# The Park Press

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



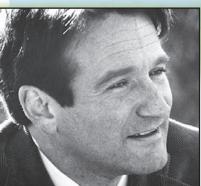
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For updated news, events and more, visit www.TheParkPress.com

# A Banner Season For Winter Park's 12U Softball All-Stars!

As the start of the fall ball season is upon us, there are a few girls in Winter Park still basking in the glory of a fast pitch season for the record books. Fourteen players strong, the Winter Park Babe Ruth 12U Softball All-stars played their hearts out and did not disappoint.

They thrilled the home town crowd to win the District tournament over the Oviedo All-stars 6-5 in an undeniable nail biter. Not resting on their laurels, they continued to practice strong before heading to the State Championships in Lake City just a few weeks later.

They certainly made a name for themselves at State as they hung tough with some of the finest teams in Florida. Sadly, they lost in the semi-finals to Jensen Beach and finished third in the state, behind the Jensen Beach Wildcats and the Bloomingdale Blaze. Their performance at State did not go unnoticed, as shortly after play ended in Lake City, the girls were invited to represent Winter Park at the 2014 Babe Ruth Softball World Series.

The team then traveled a little farther north to Morganton, North Carolina for the Regional Championships. Blame it on the weather or the fact that the girls already had claimed a spot to compete at the World Series; they had a less than stellar show at Regionals. They left Morganton without a single victory and arrived back home in Winter Park more committed than ever. They trained hard and upon arrival in Alachua on August 6th for the opening



Front Row – L to R: Stephanie Jones, Sarah Goldberg, J.J. McDonough, Jordan Brielmaier, Heleena Reinhardt, Laney Walters.

Back Row – L to R: Madelyn Cable, Peyton Duba, Alea Woods, Rylee McCully, Kelly Keating, Kaitlin Shannon-Swanson, Bridget Gorman.

(Not pictured – Olivia Stroz.) Also not pictured, Head Coach – Pat Gorman and Assistant Coaches – Ralph Reinhardt and Joel Brielmaier.

ceremonies of the 2014 Babe Ruth Softball World-Series, they were ready!

Over the course of a week our Wildcats played 2-3 games daily in 100 degree temps, against 22 of the best teams in the country. A few rains delays, several bleacher-hopping wins, and a couple of heartbreaking losses later, our girls ended their season heads held high with an all-time Winter Park Babe Ruth record-breaking 7th place finish in the country! Over the course of the season,

the team came together as both teammates and friends. They worked hard, competed with class and made a few memories for a lifetime. Thank you girls for the fun ride. We are proud of you and look forward to many more great seasons to come....GO WILDCATS!!

If you would like more information, or would like to register your child in an upcoming Winter Park Babe Ruth Baseball or Softball Season please visit www.winterpark.baberuthonline.com.

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INSIDE THE PARK PRESS

# The Park Press<sup>™</sup>

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

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#### Publisher's Message



Rick Cable

Scouting is very near and dear to my heart, as it was a big part of my life while growing up. Yes, I'm one of those people who can tie knots, work a map and a compass, and use the stars at night and the sun at day to find my way. I could

even survive quite well off the land, if necessary. And as a middle-aged man, I can still rattle off the Scout Oath and Law as fast as I can blurt out the alphabet. I'm an Eagle Scout.

So, I can totally relate to Troop 62 Life Scout John Michael Thomas, 15, as he is striving to fulfill his final requirements to earn the rank of Eagle. Earning this rank is not easy, and in my opinion the hardest requirement to fulfill is the Eagle Scout Service Project. The scout must plan, develop, and show leadership in a service project that will benefit others in the community outside of scouting.

Well, John Michael is tackling a BIG project. His project was inspired by his friend Elizabeth Buckley, who passed away from an inoperable brain tumor, and is aptly named The Peacock Project. His project has a goal of raising \$50,000 to bring a bronze peacock fountain by sculptor Lloyd Le Blanc to the Central Park Rose Garden. The reason

John Michael chose this sculpture was because his friend Elizabeth inspired him with her artwork as she loved to draw peacocks. Since fundraising began in May they've raised more than \$30,000. I commend John Michael on his efforts and will happily support his cause.

If you or your company would like to make a tax-deductible donation to The Peacock Project please send checks to:

The City of Winter Park
721 West New England Avenue
Winter Park, Florida 32789
Attention: Brenda Moody/The Peacock Project.

The Scout Oath - On my honor I will do my best to do my duty to God and my country and to obey the Scout Law. I will help other people at all times and keep myself physically strong, mentally awake, and morally straight.

The Scout Law – A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent.

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

Rick

Rick Cable Founder/Owner

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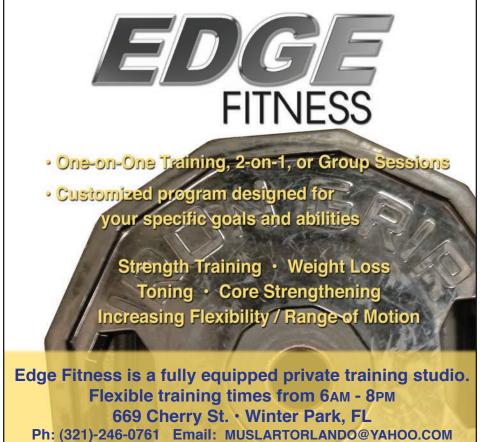


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#### **Children Learn What They Live**

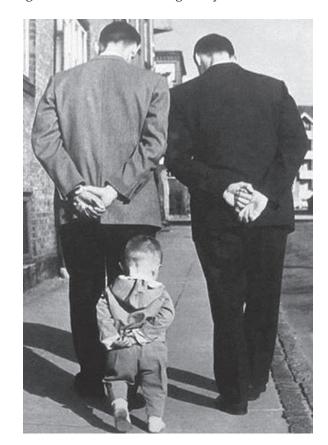
By Tricia Cable

When I decided to become a parent, I knew that I was inevitably taking on the most challenging role of my life. I knew that my small, quiet and controlled environment would give way to a much bigger life, with many uncontrollable circumstances and a great deal of noise. What I didn't know, was just how big and loud and out of control things would seriously get.

My true hope, aside from keeping them alive and well, was that I would be given the opportunity to support and guide them in different ways than my parents had me. I think it goes without saying, that we all want better for our children than we had ourselves. Not that I didn't have an exceptional childhood, but there were definitely things that I wanted to do differently. I was blessed with two perfectly healthy babies and a clean slate. Their path was in my hands.

There was a poem that hung on our laundry room door growing up, "Children Learn What They Live," written by Dorothy Nolte. This poem was truly a road map through childhood and adulthood for me. I would read the words as a young person and very matter-of-factly could determine why I was the way I was. Some of the qualities have served me well, others, have not.

"If children live with criticism, they learn to condemn." Growing up in a home with a military man at the helm, life was very much about doing what needed to be done, in a timely fashion and doing it right the first time. Barking of orders was common; again, no criticism of him, he did what he did in hopes of motivating us to have pride in what we accomplished. There was no managerial training i.e. tell them two things they did well before



you hit them with the five things they did wrong. Communication was direct, no beating around the bush or blowing smoke.

With four of us kids in the house, it worked well on some of us and not so well on others. Let's face

it, no one likes criticism, constructive or otherwise, but some of us handle it better than others. Based on my upbringing, I find I appreciate and respond well to more direct communication and conversely, I have had to tone down my home grown communication techniques as not to offend the masses!

I use that education when parenting my kids today. I have two children and they are both very

different from each other and therefore require different forms of parenting. What works for one doesn't necessarily work for the other; one can handle a more

"If children live with criticism, they learn to condemn."

direct approach and the other prefers for me to lower the boom more gingerly...ha-ha! So, I have learned to deliver my criticisms with a "you can do it" spin. Thirty years in management in corporate America has helped, thank God for all the management training I have received...I use it all on my kids daily!

The way I look at it, I am about three quarters of the way down the path with my two. By now we all know each other pretty well and we can focus on what works. Using the poem as a guide, we still have some work to do, but we are heading in the right direction, slow and steady wins the race!





#### **NEWS**



### City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



As we all get back into the swing of things following summer vacations and start to spend more weekends at home, our Great City has many ways to have fun here in town this

One of my favorite events occurs in September at Bill Fred-

erick Park at Turkey Lake (3401 S Hiawassee Rd). On September 27, come out and celebrate National Public Lands Day Orlando-style. From 9 a.m.- 3 p.m.



Bill Frederick Park at Turkey Lake, 3401 South Hiawassee Road in Orlando.

enjoy free admission to the park, which has enough amenities for even the most diverse interests. This great public land offers a petting zoo, fishing, playgrounds, a swimming pool, even camping. On a recent trip there, I had a chance to try my hand at disc golf... while I think my regular golf game may still be better (and that isn't saying much), it was a lot of fun, good exercise, and the course at Turkey Lake takes you to some scenic spots with gorgeous tree canopy and views of the water.

