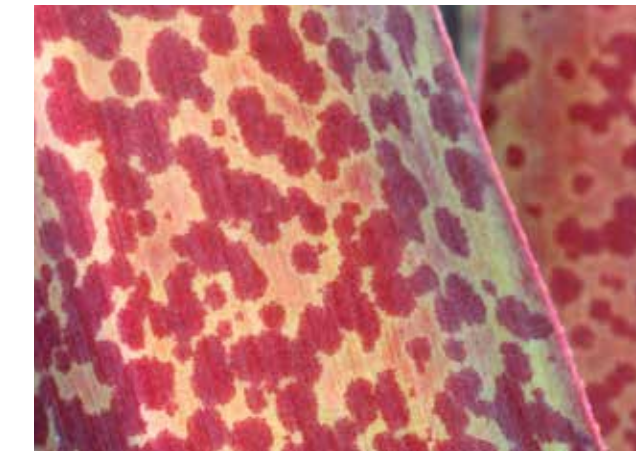
## A Strong Mocha Without The Bite

In the landscape we love the look of bold foliage plants such as century plants, otherwise known as agaves. However their striking leaves are usually armed with sharp spines. For some gardens that we design we must shy away from plants that bite; since rambunctious dogs, small children, or those who play soccer may stray near one. So we were thrilled to discover a striking plant without spines. When we were introduced to the name Macho Mocha, our first thought was "Oh, a premium coffee drink for the strong willed." Then we discovered that *X Mangave* 'Macho Mocha' is either an intergeneric hybrid between *Manfreda variegata* and *Agave celsii* or a mutation of the former. Whichever it may be, this plant is a knockout specimen without the sharp-toothed or spine-tipped leaves of the agave. In fact, the leaves are rubbery.

This solitary rosette-forming succulent grows to 4 to 6 feet wide and 2 to 3 feet high. The thick, curving fleshy blue-green leaves are dappled with irregularly shaped reddish-brown spots at the bases that thicken and merge towards the tips. In spring, long-established plants may develop an 8-foot-tall red flower spike from its center that blooms with small creamy-white flowers. These nectar-loaded blossoms will attract pollinators and hummingbirds alike. After blooming, the mother rosette starts to wither and die. But fear not, new plants will have developed at the plant's base. We love this regeneration aspect. Ours bloomed in April and we had multiple pups to

pot up. After removing them from the main stem, let the bases dry for a week in the shade, then plant them in a well-draining potting mix and water lightly until they root.

Macho Mocha mangave prefers full sun, but tolerates partial shade. Plant it in well-draining soil and the mangave can take drought or regular watering. Tony Avent of Plant Delights who sells the plant from his mail order nursery in North Carolina, reports this mangave to be root hardy to 9°F, but protect it from frost to preserve the foliage. Local nurseries that carry Monrovia plants can also obtain this mangave. We planted one in a glazed green container that accents the leaves. Placed at our front door it stops visitors in their tracks. Give this plant a special place in your garden and watch the heads turn without any fear of a bite.



Macho Mocha mangave's fleshy leaves have distinct spots that merge toward the tip.



Select a container with a color to accent the colorful foliage.

At right, this eight foot tall bloom creates drama on our front terrace.

Photos by Stephen G. Pategas, Hortus, Oasis.



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

## Business Spotlight

## Home Improvements For The Spring

By Susan Pridgen, PB Interiors

With the housing market back on the rise we really need to think about keeping our homes up-to-date and in shape for resale. The best way to attain this, of course, is home improvements.

My first thought goes to the kitchen. If you haven't had the luxury of remodeling a dated kitchen, or have the funds, how about adding some new molding with a fresh coat of paint. Using new modern colors on existing cabinetry and adding stylish hardware can really update the look of your space and add dollars to the value of your home.

Another area that comes to mind is the entry, where clutter can accu-

mulate. Why not make a great first impression and add a small storage system that can accommodate coats, backpacks, and shoes. Also, a bench with storage can help hide some of the unwanted clutter. Easy improvements like adding molding, switching out those outdated light fixtures, or painting that old brick fireplace can add real style to your home without breaking the budget.

Of course we don't want to forget the exterior. Putting some pots with colorful flowers by the front entrance will give everyone a warm welcome. Good luck with enhancing your home!



Become a fan of The Park Press

**PB INTERIORS**

**BRINGING OUR FRESH IDEAS TO YOUR LIVING SPACE**

For a **FREE Initial Consultation** Please Call **407-832-8933** or Email [susan@pbinteriors.com](mailto:susan@pbinteriors.com)  
**15% OFF**  
**Shutters & Custom Window Treatments for the month of March**

**5494 Lake Howell Road...Winter Park, FL 32792...www.pbinteriors.com**

PB Interiors is an Interior Design Firm dedicated to detail located in Winter Park, Florida. For more information please go to their website [www.pbinteriors.com](http://www.pbinteriors.com) or call 407-832-8933.

# Ruby Red Cleaning

there's no place like {a clean} home

It's your lucky day!  
**SAVE \$50\***



\*Promotion applicable for Top-to-Bottom Deep Clean valid for new clients only offer expires 4.15.14

- ♣ licensed-bonded-insured
- ♣ fluent English speakers
- ♣ one cleaner per home
- ♣ environmentally friendly

Call today for a free estimate 321.348.7829

[www.rubyredcleaning.com](http://www.rubyredcleaning.com)

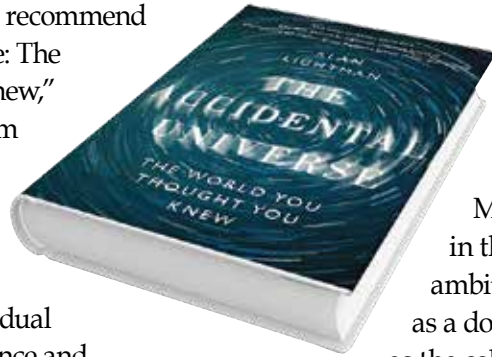


pop culture detours *by George McGowan*

## A Springtime Potpourri

While we suffered through a couple of polar vortices over the past couple of months, I was busying myself with springtime pursuits. Anticipating baseball season, gardening, and some more anticipation of the baseball season. I also came across several books, TV shows, music and even smartphone apps that I think will be of interest to those of you looking for something new as the spring flowers begin to bloom.

The book I would like to recommend is "The Accidental Universe: The World You Thought You Knew," by Alan Lightman. This slim volume of essays is from an interesting physicist (not an oxymoron) and novelist who happens to be the first person to receive a dual faculty appointment in science and the humanities at MIT. It contains several essays on the nature of our existence in this vast universe and makes this subject real and not just theoretical. Lightman uses his gift for writing to make the subject of theoretical physics meaningful to all. Also, he doesn't shy away from the spiritual and the many things that remain unexplained about our universe – both external and internal. But don't take just my word for it, Emily Rapp of the Boston Globe writes in her review, "Regardless of outstanding interests in



science or religion, any reader will enjoy pondering, through well-organized and graceful prose, what can be objectively proven about the world in which we live and what remains a mystery."

On the TV, I have been enjoying the Netflix series "House of Cards." It is only available from this online content service and you may have seen other articles that talk of its cult-like following and deep dive into the seediest aspects of Washington politics. I am not one of the many people who chose to "binge watch" this program, but each hour is filled with juicy bits of fun, intrigue and, most especially, a great power couple at its center with wonderful performances by Kevin Spacey and Robin Wright. Many of the minor players also shine in their roles, including Kate Mara as an ambitious blogger and pundit, Corey Stoll as a doomed congressman and Michael Kelly as the cold and calculated senior staffer to Spacey's Macbeth-like political striver. I have not yet gotten to season two which was released in mid-February, but I am happy to know it is out there waiting for me when I am ready for it.