On this special day, the park will also offer hay rides, "Out on a Limb" tree climbing, and a mobile butterfly exhibit, as well as lots of educational information on how even your own back yard can make a difference when it comes to conserving our natural resources. This year marks the 21st year that people all over the country are not only learning and enjoying their more than 600 million acres of public lands, but they are also volunteering to clean up, beautify or improve many of our parks. Last year, more than 175,000 individuals volunteered across the country. For more information about this initiative, visit publiclandsday.org.

Another opportunity to volunteer in our community is through the 28th annual International Coastal Clean-up event taking place on Septem-

> ber 20 from 9-11 a.m. Even our urban lakes have a connection to our coastal waters and working to keep them free of litter and debris helps the lake, the coast and all of the connections in between the two. This year, the city is focusing its efforts on Lake Fran.

> As we stay outside, another great city amenity, Leu Gardens, is hosting an inaugural event on September 13 beginning at 6 p.m.: Burgers in the Garden (hosted by Johnny's Filling Station). This "battle of the burgers" will allow

residents to decide for themselves which restaurant really has the best burger in town while enjoying live music, a fry bar, and beverages. For more information about this fun evening, visit leugardens.org.

> Another outdoor

pastime that gears up in September is football. While college and pro are great, we are blessed with some of the greatest high school football in the country right here in Central Florida. One of the best rivalry games is the annual matchup between the Edgewater High Eagles and the neighboring Bishop Moore Hornets. Last year's game was a nail-biter, and this year

should be no different. The game will take place on September 12 at 7:30 p.m. with Edgewater the home team. Festivities start before the game at the Tap Room at Dubsdread.

In neighboring Baldwin Park, the First Fridays Art Strolls have become a great way to enjoy outdoor evenings in a picturesque location along New Broad Street in the community's Village Center.

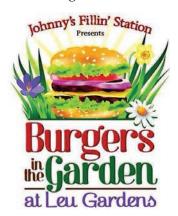


Take some time on Friday, September 5 to enjoy the art, restaurants and shops of this great neighborhood. For more information visitbaldwinparkevents. com.

While cooler weather may not grace us with its presence yet, we are still blessed to have so many great opportunities for indoor/outdoor living in Orlando. I look forward to seeing you around town this month. Thanks for your support of our shared City.

-Robert

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



# The Park Press

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## Winter Park Mayor's Message

Mayor Ken Bradley



Winter Park is a wonderful city with truly great people. Our goal is to be the best place to live, work and play in Florida. Now is the time to dream and begin planning for

what our city will be like in 2030!

At our City Commission meeting of June 23, I called our commission to begin a visioning process for 2030 and beyond. At our commission meeting of July 14, approval was given to begin this visioning process. This process will include city staff, consulting all of our city advisory boards and using national experts who will work with our citizens to provide input to create a city vision for the years ahead. We desire broad and diverse input to prepare for the years ahead.

Part of our Winter Park vision, of course, will be identifying the scale of future development. But a city's vision is so much more. A vision encompass-

"When there is blurred vi-es what we want to be. It must include our citizen's day, is unrealistic. Few of us still use twenty-yearsion, the people may perish." health, the quality of education, and how we will old cell phones or wear the same eyeglass we had move in and around our city addressing growing traffic concerns. What will be the economic opportunities be? What infrastructure is needed? Answering these questions is especially important for us to remain vital and leaders in Florida.

> In order for an all-inclusive vision to be formed, the process requires the input of everyone. Our challenge lies in determining a process that can successfully gather citizen input. Realizing this, the city will provide multiple opportunities using many technologies that fit into your already busy schedules and lifestyles. There will be many ways, places and times to share your vision. Then we can collectively gather together and create a true vision for our city moving forward. More information will be communicated to you as this visioning process is developed.

> I'm very excited about our city today and for its future - because I have the utmost confidence in ALL the people who love Winter Park. To expect Winter Park to remain exactly the same as it is to

a decade ago – our prescriptions have changed. Much has and will change in the years ahead. For example, what will our city be like when Google cars can drive you to Publix?! Or home robots help us mow the lawn?!

But hopefully, much will also be the same! If I'm fortunate enough to be alive 50 years from now, I hope to see a thriving Park Avenue very similar to today. I hope I can grab a bite to eat at Dexter's in Hannibal Square and that Paco's is still on the corner of Fairbanks and Clay. While I am not sure what technology I will need, I hope to be able to buy it at Miller's Hardware!

Working together we can accomplish much. In fact, Winter Park always works best when Winter Park works together. Now is the time to vision for 2030 and beyond!



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# MAITLAND

# Maitland Mayor's Message

Mayor Howard A. Schieferdecker



Howard A. Schieferdecke

Part of the annual budgeting process is planning the accomplishment of the city's long range goals. The city annually updates the five-year capital improvements

element of the 2030 Comprehensive Development Plan ("CDP"). The five-year Capital Improvements Program ("CIP") represents the implementation of key master plans: the Stormwater/Lakes Management Plan, the Cultural Corridor, Downtown Maitland, Parks, Westside Redevelopment, and the Water and Sewer Master Plans. The projected cost of implementation over the five year period is approximately \$40 million.

After consideration by various boards and committees, capital project recommendations are submitted by departments at the beginning of each calendar year. Once submitted, the Planning and Zoning Commission recommends a priority listing of projects to the City Council. The current year project costs are incorporated into the budget draft to ensure projects can be reasonably completed while continuing to provide existing services at

the level deemed appropriate. The CIP and budget draft will be discussed at the Fiscal Year 2015 Budget Workshop scheduled for July 21 at 6:30 pm at City Hall. A brief summary of the major projects included in the five-year plan are outlined below.

The five-year total for Stormwater/ Lakes Management Plan projects is currently estimated at \$3.7 million. The implementation of this plan and the

environmental utility fee as a funding source represent a long-term commitment to improve lake quality and environmental concerns in the city. Technologies are reviewed annually by the Lakes Advisory Board, and the plement the cross connection control project. Efforts continue to improve the sanitary sewer system by upgrading lift stations to submersible stations. Combined, the capital improvements for utilities total \$12.5 million over the

This Month's Message - Long Range Capital Planning By Sharon Anselmo, Assistant City Manager

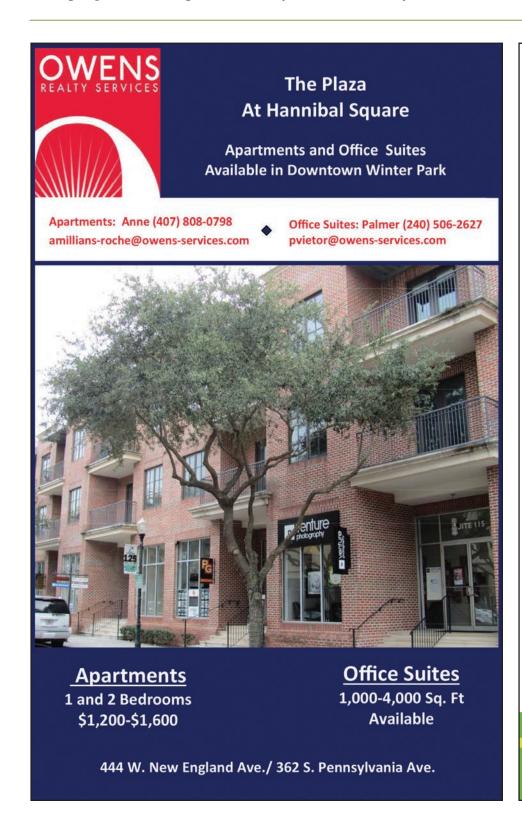
five-year program includes improvements to several area lakes designed to remove pollution from stormwater inflow, including an infiltration trench at Lake Nina and a cooperative effort with surrounding jurisdictions at Howell Creek.

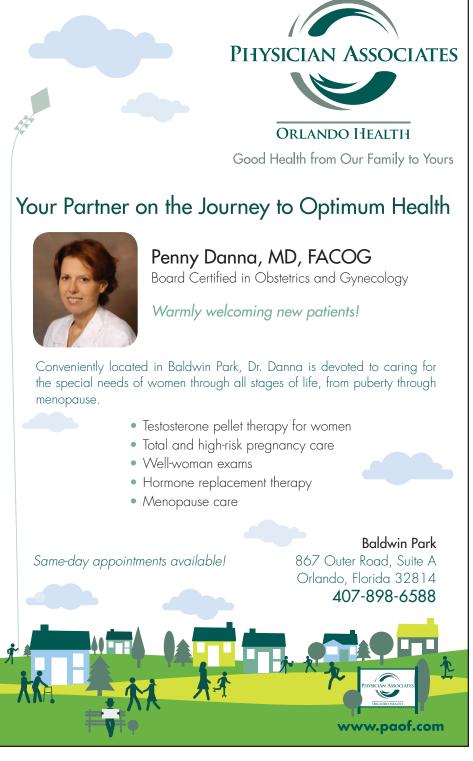
Improvements to the water distribution system are intended to increase pressure to provide for adequate fire protection in residential areas and imfive year period.

The implementation of the Parks Master Plan is a five-year program totaling \$3.6 million. Upgrades to Fort Maitland and Lake Lily parks, as well as plans for land acquisition for Westside park development and build-out of Independence Park, are planned for the five-year period. The city plans to continue installing pedestrian friendly paths through the bicycle/sidewalk network program which is funded at \$2.3 million over the five-year period.

Transportation is a major expenditure in the CIP, with over \$13.5 million of projects outlined in the fiveyear plan. With the adoption of the Westside Redevelopment Plan is the inclusion of transportation improvements anticipated to be funded by a special assessment district, including North Keller Road, Maitland Center Parkway Loop and Bike Trails from Interstate 4 to Fennell Street. Transportation improvements include many of the roadway recommendations needed to implement the Maitland Area Transportation Study recommendations and the Downtown Maitland Revitalization Plan.

A copy of the FY 2015-2019 Draft Capital Improvements Program document is available on the city's website at www.itsmymaitland.com.





# **County Commissioner's Message**

Commissioner Ted B. Edwards, Orange County, District 5

Orange County is known worldwide for its exceptional theme parks and attractions. However, our local economy



Ted B. Edwards

is more diversified than many of the millions of tourists who visit each year may believe. Orange County is home to many other high-tech industries including life sciences

and health care, optics and photonics, and digital media. Our county is also a national leader in the modeling, simulation, and training (MS&T) industry based at Central Florida Research Park in East Orange County.

The origins of our MS&T cluster date back to March 20, 1950. On that day, the secretaries of the Army and Navy agreed to collaborate on future training and training devices. In 1965, the Army's Program Executive Office for Simulation, Training, and Instrumentation and the Naval Air Warfare

Center Training Systems Division moved to Naval Training Center Orlando from their previous home in New York. Over the next two decades many more federal training directorates would move to Orlando. In the 1980s, these commands moved from the Navy base to their present site in Research Park adjacent to the University of Central Florida. Today, all five armed services, the Department of Homeland Security, and over 100 private companies are part of Orange County's MS&T cluster.

The MS&T industry provides critical training aids for our warfighters. Before the advent of modern simulation technology, simulations were often rudimentary and abstract. Today, soldiers can simulate a dynamic battlefield complete with many aircraft and armored vehicles to better prepare them for combat. This training is vital to ensuring that our troops return home safely from dangerous missions overseas. Other simulators developed in our MS&T cluster allow battlefield medics to practice lifesaving procedures without putting lives at risk and train pilots to navigate through hazardous conditions.

Much of this military training technology developed here in Orange County has real world applications for everyone in our community. Training aids originally developed for the armed forces are now being used here at home to enhance training for people in a variety of capacities from emergency medical technicians, theme park managers, surgeons, oil and gas workers, and even teachers. Other spinoffs from MS&T research include applications in the video game production and animation industries.

The MS&T industry based out of Research Park has a very tangible economic impact on our community. The industry employs 27,000 people in Florida and adds \$4.8 billion to the state's gross domestic product. The 120 companies in Central Florida's Research Park alone employ over 8,500 people; the average salary of these jobs is \$70,000.

Orange County is committed to

growing the high tech MS&T industry in Research Park. The county created a blue ribbon commission to tell our MS&T story, educate key audiences about the reach, breadth, and diversity of this key economic driver and to bring awareness regarding the highly synergistic nature of MS&T to other key sectors of our economy.

I am extremely proud of the industry-leading work our modeling, simulation, and training cluster does to prepare both our military and civilian workers to better perform their jobs. As always, if you have any questions or concerns about any issue facing Orange County, please do not hesitate to contact me or my staff, Edgar Robinson and Lynette Rummel. We can be reached at 407-836-7250 or by email and district5@ocfl.net.

(ed & Colwarks

Ted Edwards Orange County Commissioner District 5

# Representative's Message

Karen Castor Dentel, PhD, Florida House of Representatives



Karen Castor Dentel, PhD

Have ever had great idea or skill special thought, hmmm...maybe

I should start my own business? I know I have. Unfortunately, those with the ideas and unique skills too often lack the knowledge and business background needed to make those dreams a reality. Some are intimidated by the legal aspects and licensing requirements. Others wonder how to access capital to launch the next phase of their small business. To address all the various needs of budding entrepreneurs, the National Entrepreneur Center (NEC) was founded as a public-private partnership to develop and grow successful small businesses. And, it is located right in Orlando at the Fashion Square Mall (formerly occupied by OCPS's BizKid\$).

With partners such as Disney, UCF, Florida Blue, Wells Fargo, Bright House and the Florida High-Tech Corridor, as well as Orange County, the City of Orlando and with funding from the State of Florida, our community has a vested interest in small business success. The NEC provides space for support organizations such as the UCF Business Incubation Program, the Hispanic Business Initiative Fund and the National Association of Women Business Owners, each with their own educational programs and networking events.

Jerry Ross, the executive director, and was impressed that we have such a phenomenal resource for people throughout Central Florida. I want to make sure our community knows about the vast expertise, services and facilities available, whether you are starting a new venture or are a CEO in need of mentoring. As a strong advocate for the power of collaboration, I was encouraged to hear Mr. Ross speak of the success they have experienced.

During my tour I witnessed a packed training seminar in a classroom with state-of-the-art presentation tools. Down the hall, individuals were taking advantage of the computer lab to write proposals and learn how to incorporate business software to manage taxes and bookkeeping. In addition to the equipment and conference rooms available to the community, the NEC offers services customized to a business's unique needs, which is the most powerful aspect of this center.

Using experienced business owners as volunteers, the NEC offers free advisory boards, loan and grant application assistance, guidance in formulating business plans and exit strategies, CEO roundtables, business checklists, seminars and access to practical industry experiences. To see for yourself the vast array of ways you can get started or reach the next level in your business, check out NEC's website at http://www.nationalec.org/.

While I do not own a small busi-I recently toured the NEC with ness, I do serve on the Business and



Above, Representative Karen Castor Dentel with Executive Director Jerry Ross of the National Entrepreneur Center. The NEC is located inside the Fashion Square Mall in Orlando.

Professional Regulation Subcommittee in the legislature, and having these experts in my own backyard is a valuable resource for me as well. We have discussed ways to simplify the permitting process and which regulations are truly necessary. I will continue to call upon them to offer their perspective and insight as

long as I serve as your representative. Small businesses are the backbone of our community and we all benefit when they succeed.



Karen Castor Dentel, PhD Florida House of Representatives District 30

The Park Press | SEPTEMBER 2014

#### **Protection And Service**

The Winter Park Police Department

#### National Night Out "Open House" October 7, 2014 Rain Or Shine

The Winter Park Police & Fire Departments have joined together once again to offer an "Open House" opportunity where the residents, local businesses, Winter Park stakeholders, and the police and fire personnel come together to network and offer resources available to our community. Traditionally, this is a very well-attended event with over 40 vendors in attendance and is held at the Public Safety Building located at 500 North Virginia Avenue in Winter Park.

This year's, National Night Out will be held on Tuesday, October 7, 2014 from 5:00 p.m. to 9:00 p.m. in and around the Public Safety Building. One of the main focus points this year is to encourage pet walkers to join their community watch programs. The Winter Park Police Department is proud to collaborate with the national sponsor, ADT and their local authorized dealer, Absolute Security, along with multiple representatives from various other entities such as Crimeline, AAA, SafeLink, Armstrong Lock and Security, SRA (Senior Resource Alliance), SmartWater CSI, the Orange County Consumer Fraud Unit, the Orange County Animal Services, (who will be offering a \$15 micro-chip per pet), Winter Park Lost Pets, the Veterinary Emergency Clinic, Target, The Home Depot, Walgreens, and the Victim Services Center of Central Florida to name a few. ReCall, a document shredding source, will also be in attendance. This resource is especially important as

Florida sees thousands of identity theft cases yearly.

Food and refreshments will be provided by the following community partners:

- The Meat House, who will be grilling hamburgers and/or hot dogs
- Dunkin Donuts, with a huge selection of doughnuts
- Chick-fil-A
- Planet Smoothie
- And many others

On display will be members of the Winter Park Fire Department with their emergency response equipment and the Winter Park Police Department's S.W.A.T team and K-9 unit. Displays

throughout the facility will include presentations on DUI Investigations and Crime Scenes. Other displays will include members of our 911 Communications Center, Agency Recruiting, Emergency Response, and many others. Other valuable information will include how to sign up for Women's Basic Self-Defense classes and Neighborhood and Business Watch Programs.

Please plan to visit us during this family friendly, interactive, educational and fun event. There will be plenty of free food, giveaways from the numerous vendors and chances to win exciting door prizes (You MUST be present to win). We look forward to seeing everyone on October 7 from 5:00 to 9:00 p.m.