As for music, I am simply obsessed with the latest from the artist known as Beck. His latest album, "Morning Light," is simply fantastic. It can live as simply beautiful music playing in the background of a busy day and can also be listened to intently to find the beauty in its spacious arrangements and meaningful lyrics ("The Heart is a Drum, Keeping Time with Everyone").

Can someone like me name something a "masterpiece"? That is a big, imposing word. However, the ambition shown by Beck in this recording brings this word to mind. So, why can't I use it? Especially since as I listened to this album, I was enthralled and moved by its similarities to the best of the Beach Boys, Beatles, Peter Dinklage, Elliott Smith, Nick Drake and even a modicum of Randy Newman (when he can be sweet, that is). Let's just say that Beck's latest gets my highest endorsement.

Now, for something less masterful but equally interesting to me: my latest smartphone app obsession, "Duolingo." This free app uses smartphone-game type graphics and interfaces to teach you the foreign language of your choice, for English speakers it offers Spanish, French, German, Portuguese, and Italian. Wikipedia has a good recap: users gain skill points (coins) as they learn a language, such as when they complete a lesson. Skills are considered learned when users complete all the lessons associated with the skill. Users start with four lives with a life being lost with each mistake. One of the neat features is "Practice Weak Skills" where the app learns from your most common mistakes and designs unique practice sets for you to improve in these areas. Finally, the app automatically sends you reminders or praises you when you are "on track." As everyone knows, the key to language learning is immersion and Duolingo helps to remind you to make time for it. Each lesson takes five or so minutes and includes speaking phrases into the smartphone and being corrected on misspellings. It simply makes language learning fun.

Enjoy springtime! As Alan Lightman (or perhaps, Beck) might put it, it is one of the many blessings of our "accidental" universe.

theater in the parks *by Barbara Solomon*

## Ain't Misbehavin'

We are so incredibly lucky to have such great theater, not only in the Parks, but the surrounding area as well. In the space of one week I saw three excellent shows, one in College Park at Theatre Downtown, another at UCF in east Orlando, and last, but not least, downtown at The Mad Cow Theatre.

Theatre Downtown is playing Noel Coward's "Hay Fever" through March 15. The cast is absolutely fabulous, featuring Cira Larkin in the lead as Clara. Her comedic timing and delivery keep the audience in a state of constant laughter. Directed by her husband, Tom Larkin, it is a '20s drawing room comedy about a totally insane family and the plans they have to make a boring week-end in the country an absolutely insane state of affairs. Rachel Comeau, Ava Tunstall, and Dan Cooksley also show off their comedic talents in this wacky but totally fun play.

The inhabitants of Iowa had me singing at UCF's "The Music Man." Actually, they just play Iowans, but are really UCF drama students. Every song is wonderful, even the lesser ones. My favorites are "Marian the Librarian" and "Goodnight My Someone," sung as a duet with Marian (Alexis Mativi) and the young talented Amariyllis (Kennedy Foristall), who often performs at Theatre Downtown. Andrew Connors as Prof. Harold Hill poses

**BARB'S BEST BETS FOR MARCH: "33 Variations" at The Winter Garden Theatre, "Sisters of Swing" at The Winter Park Playhouse, and "One Flew Over the Cuckoo's Nest" at Theatre Downtown.**

a triple threat—he can sing, dance, and act! The theatre and music departments have merged, and the orchestra has on the stage, but the cast still managed some wonderful choreography. For those of you who live under a rock, "The Music Man" is the story of a con artist who gets his "foot stuck in the door" when he falls for a music teacher/librarian in a tiny Iowa town.

Mad Cow has premiered "The Mountaintop" in the Central Florida area. It is the story of Dr. Martin Luther King's last night on earth. The audience is looking down from heaven through the mountaintop upon Dr. King and the angel sent to bring him to eternal life. And she is a hoot and a half, mixing pathos with comedy. Felichia Chivaughn plays the funny lines for all they are worth. And Clinton Harris spouts Dr. King's words with all the aplomb they deserve, and "the baton passes on."

With such a plethora of great shows, every weekend should be a theatre feast! Try to see all three if you can.

LOUIS COMFORT TIFFANY'S  
**LAURELTON HALL**

**CELL PHONE AUDIO TOUR NOW AVAILABLE**

The Morse Museum's exhibition on Tiffany's grand Long Island estate includes the restored Daffodil Terrace and 200 surviving art and architectural objects from important rooms.

THE CHARLES HOSMER MORSE MUSEUM of American Art  
WWW.MORSEMUSEUM.ORG  
FOLLOW US ON

445 NORTH PARK AVENUE WINTER PARK, FLORIDA 32789 (407) 645-5311

real estate in the parks *by Scott Hillman*

## Optimism High Among Buyers And Sellers Of Existing Homes



Scott Hillman

There are any number of indicators that reflect the condition of the existing homes market in Orange and Seminole counties, and right now most of the key indicators—median price, active listings, pending sales and inventory—are all headed in the right direction, which is good news for buyers and sellers. With gradually improving market conditions it's safe to say optimism is high in both camps.

In fact, a recent survey conducted by the Orlando Business Journal asked readers if the rise in home prices throughout 2013 made them consider putting their house on the market. Forty-one percent of the respondents said they'd already listed their home for



sale or were considering it. Those numbers are relatively consistent with other available real estate marketing data concerning current marketing conditions in Orange and Seminole counties.

There's no question, Orange and Seminole county homeowners are feeling a lot better about putting their homes on the market and buyers know this is a good time to buy. That optimism is reflected by a median price of \$155,000 in 2013, up 24 percent over 2012. Most of the increase has taken place in homes priced under \$300,000, while the median price of homes priced over \$300,000 has remained steady.

In addition, inventory remains very balanced with a 4.6-month supply of existing homes as of February 13, 2014. And mortgage rates also remain quite affordable: 4.3 percent for a 30-year fixed rate and 3.3 percent for a 15-year fixed rate.

Another positive market sign is a 37.3 percent drop in pending sales, down from 7,200 in January 2013 to 5,245 in January of this year. This is good news because approximately 65 percent of those

pending sales were distressed properties, down from a high of 83 percent in April 2012, which means we're closing distressed properties and getting them off the books.

When you're looking for plus factors in the local market, distressed properties (foreclosures and short sales) continue to shrink, partly because the processing of these properties has become more streamlined and a great deal more efficient. We still have some work to do in this area but the good news is distressed properties accounted for only 26.9 percent of homes on the market as of February 13, 2014.

It is encouraging to see local market conditions continue to show positive signs of a slow but sustained recovery. With the continued uptick in key market indicators, we see the growing optimism of buyers and sellers. And I expect we will continue to see more of the same as we work our way through 2014.

*"There's no question, Orange and Seminole county homeowners are feeling a lot better about putting their homes on the market and buyers know this is a good time to buy."*

Scott Hillman is president of Fannie Hillman + Associates, a 33-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](mailto:scott@fanniehillman.com).

For More News, Information and Great Events, Visit [TheParkPress.com](http://TheParkPress.com)!