### **Active Aging Week Activities Begin September 21**

Central Florida's booming 50+ population—about one-third of the population in Winter Park, Maitland and Eatonville—will have access to a wide range of activities ranging from an art show and brain health games to community walks and poetry reading during Active Aging Week the last week in September.

Led by the International Council on Active Aging, Active Aging Week is an annual health promotion event celebrating adults ages 50 and older and promoting the benefits of leading an active, healthy lifestyle. It also highlights the ability of older adults to live well, regardless of age or health conditions.

Local host organizations throughout the U.S. and Canada offer activities and events that are free or low cost, educational, and presented in a safe, fun and friendly atmosphere. The theme of Active Aging Week 2014 is "Let the Adventure Begin."

Local Active Aging Week activities are being organized and promoted by the Winter Park Health Foundation (WPHF) and the Senior Resource



Brainfest is part of Active Aging Week, beginning Sunday, September 21.

Alliance (SRA) in cooperation with a variety of local organizations. The schedule of events is extensive.

Each day of the week, beginning Sunday, September 21, will focus on a specific topic including foot health, walking, falls prevention, bone health, intergenerational activities, brain health, and a celebration of active aging. The week will end on Saturday, September 27 with a Celebration of Active Aging.

There are some 20 free events to choose from presented by a variety of community organizations working with WPHF and SRA to make the area's first community-wide Active Aging Week a success."

The menu of free activities includes podiatric screenings and consultations with physicians; community walks; educational sessions on falls prevention, bone health and osteoporosis; an art show; brain health games; nutrition education; a volunteer fair; container gardening with kids, special movie screenings, and many opportunities to interact with medical professionals.



"We are a community rich in resources that support active aging, though people may not be aware of them," said Diana Silvey, WPHF program director. "This week-long celebration provides a great opportunity for local organizations to showcase the many benefits of healthy living while highlighting their products and services. We hope that by increasing awareness, we will motivate older adults to try new activities and become engaged in a healthier, active lifestyle."

For locations, directions & details about Active Aging Week and the full schedule of events, visit wphf.org/active aging.





Where the beauty is in the details...

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#### Florida Hospital Attempts To Break Guinness World Record

To kick-off Pink Out Winter Park 2014, Florida Hospital will attempt to reclaim the Guinness

World Record for the most number of people standing on one leg, like a flamingo, to raise awareness for breast health. The record had previously been set in 2012 and was held for five weeks.

During the event, participants will don glow-in-the-dark

message. The goal is to get 3,000 people to stand on one legn one place for two minutes. At the conclusion of the world record attempt, Park Avenue will be lit aglow in a dazzling array of pink lights. The family-friendly event is free so come and get your leg up! **Pink Out Winter** Park is an initiative by Winter Park

apparel to "Pink Out the night"

to help spread the breast health

the City of Winter Park, to raise breast cancer awareness and provide financial assistance for mammograms for women

Memorial Hospital,

a Florida Hospital; and



in need. Pink Out Winter Park launched in 2011, and has helped more than 140 women gain access to life-saving mammograms and has sold more than 7,000 flamingos to date.

The event will be held in

Central Park on Park Avenue Saturday September 27 from 6:30 to 8:30 p.m. The world record attempt will take place at 7:30 p.m. For more information or to register for the event, visit PinkOutWinterPark.com.

#### The Learning Connection: Healthy Kids = Better Learners

At the launch of a new school year, it's good to remember the berries and oatmeal in your child's breakfast bowl matter-as does the time he or she spends in motion.

Simply put, nutritious eating plus activity equals a healthy lifestyle-AND, they provide your child his or her best chance at academic success. Health and academics are intimately linked. In other words, healthy kids=better learners.

There are no new surprises here---intuition tells us that when you haven't eaten well, slept enough or gotten adequate exercise, you aren't going to be able to do your best.

But in recent years, research supporting the importance of good health and healthy habits to academic performance has been mounting.

One of the most vivid examples was a study done at the University of Illinois Urbana-Champaign, during which researchers examined whether moderate physical activity changed brain function in 9- and 10-year-old students. It did. After 20 minutes of activity – similar to a brisk walk—neuro-images of the children's brains showed brain activity in high gear and this resulted in better and faster test performance in the study.

"Simply put, physical activity will help kids learn better," said Charles Hillman, Ph.D., associate professor of the department of kinesiology and community Hhealth at University of Illinois. "There's nothing magical going on. Physical activity causes changes in the

brain. As a result, we're seeing changes in behavior." Other studies have shown:

- Skipping breakfast can impact alertness, attention, memory, problem-solving and math skills.
- The quality of a child's diet and whether it includes adequate fruits and vegetables also can affect academic performance.
- Participation in school breakfast programs has resulted in improved math, reading and vocabulary test scores and less tardiness and absenteeism.
- Lack of sleep can impact a student's ability to learn, listen, concentrate and solve problems and it can affect behavior.

The good news is local schools are fully on board with promoting healthy behaviors and creating a healthy environment for students who spend a good part of their young lives in the classroom.

For example, each school has a Healthy School Team in charge of creating healthy activities and programs to help insure students are healthy and ready to learn. They are made up of school staff, administrators, parents, and sometimes students--and they welcome your ideas and participation.

Schools need family support at home, as well. Parents and family members can help by:

- Modeling healthy behaviors such as eating healthy foods and staying active
- Making sure children eat a nutritious breakfast before school

- Packing healthy snacks and lunches
- Eating a healthy dinner together
- Limiting screen time and sugary beverages
- Making sure everyone gets enough sleep
- Sending healthy treats to school on birthdays
- Getting involved in healthy activities at your child's school

Other tips and more information on the research-supported "Learning Connection" have been produced by the Winter Park Health Foundation (WPHF). The materials also explain the school-based health and wellness services available in the 12 schools serving students in Winter Park, Maitland and Eatonville with support from WPHF-including CHILL mental health professionals, nurses, nurse practitioners and Healthy School Teams.

WPHF will distribute the materials to students, parents and school staff throughout September and launch a social media campaign in hopes of increasing awareness of the Learning Connection.

The materials also encourage families to stay connected by signing up for the WPHF weekly, healththemed, e-newsletter. And the school with the largest percentage of parents signing up receives \$1,000 for healthy school activities.

For more information on the Learning Connection as well as information about Healthy School Teams and their activities please visit healthykidstoday.org.



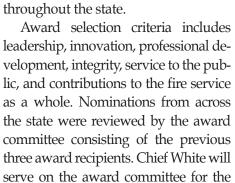


The Park Press | SEPTEMBER 2014 **NEWS** 

#### James E. White Named Florida Fire Chief Of The Year

White was presented with the Fire Chief of the Year Award from the Florida Fire Chiefs' Association (FFCA). The award was presented at the FF-CA's annual Summer Executive Lead-

ership Conference in Fort Lauderdale, Florida. This is the highest honor the Florida fire service can bestow upon one of its chief fire executives. The award was conceived to recognize truly outstanding fire chiefs whose acts and deeds in their profession, home, community and country, serve as an example and chal- James E. White lenge for all other chief fire executives

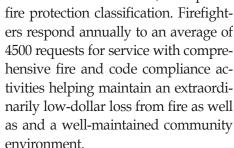


According to Chief White, "Being

Winter Park Fire Chief James E. nominated for this award is an honor. To me personally, being selected says more about the fire department than it does about the individual fire chief. Being nominated by my staff and recommended by my peers throughout the

state makes me tremendously proud. It is truly a blessing to lead my firefighters and to serve the city of Winter Park."

Established in 1900, Winter Park Fire-Rescue is a full service fire and emergency services agency, internationally accredited, providing the highest insurance services classification, and public



For more information regarding the

For more information regarding the WPFD, please visit cityofwinterpark.



Winter Park Fire Chief

# environment. FFCA, please visit ffca.org. 2015 award selection process.

### **RDV Sportplex Ice Den Skaters** Earn Top Honor At 2014 ISI World **Championships**

When the instructors at RDV Sportsplex Ice Den sent seven figure skaters to the Ice Skating Institute's (ISI) 2014 World Recreational Team Championships in Boston recently, they didn't consider the possibility that their small team could arrive home World Champions. After five days of competition and nearly 6,000 performances, the RDV team won the 2014 Overall Percentage Trophy at the ISI World Championships.

"Our skaters earned the most points and placed highest in their events, based on percentage of skaters," said B-j Shue Chapman, skating programs manager at RDV Ice Den. "The skaters placed first in nearly every event they participated in, which is extraordinary." The RDV team of

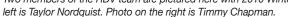
Timmy Chapman, Katie Garchitorena, Kelly Garchitorena, Lauren Gendzier, Donelda Horne, Taylor Nordquist, and Kelly Piper stood out among the international field of 1,400 skaters.

At the end of the week, 14 skaters were selected to perform in an honorary performance along with several former Olympians to benefit the ISI's Education Foundation. Two members of the RDV team, Timmy Chapman and Taylor Nordquist, were chosen among them. "Being selected for the show is one of ISI's highest honors. It was exciting to see the hard work and dedication from the skaters and our entire coaching staff pay off," Chapman said. "People used to laugh when we said we were ice skaters from Florida. Not anymore!"