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

*Serving Central Florida for over 33 years*

**Hillman**  
**Fannie Hillman**  
**Hillman**  
ASSOCIATES

**PENDING**

New Orleans Style Pool WP Home on Quiet Street  
5 BR • 5.2 BA • 5,518 SF \$2,095,000

Stunning Baldwin Park Townhome w/ Park View  
3 BR • 3.1 BA • 2,333 SF \$478,000

Baldwin Park - Great Price, Great Location, Great Schools  
4 BR • 2.1 BA • 2,680 SF \$499,900

WP Lakefront Estate Close to Park Ave  
4 BR • 5 BA • 4,416 SF \$2,600,000

Live on the 13th Fairway of WP Pines Golf Course  
3 BR • 2 BA • 1,850 SF \$279,000

Light & Bright Townhome Blocks from Downtown WP  
3 BR • 2.1 BA • 2,095 SF \$450,000

*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](http://www.fanniehillman.com)

LUXURY REAL ESTATE COMPANIES OF THE WORLD

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

LUXURY PORTFOLIO





John Gill

## fiscal fitness by John Gill

### Are The Adults Back?

Exactly one year ago the title of the column I wrote was "Putting the Fun in Dysfunction." I went on to write about the sequester, the automatic, across the board spending cuts created because the president and Congress could not, would not, agree on the fiscal path the country should take in terms of budget cuts and deficit reduction. Eighteen months earlier, they created a task force and set the sequester in place thinking that the cuts were so politically unpalatable and draconian that they would never occur. Well, they were wrong!

Cutting the budget in a straight, across the board fashion is never the way it should be done. Budget management should be handled in a rational, systematic fashion to insure that departments, projects and agreed-upon priorities are funded in an appropriate manner and other, less pressing issues and items are not funded. With the political paralysis of the past several years and the inability to compromise gripping the executive and legislative branches of the U.S. federal government, the sequester actually signaled to both parties and to those branches of government that spending cuts, even recklessly executed, were not catastrophic to our country's economy.

With the political realities of the approaching mid-term elections starting to come into focus,

there have been two other recent monumental budget-related events. A budget funding the government through the rest of the fiscal year was passed in mid-January without much controversy and the debt ceiling was increased without issue.

With these confidence-building measures yielding some results, we should press our leaders to revisit the idea of true deficit and debt reduction. With the continued recovery in the economy, tax receipts are increasing and the budget deficit is forecast to come in lower than expected. However, the debt continues to increase. The latest debt ceiling increase raised the total allowable borrowing level by the U.S. government to \$17.2 trillion dollars. This amount of borrowing is not sustainable!

The United States is in an enviable position in the geopolitical environment. Our country is considered to be the most politically and economically stable country in the world. That perceived stability helps to maintain low interest rates which allow us to borrow that \$17.2 trillion at really low rates. The other hidden benefit for the U.S. is that the U.S. dollar is the international reserve currency. This means that most international trading transactions are priced and occur in U.S. dollars. This situation allows us to manage our currency in ways that benefit us in a manner not available to other countries. However, we will not retain our position as the reserve currency in definitely. Luckily, the change will not happen quickly either.



There are a number of countries agitating about the position of the U.S. dollar. Fortunately for us, not many countries in the international community want the Chinese Yuan, the Euro or the Japanese Yen, to take the place of the dollar, but more and more are listening to the concept of a basket of currencies for international transactions. As this effort gains adherents over the upcoming decades, the U.S. must start making substantial reductions in its outstanding debt. This really is a significant strategic and economic issue. The problem is that this is a long term issue which requires vision to be addressed in a meaningful manner and our political structure does not encourage or reward vision or long term thinking.

But maybe the adults are back, and maybe they have the vision needed to fix this problem, because vision is required if the fiscal fitness of our future generations and our country is to be maintained.

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](mailto:FiscalFitness@gmail.com). Follow John on Twitter, @john\_gill1.

**READY TO PURCHASE, SELL OR FIND A RENTAL?**

We are a FULL service agency available to help you with your real estate needs.

Kristin Haughwout-Osorio  
Broker

**PARKSIDE PROPERTIES**

3133 Corrine Drive • Orlando, FL 32803 • 407-622-5400 • [www.ParkSidePropertiesFL.com](http://www.ParkSidePropertiesFL.com)

Call today for a FREE market evaluation. We can assist you with a Purchase of your first home or maximize your investment and get your current property SOLD!

Are you looking for a rental property? We specialize in Rentals and Property Management in and around Baldwin Park.



Advertise your Home and Garden business to over 60,000 readers in our special Garden and Home Improvement Section in our

**April issue of The Park Press.**

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

## 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](http://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](http://www.jimackerman.net)



1001292

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

## Business In The Parks

Jackson, Collinsworth and Johnson Insurance Agency is pleased to announce that Erin Kelley has joined their team. In her role at the agency, Kelley will be responsible for new business development as well as providing service to clients.



Erin Kelley

There are a number of countries agitating about the position of the U.S. dollar. Fortunately for us, not many countries in the international community want the Chinese Yuan, the Euro or the Japanese Yen, to take the place of the dollar, but more and more are listening to the concept of a basket of currencies for international transactions. As this effort gains adherents over the upcoming decades, the U.S. must start making substantial reductions in its outstanding debt. This really is a significant strategic and economic issue. The problem is that this is a long term issue which requires vision to be addressed in a meaningful manner and our political structure does not encourage or reward vision or long term thinking.

Mayor Kenneth W. Bradley of Winter Park was recently inducted



Mayor Kenneth W. Bradley

into the University of Central Florida College of Business Administration Hall of Fame. He graduated from UCF in 1985 with a master's in business administration. The induction ceremony was held February 6 at the 15th annual Business Hall of Fame Awards Banquet at the Rosen Shingle Creek Hotel. Mayor Bradley has been serving the Central Florida area for decades. With 28 years of Central Florida healthcare experience, he also serves as the campus CEO of Winter Park Memorial Hospital, a Florida Hospital facility, and has acted as campus CEO (and COO) of Florida Hospital Kissimmee and COO of Florida Hospital's Celebration Health. Bradley is a member of the Winter Park Public Library board and the Wells Fargo Central Florida Community Bank board. He has received numerous awards within the community, including the Orlando Business Journal's "Central Florida's Most Influential Businessmen" award in 2010, and the 2011 Crystal Angel award from Adventist Health System.

The UCF Business Hall of Fame consists of 64 members who have made significant strides in their career, business and the communities they serve. Each member has made a substantial impact on the UCF community by improving the institution's reputation by their success, professionalism, and service to our community.

The Winter Park Memorial Hospital Family Foundation recently announced the appointment of Bob Owens as secretary of its board of directors. Owens also chairs the Philanthropy Initiative sub-committee. Bob Owens has been a member of the board since 2010. In addition to being involved in the Winter Park Memorial Hospital and other non-profit community groups, Owens is the president & CEO of Owens Realty Services.



Bob Owens

Within the past five years, he relocated the full-service real estate services company to Central Florida. Owens and his team currently manage close to \$1 billion in real estate net worth, and the Owens Realty Services portfolio includes Florida-based properties, such as commercial/investment properties, high-rise residential com-

plexes, public and private school systems, college and university campuses, state judicial facilities, government buildings, places of public assembly, and commercial and medical facilities. Today, the company employs approximately 1,000 real estate industry professionals within four states.

Resource Consulting Group (RCG), an Orlando, Fla.-based fee-only financial planning and investment advisory firm, recently announced that Gregg Biro became a shareholder in the firm. He is currently director of business development and joined the firm in 2010. Biro has more than 25 years of experience in the wealth management and technology industries. Biro is a graduate of The Ohio State University where he earned a bachelor's degree in both information systems and business marketing.



Gregg Biro

Junior Achievement of Central Florida recently appointed Kathy Panter as president of the organization. For the last fifteen years, Panter has served in numerous senior-level positions in the inde-

Continued on page 22

## Here to SERVE You!

After Serving in the Military, Now Making Your Health Care an Order.

New doctor brings impressive accolades to the practice. Dr. Rensberry served as a brigade surgeon in Iraq/Kuwait and was the Medical Director at Fort Benning, Georgia where he treated newborns, pediatrics and adult patients. He also was instrumental in teaching the future physicians of the Martin Army Family Residency Program. With advanced course work and medical training, Dr. Rensberry stays up to date with the latest medical research and is sure to keep patients of Winter Park in "tip top shape". Fluent in English and Spanish.



**Matthew Rensberry, MD**  
Board-Certified Family Medicine



NOW ACCEPTING NEW PATIENTS, Newborn and Older

Providing Comprehensive Family Medicine and Specialty Lifestyle Programs | Offering Same-Day and Evening Appointments.

133 BENMORE DRIVE, SUITE 200 WINTER PARK, FL 32792 | (407- 646)7070 | [www.CentreForFamilyMedicine.com](http://www.CentreForFamilyMedicine.com)



Continued from page 21

pendent sector. Her most recent role was vice president of investor relations for Central Florida Partnership, where she has been responsible for ensuring the financial success of the organization. Prior to that, she served as a senior account executive for the Orlando Regional Chamber of Commerce – earning “Salesperson of the Year” each year she served. Panter graduated from the University of South Alabama with a bachelor’s degree in international marketing and completed the Crummer Management Program at Rollins College. An active member of the Orlando community for the last 25 years, she currently serves as the chairperson of the Downtown Orlando YMCA.



Kathy Panter

**Winderweede, Haines, Ward & Woodman** shareholder **Ryan E. Davis** was recently elected to the executive board of the Central Florida Bankruptcy Law Association (CFBLA). The Central Florida Bankruptcy Law Association is a



Ryan E. Davis

non-profit organization that supports the collegial and professional practice of bankruptcy law in the Orlando Division of the Middle District of Florida, through continuing education and service to the bench, bar and community. The organization serves all bankruptcy practitioners in Orange, Osceola, Seminole, Lake and Brevard Counties.

**Maureen Covelli**, an RN and a nursing faculty member at the **University of Central Florida** since 1989, has been appointed the associate dean for undergraduate affairs at the College of Nursing. She began her new position earlier this month after serving as interim associate dean since August. Covelli is former chair of the college’s Faculty Association and Leadership Council, and is an associate professor with primary teaching responsibilities in the baccalaureate program. She also holds a courtesy appointment at the University of Florida Department of Physiology and Functional Genomics. She has published research on hypertension, has developed cardiovascular health-promotion intervention programs to decrease hypertension risk in adolescents, and has presented her research to regional, national and international



Maureen Covelli, RN

scientific conferences. Covelli earned a nursing Ph.D. with a minor in physiology from the University of Florida, a master’s degree in adult health and nursing education from New York University, and a bachelor’s from Hunter College-Bellevue School of Nursing in New York.

**Hold-Thyssen Real Estate Services**, a commercial property firm based in Winter Park, with offices in Tampa and Nashville, reports its lease transactions volume grew by more than 30 percent in 2013. R. Anthony Fisher, vice president of Hold-Thyssen Real Estate Services, said the firm’s lease transactions in 2013 totaled more than \$1.1 million. Hold-Thyssen provides commercial property and leasing and management services to institutional and private investor clients nationwide. The 40-year old firm’s current portfolio includes more than 100 commercial properties throughout the United States.



At left, Fresh Market at Grand Oaks Village is an example of Cuhaci &amp; Peterson Architects work.

**Cuhaci & Peterson Architects, Engineers, Planners**, ranked as one of the most active architectural firms in Florida and averaging more than two million square feet of retail space annually, is expanding its offices in Orlando and Philadelphia. Jed Downs, president of Cuhaci & Peterson Architects, said the firm will open a new branch office off Maguire Road in Orlando this month. The firm’s headquarters facility is located in Baldwin Park. The new facility will provide 8,200 square feet of professional office space and 40 architects, engineers, project directors and support staff will be located there. The story is the same in Philadelphia, where Cuhaci & Peterson opened a 2,000 square foot branch office one year ago. Downs said the firm is expanding its Philadelphia facility to 3,300 square feet. Among the firm’s best-known retail clients are Publix Super Markets, Inc., Winn-Dixie, The Fresh Market, LA Fitness, Seasons 52 Restaurants, Ale House, Walmart and Wawa. Cuhaci & Peterson Architects opened its doors in Orlando in 1978.



Ayesha G. Bullock

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

### The Need For More Margin In Life

So, on the heels of my grand declaration about creating more margin in my life... I find myself considering writing about what to do when you feel stretched.

The other day I commented to a friend that I felt like taffy... she replied that she thought string cheese was a better fit.

Awesome.

Okay – so, I continue to work to create more margin in my life and figure out from where it can come and into where I shall insert it. Hope springs eternal. However, at the same time, I also recognize that sometimes (even with margin in our lives) we feel the impact of being pulled in a number of different directions.

Alas – what to do when there are more things to do and people to whom to attend than there is of you? I find that this happens to almost everyone I know. However, some people are just better at managing it. In some cases it’s that they’re better time managers, in some cases it’s that they really have no issue drawing boundaries, and in some cases they just don’t even notice it so it doesn’t seem to concern them. As I know I will always be aware of it, I suppose that means that I will have to be better about drawing boundaries and about managing time.

Sometimes I think we have to slow down to do more. With getting slower, we have more time

and mental space to be more intentional about our choices. We have the perspective necessary to see clearly what’s really important and what’s not. We have the opportunity to prepare and plan. And we have the benefit of slowing our system out of a reactive, adrenal pattern so we may actually choose our response with clarity.

Though slowing down seems antithetical to having a long list of things to manage, I made myself stop writing this article and took the weekend to do my own little experiment and report back. (How very Bridget Jones of me.)

Nonetheless, this weekend we had plans each night Fri/Sat/Sun with different people. (This is ordinarily a reality that would have stressed me out as I’m sort of introvert and I relish precious down time on the weekends.) However, I approached this weekend differently than I normally would have.

First- I gave myself permission to reschedule any of the plans we had if it was just too much. (I didn’t end up doing this as the friends we were seeing are true, wonderful and easy friendships with whom we could make it as relaxed an evening as we wanted.) But having the ‘out’ really helped me to see each social interaction as a treat and not just one more appointment on my calendar.

Secondly, I mindfully cut out some of the things on the never ending to-do list. Do my flower beds desperately need weeding? Yes. Did it have to be this weekend? Apparently not. (As I did not weed, and yet the world continued to spin on its axis.)

And third - I made sure to add a few things for which I may not ordinarily have made time. (Working out, church, a phone date with my best friend from Philadelphia.)

Simple enough weekend – can’t say that it was earth shattering or ‘exciting’ per se... but do I feel significantly more relaxed and am enjoying a better perspective at this moment than I did when I first began to write this article. Margin is not a magic and elusive reality, nor is perspective.

Stepping back, doing less, slowing down and choosing to engage meaningfully – perhaps it really is that simple. Will the calm and restoration I feel right now last all the way into the middle of a hectic week? Perhaps not, but that’s why it’s a ‘practice’ and one to which I will remain committed and in which I will remain engaged.

So, I encourage you to find: those little places to ‘give yourself permission’ (whether social events, weeding or otherwise) and those little ingredients that add meaning and grounding to your life (whether time with a special friend, spiritual reflection or otherwise). It’ll have more of an impact on your basic sense of peace than you anticipate.

Be well; Live Meaningfully.