Two members of the RDV team are pictured here with 2010 Winter Olympian Mirai Nagasu. Photo on the





# Celebrate Active Aging Week **September 21-27, 2014**

Organized and promoted by





- FREE activities for adults ages 50 and older in Winter Park, Maitland and Eatonville.
- Daily events designed to promote the benefits of leading active, healthy lifestyles.

For locations, directions & details about events, visit wphf.org/activeaging

#### SCHEDULE OF EVENTS

#### Cunday September 21: Focus on Foot Health

Free Podiatric Screenings & Consults with Physicians

#### September 22: Let's Walk!

Five Community Walks for Fun & Fitness

#### **September 23: Learn How to Prevent Falls**

**Educational Sessions with Experts** 

#### September 24: Bone Health & Osteoporosis

**Education & Exercises** 

#### September 25: Intergenerational Activities

Thursday

Art Exhibition, Gardening, Special Film Showing

#### September 26: Be Brain Healthy

From Pottery to Poetry & More

#### September 27: Celebrate Active Aging!

aturdav

Tai Chi followed by an Inspirational Movie



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#### ATHENA International Women's Leadership Luncheon

Women who hold leadership positions in the Central Florida community know that networking and the development of mentor/mentee relationships are crucial to success and career advancement. Ready to share their best practices and provide guidance for those who may one day fill their shoes, these women leaders will gather for the third annual ATHENA International Women's Leadership Luncheon, with honorary chair Mayor Teresa Jacobs of Orange County. The eventwill unite Central Florida's established and emerging women leaders to emphasize the importance of mentoring and foster successful future leadership.

"As women leaders, it's truly our obligation to support one another and pass the baton to the next generation. It is through this forum of collaboration, listening and learning, that younger, emerging leaders will come away equipped with a new perspective and meaningful relationships,"

said Karen Keene, member of the ATHENA International board of directors and co-founder of the ATHENA International Women's Leadership Luncheon in Orlando.

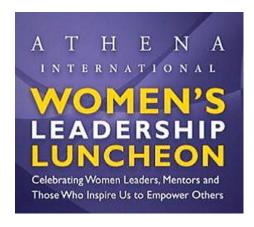
To promote dialogue between established leaders and their emerging counterparts, the event will incorporate roundtable discussions addressing ATHENA International's eight leadership principles: Live Authentically, Learn Constantly, Advocate Fiercely, Act Courageously, Foster Collaboration, Build Relationships, Give Back and Celebrate. Table discussions will be led by host committee members, women who have been recognized as outstanding role models in the Central Florida community.

The event will also recognize exemplary leadership by presenting the 2014 Orlando ATHENA Leadership Award to one outstanding Central Florida woman leader who has attained and embodies the highest level of profes-

sional excellence in her business or profession. This year's recipient will join a distinguished group of ladies who have forged paths of leadership for other women to follow, including Dr. Deborah German, dean of the UCF College of Medicine; Ann Sonntag, former publisher of the Orlando Business Journal; Dr. Wendy Libby, president of Stetson University; and Sandy Hostetter, president of CNL Bank.

Event proceeds are gifted to a fiveyear, \$100,000.00 endowed scholarship that was established through the University of Central Florida Foundation, Inc. to assist female business students.

The ATHENA International Women's Leadership Luncheon in Orlando has been brought to you by ATHENA Orlando Women's Leadership, Inc. in partnership with ATHENA International. ATHENA Orlando Women's Leadership, Inc. thanks the following sponsors for helping make the third annual ATHENA International Wom-



en's Leadership Luncheon in Orlando possible: Bright House Networks, Tupperware Brands, University of Central Florida, The Orlando Utilities Commission (OUC), Orlando Health and Fifth Third Bank.

The event is Friday September 26 from 11:30 a.m. to 1:30 p.m. at the Hilton Orlando. For ticket information or to register, please visit: http://www.athenaleadershiporlando.com. Corporate table sponsorships are also available and more information can be obtained by contacting Karen Keene at kkeene@deanmead.com or (407) 428-5155.

### Charitable Donation Helps Boys & Girls Clubs

The Edyth Bush Charitable Foundation has made a \$142,192 grant to Boys & Girls Clubs of Lake and Sumter Counties (BGLSC) to ensure financial growth and sustainability for the agency. The grant's primary purpose is to provide BGCLS with the resources they need to develop today's youth into the future leaders of Lake and Sumter Counties. This funding allows the BGLSC to hire a full time fundraising professional and purchase the technology and software necessary for increased success.

"This grant helps us to take a crucial step toward making a long-term, sustainable impact on the youth of Lake and Sumter counties," said Freddy Williams, CEO of Boys & Girls Clubs of Lake and Sumter Counties. "We applaud the Edyth Bush Charitable Foundation's commitment to philanthropy in Central Florida, particularly in Lake County." Mr. Williams started as the new CEO in October 2012 and recently

was named Rookie of The Year by the Boys & Girls Clubs of the America Southeast Region.

"The Edyth Bush Charitable Foundation has made a sizable commitment to Boys & Girls Club movement across Central Florida including Lake County, committing over \$2.6 million to the efforts over the years" said David Odahowski, president and CEO of the Edyth Bush Charitable Foundation. "The Lake County Boys & Girls Club, its board of directors, and new leadership have put Lake County on the map for this type of grant funding."

The mission of the Boys & Girls Clubs of Lake and Sumter Counties (BGCLSC) is to inspire and enable all young people, especially those who need us most, to realize their full potential as productive,



Pictured above, Dr. Edison O. Jackson, president of Bethune-Cookman University and Cecily Crossman.

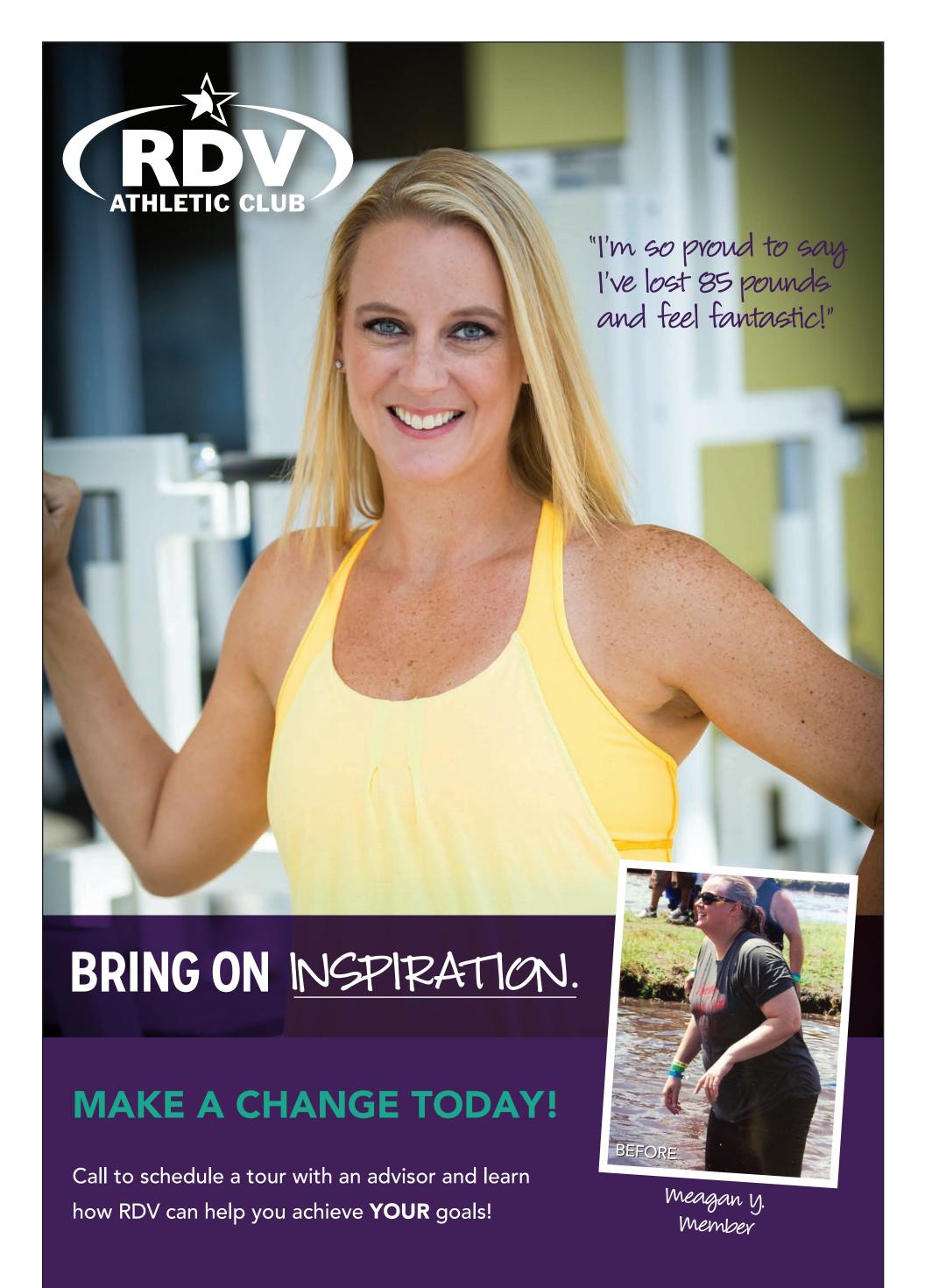
responsible and caring citizens. In 2013, over 1,853 local youth benefited from Club programs with three priority outcomes – Academic Success, Healthy Lifestyles, and Good Character and Citizenship. Club

programs are offered at locations in Leesburg (two sites), Eustis, Umatilla, Bushnell, Wildwood, Clermont, and Lady Lake. For more information on Boys & Girls Clubs of Lake and Sumter Counties, please visit www.bgclsc.org.

The Edyth Bush Charitable Foundation was created in 1973 and celebrated its 40th Anniversary in 2013. Since its creation, it has been enriched by the Richard J. Conlee Fund and the H. Clifford Lee Fund. To date, the Foundation has issued more than 3,165 grants to 790 organizations, primarily in Central Florida, totaling more than \$100 million. Board members are Gerald F. Hilbrich, chairman; Herbert W. Holm, vice chairman; David A. Odahowski, president; Elizabeth Dvorak; Deborah C. German, M.D.; Glenn "Doc" Rivers; Harvey Massey; and Richard J. Walsh. For more information on the Edyth Bush Charitable Foundation, please visit www. edythbush.org.







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## AT&T Donates \$40,000 To Support Heart Of Florida United Way

AT&T has contributed \$40,000 to Heart of Florida United Way. In 2014 AT&T gave \$5.33 million to 568 local United Ways across the country.

Heart of Florida United Way will use the contribution to support programs that create long lasting change in the local community. The United Way is dedicated to improving lives by mobilizing the caring power of communities around the world to advance the common good, as is evident from the work throughout Orange, Seminole and Osceola counties. For example, in the past year, the organization funded more than 70 programs in the areas of education, income, health and basic needs, ranging from mentoring for students and job training to free health screenings and housing assistance for homeless families.

"For every dollar invested in prevention, \$7 is saved on intervention," said Bob Brown, president and CEO of Heart of Florida United Way. "By funding programs that focus on prevention, United Way hopes to influence positive change in the lives of Central Floridians. We're grateful to AT&T for joining us on this mission."

In addition to this contribution, each year AT&T employees take part in an employee giving campaign that provides millions of dollars to nonprofit organizations, including the United Way. In 2013, AT&T employees, including employee members of the Communication Workers of America, the Inter-



national Brotherhood of Electrical Workers and the Telecommunications International Union, pledged \$35.5 million through this campaign.

"AT&T shares United Way's commitment to strengthening communities and improving lives," said Troy L. McNichols, AT&T regional director of external affairs. "Heart of Troy L. McNichols, AT&T regional director of external affairs and Robert H. (Bob) Brown, president and CEO of Heart of Florida United Way

Florida United Way's support for programs with proven results in our community improves the lives of our citizens by connecting them with resources and expertise that helps them succeed."

### Staples Associate Directs Donation To The Center For Contemporary Dance

Staples, Inc., has awarded \$5,000 to The Center for Contemporary Dance under a program that lets Staples associates direct donations. Tammy Kiger, the Staples associate who directed the funds, is a volunteer with The Center for Contemporary Dance.

The Staples Foundation Grants will fund student presentations for the September and October Sacred Slave Stories series. The Center for Contemporary Dance in partnership with Orange County Public Schools will provide free in-school assembly presentations of Moore Dance Project's Sacred Slave Stories for 2,000 underserved students (grades 5-8) from 20 Orange County Title I public schools. Featuring 11 dancers from the area's first and only African-American professional dance ensemble, performances include 12

Staples Foundation, the private charitable arm of modern dance vignettes inspired by federally archived African-American slave narratives originating from Florida. Vignettes will be enhanced with excerpts from corresponding slave narratives; live readings are performed by film actor/ guest artist Harry Burney and radio personality/ guest artist Monica May. Foundation funding will be used for artist fees (performance fees for 3 principal dancers: \$6,000).

> The grants are part of a philanthropic initiative created by Staples Foundation which allows Staples associates around the world to direct funding to non-profit organizations that are focused on education or job skills. The program encourages local community engagement by awarding larger grants to organizations where associates are highly engaged in volunteering or fundraising – up to

\$25,000 per organization.

The program, called 2 Million and Change, will award funds to organizations around the world, reaching more than \$2 million in grants by the end of the year. In 2013, associates globally directed more than \$2.5 million of Staples Foundation grants to 434 local non-profit organizations in 49 states.

"Staples Foundation is committed to making a positive impact in the communities where our associates live and work," said Katy Dobbs, the director of global community and giving for Staples, Inc. "Through our program, we are pleased to support our associates and the local non-profit organizations that matter to them most."

For more information, visit www.staples.com/ community.







#### **Maitland's Tennis Sectional Champs** Advance To USTA

Five teams won USTA Florida League Sectional championships and will represent the USTA Florida Section at USTA League Nationals. Winning teams were from Duval County (The Florida Yacht Club, Jacksonville), Hillsborough County (Davis Island, Tampa), Orange/Seminole counties (Maitland Community Park, Maitland), South Miami-Dade County (Doral Park Country Club, Doral), and Volusia County (Florida Tennis Center, Daytona Beach).

The Jacksonville squad from the Florida Yacht Club successfully defended its Men's 5.0 Sectional title from 2013. Duval County reached three finals overall, losing in the 18 & Over Men's 3.0 Division 3-2 to Volusia County, and in the 18 & Over Women's 3.0 Division final losing 3-2 to Orange/ Seminole counties.

Overall 54 teams representing USTA League local champion squads throughout Florida competed during the weekend, with the men's and women's 3.0 and 5.0 divisions contested at the Florida Tennis Center in Daytona Beach, and the 4.0 divisions at the St. Petersburg Tennis Center in St. Petersburg. Matches were also hosted by The Vinoy Renaissance Resort in St. Petersburg.

The 3.0 division champions advance to the 2014 USTA League 18 & Over 3.0 National Championships on Oct. 10-12 at the Jim Reffkin Tennis Center in Tucson, Arizona.

The 4.0 division champions advance to the 2014 USTA League 18 & Over 4.0 National Championships on Oct. 17-19 at the Jim Reffkin Tennis Center in Tucson, Arizona.

The 5.0 division champions ad-



vance to the 2014 USTA League 18 & Over 5.0 National Championships on Oct. 10-12 at the Indian Wells Tennis Garden in Indian Wells, California.

Orange/Seminole Team Roster (Maitland Community Park, Maitland): Patty Blake (captain), Karyn Malone, Marnie Sweeney, Anne-Ma-

rie Lundequam, Stacie Porcher, Jennifer McRae, Lori Whitehead, Bonnie Jackson, Elizabeth Lunsford, Rebecca Van Reken, Kathleen Driggers, Allyson Williams, Emilie Marvin, Mary Persampiere, Heather Vannes, Colleen Allen, Vicki Zechman, Shara White, Ashley Sanfilippo.



Painting of Casa Feliz by Stewart Jones

#### **Call For Entries**

*There's No Place Like Home:* Art Inspired by Winter Park's Historic Architecture is a juried art exhibit open to all artists and all mediums. Artwork will be considered which best evokes a sense

of Winter Park's historic architecture. The artist may be inspired by either an existing structure, or one that has vanished and is remembered only in photos, drawings, and people's memories.

Ena Heller, the Bruce A. Beal Director of the Cornell Fine Arts Museum, will judge the entries and award First, Second, and Third Prizes to art. The work will be displayed at Casa Feliz for the public to select a People's Choice Award winner from the remaining art. This award will be announced after the first week.

One "People's Choice" will be awarded at the amount of \$100. (Art not receiving Judge's Award will be eligible for People's Choice).

The judge will award prizes as follows:

First Prize - \$300 Second Prize - \$200 Third Prize - \$100

#### **Exhibit Rules**

- 1. Wall-hung art must not exceed 36" wide x 36" high total physical dimensions, including frame, up to 20 lb.
- 2. Pedestal pieces must not exceed 18" x 18" x 72" total height including pedestal (artist to provide pedestal).

#### **Instructions to Artists**

November 1, 2014 - Deadline for

1. Visit Casa Feliz website, http://casafeliz.squarespace. com/call-for-entries and click on Entry Form.

- 2. Fill out the entry form and pay the entry fee by Paypal. Entry fee \$10.00 per submittal.
- 3. Multiple entries may be submitted. Provide one entry form for each submittal.
- 4. One (1) high-resolution jpg image is required for each piece of art. Email your jpg image(s) to Richard Reep, chairperson at rreep@rollins.edu. The image title must match the art's title.