‘Til the next time,

Ayesha

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

**The Plaza At Hannibal Square**

Apartments and Office Suites Available in Downtown Winter Park

**Apartments: (407) 808-0798**  
amillians-roche@owens-services.com

**Office Suites: (240) 506-2627**  
pvietor@owens-services.com

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

**Apartments**  
1 and 2 Bedrooms  
\$1,100-\$1,600

444 W. New England/ 362 S. Pennsylvania Ave

Become a fan of The Park Press

**PROFESSIONAL COUNSELING**  
*in the Comfort of Your Own Home!*

OVER 30 YEARS OF EXPERIENCE!

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

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

**Classes Also Online!**  
Ongoing classes since 1997  
at Winter Park Presbyterian Church  
400 S. Lakemont Ave. Winter Park

**PENNY DANNA MD, FACOG**  
Board Certified in Obstetrics and Gynecology

**PHYSICIAN ASSOCIATES**  
ORLANDO HEALTH

**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

**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

**Business Spotlight**

**Vitamins: Fact Or Fiction?** By Dr. Neha Doshi, MD

More than 50% of Americans take some vitamin for numerous reasons such as disease prevention, weight loss, memory preservation, joint health, common colds, etc. Multiple medical journals have done studies that show long term supplements and vitamins for chronic conditions are a waste of money. That is not to say that certain vitamins are not useful for specific conditions such as B12 for deficiency, calcium for osteoporosis and prenatal vitamins.

Vitamin industries in this country make billions of dollars preying on our desire to be healthy. However, being fit still depends upon eating well and exercising. Most if not all micronutrients can be derived from the basic food groups. Multivitamins in particular are a huge business venture. However, multivitamins contain small quantities of many different nutrients without enough of any one to be useful.

As humans, we can't help but think that if a little bit of something is good for you, then a lot must be great. But, in the case of vitamins, this is absolutely untrue. Vitamins in normal to mega doses can actually increase risks of certain diseases. Vitamins if taken, should be taken with caution and with the knowledge of your physician.

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

**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



## schools

**Aloma Elementary**

PRINCIPAL DR. DREW A. HAWKINS

Thank you to everyone who came out to the ninth annual Fast Start Invitational Track Meet on Saturday, February 1 at Showalter Field. The students had a great time participating, and fun was had by all. We'd like to give a special thanks to our P.E. coach, Mrs. Kathy Styron, and also to her assistant, Ms. Stephanie Chandler, for all of their help making this event such a success!

Our next SAC Meetings will be on Tuesday, March 4 and Tuesday, April 1, at 8:00 a.m. PTA will be hosting Skate Night at Semoran Skateway on March 4, from 6:30-8:30 p.m. We hope to see many of you there. Please remember that there will be a student holiday on Friday, March 21. Spring Break Week is Monday, March 24 through Friday, March 28. Students will return from Spring Break on Monday, March 31.

Thank you to our third, fourth, and fifth grade teachers for holding parent informational meetings regarding FCAT testing. Several tips for FCAT: It is very important for your children to be on time for testing. Once testing starts, we cannot interrupt the classroom on any days if they are tardy. Make sure they get plenty of rest, and eat a healthy breakfast. These tips will help give the students the opportunity to do their very best. Below is the testing schedule:

**Monday, April 14**

Reading Session 1 – Grades 3, 4, 5

**Tuesday, April 15**

Reading Session 2 – Grades 3, 4, 5

**Wednesday, April 16**

Makeup Testing – Grades 3, 4, 5

**Thursday, April 17**Math Session 1 – Grades 3, 4  
Science Session 1 – Grade 5**Friday, April 18**Math Session 2 – Grades 3, 4  
Science Session 2 – Grade 5**April 28 – May 7**

Math – Grade 5 computer testing

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

**Brookshire Elementary**

PRINCIPAL DR. MARC RUMMLER

We spring into March from a very active February. Many students and staff members participated in a variety of fitness activities in February. March will bring some extra-curricular activities for Brookshire students, such as our Student Talent Show on the 13th, an Art Show on the 18th, and a Skating Party on the 19th. March 31st will start the last quarter of the school year.

We would like to extend a huge thank you to the current class of Leadership Winter Park and to the Leadership Winter Park Alumni Association for their commitment to Brookshire and all the local schools. Since 1998, they have raised money

for schools and every year the donation has increased. The proceeds this year they donated to each school from their annual pancake breakfast in December was incredible. Thank you Leadership Winter Park and to all the residents who love those pancakes!

**Dommerich Elementary**

PRINCIPAL DR. JUNELLA HANDLEY KREIL

Dommerich Elementary is "warming up" after several cold months of learning! We were thrilled to race alongside other local elementary schools at the Fast Start track event, and to celebrate healthy movement at our own Dommerich Chiefs on the Run 5K in February. We now turn our faces toward a sunnier spring, and focus on showing all we have learned this year. In March, students will be fine-tuning grade level skills and gearing up for assessments. We will host the East Learning Community Mathletics competition and continue practice for the upcoming Science Olympiad event in May.

As we enter March, please also mark your calendar for the following Dommerich events: Skate Night at Semoran Skateway on March 6; Walk N' Roll on March 12; Dommerich PTA's Big Chiefs Night Out on March 13; Maitland Art & History Museums' Dommerich Family Day (Interactive Garden Sculpture Party) on March 15; Fun Day and end of 3rd marking period on March 20; no school on March 21; and Spring Break from March 24-28.

Enjoy a safe and relaxing Spring Break!

**Fern Creek Elementary**

PRINCIPAL DR. PATRICK GALATOWITZ

Spring cleaning allows us to renew our sense of space, and it just doesn't happen within the home! Fern Creek is no exception to that rule. Since the beginning of the school year some bigger projects had fallen to the wayside; however, with the help of committed volunteers, no task is too large.

The X Club fraternity brothers, a local long-standing fraternity at Rollins College since 1929, have deep roots in community service and engagement. They have been so kind to us for the last several years, and we are so appreciative of their hard work and dedication. In the past, they have helped us create a long jump area for our physical education class, painted our basketball court boundary lines, and more.

These young men tackled many different projects, like rearranging classroom furniture in our Mentor Room to maximize space used by students, our food inventory was condensed and organized, snack packs were made for up to two weeks, and generous amounts of donated clothing were organized into our closets. Their eagerness and energy to lend a hand was inspiring, and proved that teamwork is required to complete goals with efficiency and speed.

Thank you, X Club!

If you want to join our strong ranks of community volunteers, we warmly welcome your involvement in the life of our school. To inquire about opportunities to become involved, please contact the school principal at galatop@ocps.net.

**Glenridge Middle School**

PRINCIPAL TREVOR HONOHAN

Hello parents, in a continued effort to create a world-class learning environment at Glenridge Middle School, I am asking that you spend a few minutes completing an online school effectiveness survey. It can be accessed from any computer with an Internet connection. The responses and results are anonymous. The School Advisory Council will use the compiled data to outline a direction for the 2014-2015 school year. The overall goal is to use your feedback to show continuous school improvement. The survey is active now and will close on April 1, 2014. The link below will take you directly to the survey. Thank you for your time and continued support!

[https://vovici.com/wsb.d11/s/1086ag5578b/School\\_Effectiveness\\_Survey\\_Parent](https://vovici.com/wsb.d11/s/1086ag5578b/School_Effectiveness_Survey_Parent)

**Hillcrest Elementary**

PRINCIPAL RUTH N. ORTEGA

Hillcrest Elementary 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 great start to 2014. Honor roll ceremonies celebrated students' academic achievements. For Black History month, the morning news crew highlighted the contributions of Black Americans. Congratulations to the Hillcrest students who have artwork on display at the Orlando Museum of Art and to the recent Spelling Bee participants and winners. We are proud of our students' achievements.

Thank you to Annemarie O'Brien, author of the novel "Lara's Gift" (set in Russia in 1914), who visited Hillcrest and shared with our students her inspiring stories and tips about writing. Science Night allowed students to have fun exploring hands-on science activi-

*Continued on page 25*

# Park Maitland.

## A legacy of leaders for over 45 years.

Since 1968, Park Maitland has been growing the leaders of tomorrow. We offer a proven foundation of excellence in education and provide children the tools they need to realize their dreams!

**Andrew Asher**  
B.A. University of Delaware  
J.D. Thomas Jefferson; San Diego, CA  
*Park Maitland Class of 1985*

Attorney, Orlando and Washington, D.C.  
Complex Corporate and Civil Litigation

Winter Park Distilling Company, Original Co-founder  
First artisanal micro-distillery in Winter Park & Orange County

*Andrew and his wife, Francesca are the proud parents of two children who attend Park Maitland School.*

**Park Maitland School**

407-647-3038 [ParkMaitland.org](http://ParkMaitland.org)

## schools

*Continued from page 24*

ties and games. Dr. Seuss Week and the annual book swap at Hillcrest were also a lot of fun.

The Hillcrest Chorus will be performing the National Anthem at the Solar Bears Hockey Game on March 3 (Hillcrest Spirit Night), and Hillcrest ticket sales benefit the music department. Students are starting to prepare for the Hillcrest Science Fair, which will be held on April 7, after Spring Break. We are looking forward to lots of fascinating information and experiments!

**Lakemont Elementary**

PRINCIPAL DR. BRENDA CUNNINGHAM

This month's article is written by our media specialist and Teacher of the Year, Mrs. Evangeline Scivally.

"Literacy" is the word at Lakemont. During "Celebrate Literacy Week!" Lakemont students read 31,098 minutes for the "Million Minute Marathon," sponsored by the Department of Education. Other events celebrated that week included guest readers on our WLOS morning news show, a visit by Spell-binder's storytellers and teacher read-alouds in the classrooms. Students voted for their favorite book, and no big surprise, the winner was "The Diary of a Wimpy Kid" series by Jeff Kinney.

I am very proud to announce

that our students read year-round. We ranked number three in Orange County Public Schools and number 83 in the WORLD during Scholastic's Read for the World Record with 355,871 minutes logged.

Not only does our library circulate a large number of books every day, we know our students also have a great desire to own books as well. Several years ago, we started a monthly book trading program. On the third Thursday of each month, students come to the library and trade their personal books for books other students have brought to trade. Many times the student is ready to read at a higher level so he or she is trading up a reading level.

In addition to book trading, our students have already checked out more than 12,000 books this school year from the school library media center. They have taken over 14,000 Accelerated Reader quizzes and have accumulated nearly 21,000 points! The students with the most AR points on each grade level for the second nine weeks are: Scott Rinaldi (1), Claire Clark (2), Andrea Ignjatich (3), Gianna Mackinnon (4), and Oliver Ignjatich (5).

More exciting news, our fifth graders will be competing in the first annual Elementary School Battle of the Books on Wednesday, May 7, 2014 at Timber Creek High School. We have begun meeting once a week to prepare for this exciting event.

We are enjoyed Friday, February 28 when award-winning author Chris Grabenstein came to talk to our fourth and fifth graders about his new book, "Escape to Mr. Lemoncello's Library." As you can see, "Take the lead and READ" is definitely our motto at Lakemont Elementary.

**Maitland Middle School**

PRINCIPAL DR. STEFANIE C. SHAMES

Orange County School Board member Nancy Robinson recognized the Maitland Middle School News Crew during a School Board Recognition event in February. The News Crew, under the direction of Ms. Lori Farber, has won national awards. In March 2013, twenty-nine advanced Maitland Middle News Crew students flew to Los Angeles, CA where they attended the STN (Student Television Network) conference. This is a national conference where over 2,500+ MS and HS students attend to compete in various film and broadcast contests as well as attend professional workshops with writers, directors, producers, anchors, journalists, and cinematographers who actually work in the industry- many who have won Emmys and Oscars.

Maitland MS students competed in six film/broadcast contests and were the only middle school that placed or received Honorable Mention in ALL categories. Former and current MMS students found out in November 2013 at the FAME conference how their films placed at the 2013 state-level Jim Harbin Media Festival competition. Students had to win 1st place in their film category at the county AND regional levels before advancing on to the state level competition. There were 11 different film categories. Maitland Middle's News Crew program placed in five out of the 11 categories. The STN Conference will be held during March in Orlando this year and we know we will have spectacular results once again!

Tutoring is being held on Tuesdays and Thursdays from 4-6p.m. If you are interested in having your child participate in tutoring, please contact Mrs. Drayton at Tamara.BakerDrayton@ocps.net for more information. Please note that FCAT dates are one week earlier than previously published and students will begin taking FCAT on Monday, April 14, 2014.

The Florida Department of Health closely monitors our students' immunization status. The next time you are at your pediatrician's office please make sure your child has had all the required immunizations. It is required that all students have a Tdap (commonly known as the tetanus booster) prior to entering the 7th grade. When your child receives their Tdap, please be sure to bring a copy of your child's immunization record to Nurse Raines.

We are in the preliminary stages of researching the possibility of starting a Maitland Middle School Foundation to support our school. If you are interested in helping with this endeavor, please contact me at stefanie.shames@ocps.net.

Go Hawks!

**Orlando Science Schools**

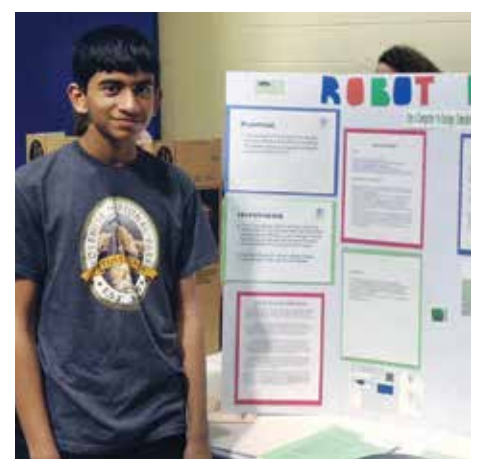
PRINCIPAL DR. YALCIN AKIN

Orlando Science Schools (OSS) seventh-grader Yashasvi Bhat earned first place in the junior computer science category at the annual Dr. Nelson Ying Orange County Science Exposition held recently at Rollins College. Bhats' "Robot Race" entry is among many award-winning projects submitted by students at Orlando Science Schools, which is a public charter school in Orange County that serves grades K-12 and focuses on STEM education.

The competition is open to all private and public school students. Thirty-four talented students from Orlando Science Schools participated in this year's event. OSS had 16 entries from the sixth grade, 13 from seventh, and five from the high school level division.

OSS students who were awarded top honors from the 54th annual Orange County Science Fair included:

- **Mohammed Abdullah and Ahmed Rashid:** "A New Device Based on Thermoelectric Effect to Resolve Energy Crisis" (11th and 10th grade)
- **Alexandria Bias:** "Pop It!" (7th grade)
- **Cristina Ta:** "Race to Evaporation" (7th grade)
- **Pierre Lesperance:** "Gauss Rifle" (7th grade)
- **Daniyal Ansari:** "Does Color Affect Blood Pressure?" (7th grade)
- **Alexandria Magee:** "Reduce, Reuse, and Recycle" (7th grade)
- **Justice Nasuti:** "Sock It to Me" (6th grade)
- **Rami Kabat:** (6th grade)
- **Brandon Tran:** "Which Airplane Design Will Fly the Longest?" (7th grade)
- **Gina Perez:** "Amplitude Modulation" (7th grade)



Above, Orlando Science Schools seventh-grader Yashasvi Bhat earned first place in the junior computer science category at the annual Dr. Nelson Ying Orange County Science Exposition held recently at Rollins College.