#### Schedule

December 1, 2014 - Artists notified of acceptance via email.

January 3, 2015 - Deliver art to Casa Feliz between 2-5 p.m.

January 8, 2015 - An evening reception will be held to announce the judge's awards.

January 10, 2015 - A community reception event will be held from 1-3 p.m. that will be free and open to the public.

January 18, 2015 - End. Remove all art from the premises on January 19, 2015 between 9 a.m. and 2 p.m.

All art will be for sale. Friends of Casa Feliz will handle the sale and take a 20% commission, with the artist retaining 80%. Sold work will remain up for the duration of the show and the buyer/artist must remove it on January 19, 2015. Artist proceeds will be provided as a check to the artist on or before January 31, 2015.

For more information please visit http://casafeliz.squarespace.com/ call-for-entries.

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The Park Press | SEPTEMBER 2014

#### fiscal fitness by John Gill

Hurricane Season – Half Way Home

August marks be prepared for these storms. Our documents to complete beginning to the beginning pattern is, out of sight, out of mind.

August marks the beginning of the third month of the 2014 hurricane

season. Most of us have given hurricanes little thought this year, but we must remain vigilant. There are still three months left in the season which ends on November 30. We have had several tropic depressions and storms, but generally speaking we have been unaffected. The Sahara dust storms have protected us by reducing humidity and the ocean temperatures in the eastern Atlantic. However, as anyone living in Central Florida for any length of time knows, the tide can turn pretty quickly.

Living inland does not spare us from the power of a hurricane. Anyone in Winter Park or other areas of Central Florida ten years ago can attest to the destruction and disruption caused by Hurricane Charley. That storm wreaked havoc upon daily routines and reminded us of how fragile life and our way of living truly are.

Considering the size and scope of hurricanes, we should always

be prepared for these storms. Our nature is, out of sight, out of mind. This is especially true when you consider it has been ten years since the multiple storm season initiated by Hurricane Charley. Although the hurricane season officially began on June 1st, it is never too late to prepare.

Hurricane Charley also taught the importance of being ready. Anecdotally, it seems as though the fury and impact of Charley and the other storms have slowly seeped from our individual and collective memories. If this is the case, it is worth taking a look at the types of financial preparations we should undertake as well the papers and documents that should be ready and available at a moment's notice.

From a financial perspective having cash ready and accessible is a must. If ATMs are unavailable or if merchants are unable to operate credit card machines or verify checks, cash will be necessary. I do not know of a suggested standard, but enough to run your life for a minimum of one to two weeks seems reasonable.

Below is a list of other important

documents to consider. This list is not exhaustive; some individuals or families may have other items that are important to their situation. This list is a good start and should suffice for most. You should have several sets of these documents on hand: one set in your possession in water proof bags or a water proof box, one set with a trusted relative or friend out of the region, and a set in a safe deposit box. Having these documents obtainable after a storm will make the road to recovery a little easier to bear.

Identification Documents: driver's licenses, birth certificates, Social Security cards, passports, etc.

Insurance policies: homeowners, renters, flood, auto, life, health, disability, long-term care; have at least the policy number, and insurance company contact information for each type of coverage

*Medical information:* health insurance ID cards, doctor's names and phone numbers, prescription information (drug name and dosage) immunization and other medical records, powers-of-attorney for health care, and living wills

Property records: real estate deeds of trust and mortgage documents (at least the two-page settlement statement provided by the title company showing the actual cost of the house and purchase expenses); rental agreement or lease; auto/boat/RV registration and titles; video, photo or written household inventory

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Financial records: first two pages of your previous year's federal and state tax returns; stock and bond certificates, investment records, brokerage and retirement account information; credit card, checking and savings account numbers; contact information for credit unions, banks, financial institutions, credit card companies and advisers

Other: a key to your safe deposit box, a thumb drive with backups of important computer files; a list of usernames and passwords for online accounts; account and contact information for utilities and other services (you may have to provide a new billing address or cancel certain services); a list of important documents and where originals and copies are located.

If you have questions, comments, or an area of financial interest you would like to see discussed in The Park Press, please call John at 407-353-0594 or send email to FiscalFitness@ymail.com. Follow John on Twitter, @john\_gill1.















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# **Business In The Parks**

Winter Park Presbyterian Church announces the recent appointment of the **Reverend Jason T. Micheli** as their new senior pastor. This event coincides with the Church's recent cele-

bration of its 60th Anniversary, and the beginning of the new church and pre-school year. Jason grew up in Colorado and first earned a bachelor's de-



gree in finance at the University of Colorado. Then he earned masters degrees in both divinity and theology from the Princeton Theological Seminary followed with a master's degree and then a PhD. in Hebrew Bible at the University of Wisconsin in Madison. Winter Park Presbyterian Church has deeply rooted traditions ranging from their top-rated preschool, their annual living nativity during Christmas to their weekly serving of meals to the Coalition for the Homeless. Jason, his wife Julie and their son Sawyer reside in Winter Park. For more information please visit www.winppc.org.

Baldwin Park-based Cuhaci & Peterson Architects Engineers Planners was recently named to the ZweigWhite Hot 100 Firms List for 2014. Cuhaci & Peterson President Jed Downs said ZweigWhite consulting firm based in Fayetteville, Ark., surveys architectural, engineering and environmental firms throughout the U.S. and Canada to select the 100 fastest growing companies based on revenue growth. This year's 100 firms posted the highest percentage of revenue growth and dollar revenue growth over a three-year period compared to the other entrants. Downs said Cuhaci & Peterson's revenues topped \$15 million in 2013. The firm employs a total staff of over 180 in Orlando and the Philadelphia area.

Crossman & Company is pleased to announce that retail veteran, Scott Benjamin, former vice president of leasing and general manager for Para-

-

gon Outlet Partners LLC/ Prime Retail, LP has joined the company as director of leasing. Benjamin will have oversight of the strategic direc-



tion, expansion and operation of all aspects of leasing, which will impact the company immediately. Crossman & Company seeks to set the standard for leasing and currently leases and manages a growing portfolio of 22 million square feet. Benjamin joined Crossman & Company late July. His development work in Central Florida include completing over \$650 million in leasing transactions and securing over 400,000 square feet of anchor space with national retailers and entertainment venues for a 2014 development opening in Orlando, FL.

The Central Florida Women's League (CFWL) is pleased to announce its newly-appointed board members for the 2014-2015 League year. Linda Sampieri will serve as president of the League. An alumnus of the Crummer Graduate School of Business at Rollins, she works as a manager and sales executive for The Anderson Group, a real estate company, in Winter Park. Michelle Greene will serve as vice president of the League. Greene works as an executive consultant for Rodan + Fields, a dermatology company. Pam West, an office administrator for West, Green and Associates located in Downtown Orlando, will serve as the treasurer for the League. West served as president of CFWL during the 2012-2013 League year. Sara Ball was appointed secretary of the League. In addition to fulfilling the mission and goals of CFWL, Ball is a community activist, volunteering with her dog, Ginnie, at Arnold Palmer Children's Hospital in the Pet Therapy program. She serves on the gala committee for Canine Companions for Independence, volunteers at St. Luke's Church, at The Arnold Palmer Invitational and is ac-

tive with Bay Hill Women's golf association. Christi Ashby and Rebecca Redman-Hamaoui will serve as program event co-chairs. Ashby, the CEO, editor and publisher of Orange Appeal and Interior Appeal, has worked in several local publications throughout her career. She is also the founder of the Orlando Women's Conference. Rebecca Redman-Hamaoui, who has served on the CFWL board of directors since 2009, is the owner of Windermere Flowers and Gifts. Jennifer Barrows and Amy Calandrino will serve as membership co-chairs for the League year. Barrows, founder of BuyGreen-FL, Inc., is also a business development manager at Herman Miller. Calandrino is a licensed real-estate broker at Silverleaf realty Group and paralegal at Calandrino Law Firm in Downtown Orlando.

Winderweedle, Haines, Ward & Woodman, P.A. recently announced that attorney Kristina Garcia Szurkus

has joined the firm, working in the litigation group of the Winter Park office. Szurkus is admitted to practice law in Flor-



Kristina Garcia Szurkus

ida and California. She received her B.A. in political science, magna cum laude, from Vanderbilt University and her J.D., with distinction, from Emory University School of Law, where she was editorin-chief of the Emory Law Journal. Her academic honors in law school include being named to the Order of the Coif, the Wall Street Journal Award for Academic Excellence, the Robert W. Woodruff Fellow (full tuition merit scholarship) and graduating in the top 6% of her law class. She has lived abroad in England, Spain and Iceland, in various academic and professional capacities.

Nick Carbone recently joined the Orlando accounting firm of Davis, Grim and Company, P.A. as the director of and business advisory services.