"It is truly rewarding to see Orlando Science Schools students utilizing critical thinking and transferring those skills into real-world science applications," said the Orlando Science Schools executive director, Dr. Yalcin Akin. "We are honored by these

*Continued on page 26*



Continued from page 25

students and their teachers for their impressive work and the innovation they demonstrate.”

More than 320 students from 24 different schools throughout Orange County submitted entries for the event. “We are thrilled with the record-breaking turnout,” said Bob Madewell, director of the Dr. Nelson Yung Orange County Science Exposition. “Our students continue to raise the standards for inventive projects.”

A diverse panel of more than 85 experienced judges from various businesses and educational institutions in Central Florida evaluated the entries and determined the award winners.

### St. James Cathedral School

PRINCIPAL MRS. GERRI GENDALL

Summer is around the corner and always full of fun and exciting things to do. Join old friends and make new ones, during the summer programs at St. Cathedral School (SJCS). The Pre-K Program and our Sports/ Enrichment Program is open to everyone. Summer is always fun and exciting because with the variety of activities



Above, PreK students at St. James Cathedral School enjoy computer play day.

Students in the PreK Program enjoy art, crafts, and games on Mondays followed by the Fun Bus; “Fitness on Wheels” on Tuesdays. Wednesday also means “Water Play Day”! The children come to school in their bathing suits with sun screen applied and then cool down with treats from the Ice Cream Truck, which brings everyone’s favorite ice cream! Thursdays are perfect day to try some of SJCS’s school year activities: Soccer, KidzArt, Karate and Jr. Jazzercise. The week winds down on Friday with Computer Play Day: learn how to use the computer and play educational games. Some special Fridays on the calendar include June 6th, Phillip and Henry Magic Show; and June 13 is extra lucky this year with Fathers’ Day Lunch. We love our Dads and Granddads. Come and celebrate your day!

The SPORTS/ENRICHMENT Camp is open for kindergarten through eighth-grade students. Our program is staffed with full-time professionals and counselors. The summer sports camps include basketball, flag football, cheerleading, karate, soccer, sports-fitness and volleyball. The Enrichment camp offers classes in chess, technology, cooking, dance, sewing, LEGOS, puppets science, math and Spanish. Have a blast learning and playing the summer camp way!

### Trinity Lutheran School

PRINCIPAL MELISSA BERGHOLT

At Trinity Lutheran School, third quarter is underway and our campus is buzzing with activity. We celebrated National Lutheran Schools Week (where we raised almost \$1000 for the Lutheran World Relief fund), enjoyed Family Fun Night in our gym put on by the Orlando Science Center, and listened to the sweet sounds of our 4th-8th graders as they performed for their parents in our Spring Music Concert.

On February 16, we had a ground breaking ceremony for our brand new building that will house our child development center! It should be completed next spring and we are very excited about the construction, what it means for our current families, and the new families we will be able to welcome to Trinity!

In March, we are gearing up for the Downtown BBQ Cook-Off and annual Read In (honoring Robert Munsch) event on March 1st. This also coincides with the Spring Book Fair and our Meet the Teacher event! Our annual auction event put on by our Parent Teacher League (PTL) is just around the corner. Trinity Downtown’s “Top Fun” 80s evening will be held on March 15. All proceeds benefit Trinity Lutheran School! The month ends with Spring Break, when all the students (and staff) get a much-needed break to recharge and finish the year strong!

### Trinity Preparatory School

PRINCIPAL CRAIG MAUGHAN

Class of 2007 Trinity Prep alumnus Lt. Chuck Nadd made a big splash when he was chosen to be featured in a Super Bowl commercial. The Budweiser ad showed his homecoming from Afghanistan to a ticker-tape parade held in Winter Park. Many of his classmates and teachers from Trinity Prep were on hand for the parade to honoring not only Lt. Nadd but all veterans.

Another Trinity Prep alumna, Dr. Pardis Sabeti from the class of 1993, was featured in advertising campaign, this one for Apple. She was highlighted for the year 2009 in a timeline celebrating 30 years of the Macintosh computer. “Harvard faculty member Dr. Pardis Sabeti is known for her computational approach to studying evolution. She developed a tool on her Mac to determine if certain genes were the result of natural selection. Then she

took the Mac to Africa so she could work directly in the field. This led to new methods for treating and curing diseases like malaria and has already improved thousands of lives in Nigeria.”

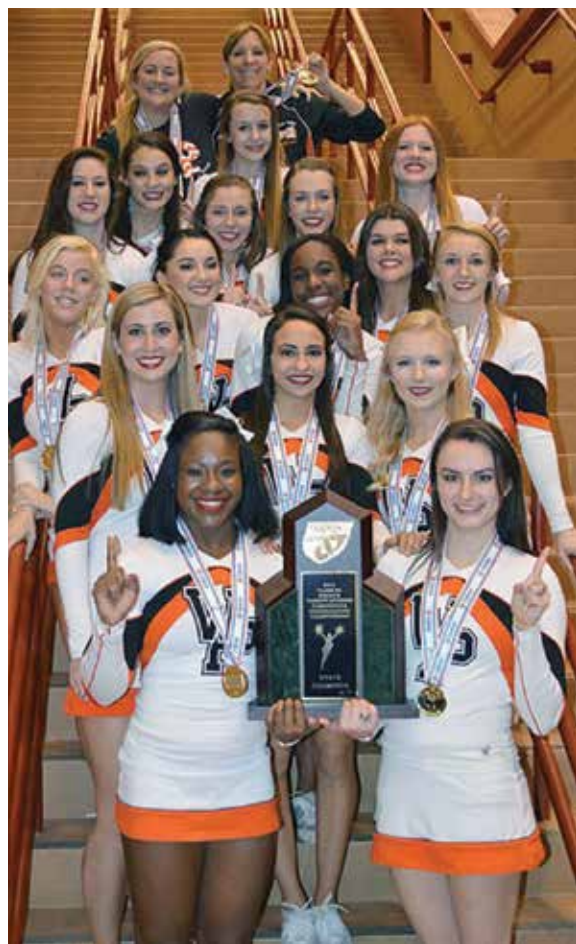
We are very proud of our Upper and Middle School Science Olympiad teams for taking second and third place in the regional competition. They will move on to the state competition this month at UCF, and we wish them luck. Our robotics team is gearing up to participate in the FIRST Robotics Competition, also held at UCF in March. Students have been working with engineers from Siemens and Lockheed to build a robot meeting the challenge guidelines.

### Winter Park High School

PRINCIPAL TIM SMITH



The Florida State Cheerleading Championship was held at the Silver Spurs Arena on January 30, 2014. The competition cheer team took first place in the medium division with a score of 90.25. This is the third

At right, Winter Park cheerleaders win state championship again!



State Championship in a row and fourth title in six years for our girls.

The team is comprised of 16 members, including five seniors, five juniors, four sophomores, and two freshman. The WPHS competition cheerleaders have been competing since 1987, and have the longest winning tradition in competitive cheerleading in the state. Congratulations to head coach Angela Austin and her team. Winter Park High school and our community are proud of their accomplishments.

## St. James Cathedral School

Located in historic downtown Orlando, across from Lake Eola, our accredited Blue Ribbon School offers a challenging curriculum for Pre-K3 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

April 30, Wednesday • 8:30-10:30 a.m.

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

stjcs.com



BLUE RIBBON SCHOOL

A Catholic Community

# 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](http://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](http://www.leugardens.org).

**March 7 Date Night at Leu Gardens - Featuring the showing of "To Have and Have Not" (NR)** – 7:30 p.m. For more information please call 407-246-2620 or visit [www.leugardens.org](http://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](http://www.leugardens.org).

**April 6 Swamp Sista La La Music and Food Festival** – 2:00 to 6:00 p.m. at East End Market. Proceeds benefit and include P.E.A.S. Foundation, Hebel Nutrition Consultants, Second Harvest Food Bank and the Audubon Park Garden District. For more information and tickets please call 407-212-7321.

**April 12 Jazz 'n' Blues Stroll** – 7:00 to 10:00 p.m. at Harry P. Leu Gardens. Enjoy great performances by The Robert Harris Group, Daniel Heitz Band and Bird Dog Bobby Band as you stroll along lit pathways throughout the 50-acre botanical garden. For more information and tickets please call 407-246-2620 or visit [www.leugardens.org](http://www.leugardens.org).

## Baldwin Park Events

**April 6 Wounded Warrior/Lone Sailor 5K Run/Walk/Roll** – 7:30 a.m. at Lake Baldwin located at 4953 New Broad Street. For more information and registration please visit [www.cfn15k.org](http://www.cfn15k.org).

## 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.

**March 6 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](http://www.ocrea-fl.org), or call 407-677-0446.

**March 7 A Pair To Remember 2014** – 11:00 a.m. to 2:00 p.m. at The Mall at Millenia. Ninety-three cents of every dollar given to Easter Seals of Florida goes to support the non-profit's programs and services. For more information please visit [www.fleasterseals.com](http://www.fleasterseals.com).

**March 8 Smile Mile** – 8:00 a.m. at Orlando Fashion Square. This event is a timed one-mile children's race to open to all elementary age students between the age of five and eleven. Every child entered will receive a t-shirt and a finisher medal. Proceeds benefit the Track

Shack Foundation. For more information please call 407-896-1160, or visit [www.trackshack.com](http://www.trackshack.com).

**March 15 Walk To Defeat ALS** – 9:30 a.m. at Lake Eola. For more information please call 888-257-1717 or visit [www.walktodefeatals.org](http://www.walktodefeatals.org).

**March 15 - 16 Free Pro-Active Driving School** – Morning and afternoon classes are available, and a \$99 refundable deposit is required to hold your spot. For more information please visit [www.puton-thebrakes.org](http://www.puton-thebrakes.org).

**March 18 2nd Annual Arnie's March Against Children's Cancer** – 3:30 p.m. at Bay Hill Country Club. For more information, or to register, please visit [www.ArniesMarch.com](http://www.ArniesMarch.com).

**April 8 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](http://www.ocrea-fl.org), or call 407-677-0446.

## 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 (Now 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](http://www.artandhistory.org).

## Winter Park Events

### Ongoing Events

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

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

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

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

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

**Every Tuesday, Friday and Saturday Winter Park Benefit Shop** – the shop is located at 140 West Lyman Avenue 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 Thursday Walk With A Doc** – Enjoy a rejuvenating 30-minute walk with Florida Hospital physicians. This free event is held at 5:30 to 6:30 p.m. at the Crosby YMCA. For more information, or to reserve your spot, please call 407-303-1700.

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

## MARCH HIGHLIGHT



PHOTO COURTESY OF THE CITY OF WINTER PARK COMMUNICATIONS DEPARTMENT

## MARCH 21-23, WINTER PARK SIDEWALK ART FESTIVAL

The 55th annual event will take place in downtown Winter Park.

**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](http://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](http://www.polasek.org).

**March 6 The Winter Park Public Library hosts Garden Talks with Stephen and Kristin Pategas of Hortus Oasis** – noon to 1:00 p.m. (bring lunch). This month: Florida Smart Plants: Shrubs & Groundcovers. \$5 per session. Register online [www.http://wppl.org](http://www.http://wppl.org) or call 407-623-3279.

**March 10 Annual School Advisory Council (SAC) Parent Showcase** – 6:30 p.m. at Winter Park High School. The evening begins with a presentation by the Jazz Band and welcome by Principal Tim Smith. This is followed by visits to four different sessions showcasing various aspects of the school. For more information please call 407-623-1476.

**March 12 Winter Park Garden Club Meeting** – Topic: Winter Park's Tree Canopy - Yesterday, Today and Tomorrow. 10:00 a.m. at 1300 S. Denning Dr. For more information regarding this free event please call 407-644-5770.

**March 13 Popcorn Flicks Featuring "Robin And The 7 Hoods"** – For more information please visit [www.cityofwinterpark.org](http://www.cityofwinterpark.org).

**March 15 Zimmerman Kiser Sutcliffe Winter Park Road Race 10K and 2-Mile** – Presented by Florida Hospital – 7:00 a.m. at 251 Park Ave. Proceeds benefit the Meridian Club of Winter Park Scholarship Fund. For more information and to register please call 407-896-1160 or visit [www.trackshack.com](http://www.trackshack.com)

**March 15 BrainFest** – 10:00 a.m. to 4:30 p.m. at the Rachel D. Murrah Civic Center. This is a free fun-filled day of brain-boosting education, entertainment and activities designed to inspire people of all ages to live a brain healthy lifestyle. Learn tips and tricks for keeping your brain strong all life long! Please RSVP on-line at <http://act.alz.org/brainfest> or call 1-800-272-3900.

**March 20 Hannibal Square Wine Tasting** – 5:00 to 7:30 p.m. at West New England Ave. Winter Park. (Between Virginia and Pennsylvania Aves.) A celebration of fine wine, this street party event features 40+ varieties of wine and beer, plus appetizers from local eateries and live music. Cost: \$25 in advance, and \$30 at the door. For tickets please visit [www.winterpark.org](http://www.winterpark.org).

**March 20 Healthy Cooking Demonstration by Chef Edwin of Florida Hospital** – This free event is held at 5:30 to 6:30 p.m. at the Crosby YMCA. For more information, or to reserve your spot, please call 407-303-1700.

**March 20-23 Park Avenue Sidewalk Sale** – During retail shopping hours along Park Avenue. For more information please visit [www.winterpark.org](http://www.winterpark.org).

**March 21-23 55th Winter Park Art Festival** – 9:00 a.m. to 6:00 p.m. on Friday and Saturday, and 9:00 a.m. to 5:00 p.m. on Sunday along Park Ave. in Central Park. [www.cityofwinterpark.org](http://www.cityofwinterpark.org).

**April 3 Winter Park Public Library hosts Garden Talks with Stephen and Kristin Pategas of Hortus Oasis** – Noon to 1:00 p.m. (bring lunch). This month: Garden Tours at Hortus Oasis. \$5 per session. Register online <http://wppl.org> or call 407-623-3279.



# BIG

*equals*

# BOLD

UNIVERSITY OF CENTRAL FLORIDA

Theatre UCF and Orlando Shakespeare Theater worked for two years to premiere “The Life and Adventures of Nicholas Nickleby,” a 6 ½-hour play and one of only a handful of professional “Nickleby” shows in the U.S. since 1980.

.....  
To learn more, visit [pegasus.ucf.edu](http://pegasus.ucf.edu).