Carbone, a Winter Park resident is

formerly the managing director of Dykes **Everett** Capital Advisors LLC, a Floridabased investment banking firm, and a founding principal of PCE Nic Carbone



Investment Bankers, a Florida-based investment banking firm, where he represented numerous middle-market clients in mergers and acquisitions, private placements and helped spearhead the firm's business valuation section. In addition, as a former senior manager, Assurance Services, with the international accounting firm, KPMG LLP, he brings extensive experience in the areas of audit and assurance engagements as well as mergers and acquisition engagements. Carbone is a licensed certified public accountant in Florida and received a B.S. in Accounting, cum laude, from The University of Florida.

Winderweedle, Haines, Ward & Woodman, P.A. recently announced that attorney Nicole C. Smith has

joined the firm, practicing in the firm's Winter Park office. As part of the firm's corporate and business practice group, Smith provides outside



Nicole C. Smith

general counsel services to business clients. Smith is admitted to practice law in Florida, New York and Massachusetts. She received her B.A., cum laude, from Boston University and her J.D. from Boston University School of Law.





IN THE GARDEN The Park Press | SEPTEMBER 2014

#### in the garden by Stephen and Kristin Pategas

#### **Plants Of The Past**



is still used in our household, it's been decades since tough, groovy, neat or boss have been heard describing something that is terrific. In the world of planting design, the plants are the fashion markers. Why do some plants come and go while many stick around forever?

Availability is a major factor. When nurseries stop growing the plant – it fades away. There are many reasons for production to cease. In the most extreme situation, a plant is banned from nursery production by the Florida Department of Agriculture and Consumer Services due to the environmental harm it does in natural areas. Notable examples include the Chinese tallow/popcorn tree and Brazilian pepper/ Florida holly. Other invasive plants while still legal to grow have zero or minimal demand from the public due to their invasiveness and high maintenance. This includes the camphor tree and sword fern which are both scourges in the landscape. Most gardeners are

not aware Mexican petunia is also invasive.

Diseases and insect pests have taken their toll on a number of favorite plants. Sago palms were unusual specimens at one time then became commonly available (at one nursery that was all they sold) which arguably contributed to their demise. The inadvertent introduction of the Asian cycad scale into Miami was the start of the death knell for this popular plant. Then hurricanes pushed this plant pest northward and with sago palms gracing at least one garden in every

block the pest easily leapfrogged throughout Central Florida. Fortunately the Chestnut dioon/Dioon edule is a tropical looking cold-hardy look-alike that does not get the scale.

When we moved to Florida in 1982 a common hedge plant was the red tip photinia. The new growth is reddish and when backlit by sunlight it is stunning. Over time a fungus leaf spot took its toll

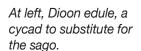
and these once striking hedges thinned out requiring regular chemical sprays to stay healthy. Fortunately about that time a Florida native plant that functions well as a hedge was just becoming available. Yellow anise/Illicium parvifolium with a licorice scent to its bruised leaves successfully replaced many of those failing red tips.

New plants that catch our eye and fancy can muscle their way into the nursery trade and our garden designs. When we helped elect bulbine to the

Florida Garden Select program in 2006, who would have guessed this colorful low water use succulent

> would become such a favorite. Shishigashira camellia joined the program in 2004 with limited availability, but this low growing rose-red flowering camellia is now readily available. See more Florida Garden Select plants at http://www. floridagardening.org.

Keep your eyes open and you are sure to see some cool stylish plants gracing garden centers, area gardens, or these pages.





Above, Bulbine frutescens 'Hallmark.



Above, Camellia hiemalis 'Shishigashira.' Below, Sago palm infested with scale.



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@hortusoasis.com



JOIN US FOR Art for Generations AN EXHIBIT FEATURING CREATIVE WORKS BY OLDER ADULTS ]

September 25, 2014 from 10:00 a.m. - 2:00 p.m. AT THE MAYFLOWER RETIREMENT COMMUNITY **1620** Mayflower Court · Winter Park

In celebration of Active Aging Week (sponsored by the International Council on Active Aging) – and in collaboration with the Winter Park Health Foundation, Rollins College and Volunteers for Community Impact – The Mayflower Retirement Community is hosting a juried senior art show.

#### Exhibits include:

- Paintings watercolor, oil, acrylic
- 3-D mixed media (wood, sculpture, ceramics, jewelry, basket-weaving, needlework, clay)
- Photography

ADMISSION IS FREE!





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## real estate in the parks by Scott Hillman

In the residential real estate business a drop in

pending home sales often raises a warning flag because pending sales serve as a

forward-looking indicator for sales volume the following month(s).

When examining pending sales (homes under contract but not sold) on August 4, transactions in the eight zip codes encompassing Winter Park, Baldwin Park, College Park, Colonialtown and downtown Orlando were down considerably from last August, ranging anywhere from 12% in Baldwin Park (32814) to a high of 55% in Maitland (32751). That's actually good news.

On the surface that would appear to be cause for concern. However, a closer look reveals pending short sales in the eight local zip codes (32789, 32792, 32751, 32801, 32803, 32804 and 32806) were down an astronomical 126%, largely because a massive amount of them were finally closed while a much smaller percentage became bank-owned.

On closer inspection, the numbers get even better. Of the 709 pending sales in those zip codes

last August, nearly 44% or 310 were short sales. That number was down a mind-boggling 270% to only 137 on August 4 while bank-owned properties stood at just 88. Short sales have dropped considerably because until recently pending short sales were typically under contract for anywhere from 6-24 months before closing which created a huge backlog. Banks have streamlined the process

Short Sales Backlog Declining In Local Housing Market

SALE PENDING

so that many of the backlogged contracts have sold and newer contracts are closing in much less time, thereby reducing their numbers considerably and at a more rapid rate.

Even though distressed properties are on the

decline, we shouldn't be satisfied until we get them down to or below 5%, a level we haven't seen since 2007 when distressed properties accounted for only 3% of all existing home sales. Hopefully one day we'll even see the percentage of distressed sales at .1% and .5% that existed in 2005 and 2006, respectively.

On a broader geographical scale in Central

Florida, short sales accounted for only 33% of 6,658 pending sales listed on August 13, 2014, compared with 67% on the books on the same date last year. Should the large majority close or become bank-owned, that's some more good news.

Combine the decline in distressed properties with still very attractive mortgage interest rates, and a three to four-month supply of inventory of homes, and the prospects in the local real estate market look quite good as we move forward.

As the economy continues to gradually improve and the local real estate market continues to positively sort things out and overcome the economic challenges we've faced over the past six years, there is every reason to remain optimistic about the direction in which we're headed.

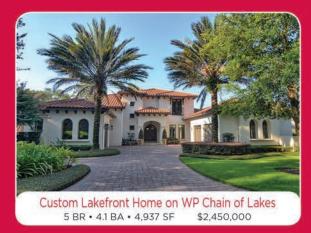
Scott Hillman is president of Fannie Hillman + Associates, a 33-year-old Winter Park-based residential real estate company that has for the past 15 years produced The Hillman Report, a detailed look at residential real estate in Orange and Seminole counties. View the report at fanniehillman.com or call (407) 644-1234 for a free copy.

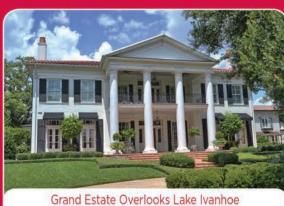
#### For More News, Information and Great Events, Visit TheParkPress.com!

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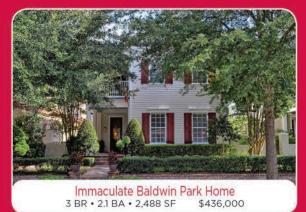














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# live meaningfully by Ayesha G. Bullock, M.A.

### Oh Captain, My Captain...

Ayesha G. Bullock

Though I often look to the hopeful, grateful and optimistic sides of my nature for this article, I will depart briefly to mourn the loss of a public soul...

As I sit and type this, I have just been made aware of Robin William's tragic and untimely death. Though there was much of his portfolio to which I didn't necessarily closely relate, I believe he was brilliant and funny, transparent and yet enigmatic. He coined the phrase "Oh Captain, My Captain" long after, and far more compellingly than Walt Whitman himself.

Dead Poet's Society is perhaps my all-time favorite film. The depth and breadth of so much of what it explored enraptured me at a very young age and never quite let go. As if that wasn't enough, I later marveled at his quickwitted candor in Good Will Hunting and was grateful that he taught us about the courage it takes to 'go see about a girl.' But more than perhaps even the extraordinary characters he brought to life, I admired his own personal struggle with mental health.

To quote John Keating from Dead Poet's Society:

We don't read and write poetry because it's cute. We read and write poetry because we are members of the human race.

And the human race is filled with passion.

And medicine, law, business, engineering, these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love, these are what we stay alive for. To quote from Whitman, "O me! O life!..." of the questions of these recurring; of the endless trains of the faithless... of cities filled with the foolish; what good amid these, O me, O life?"

Answer: that you are here; that life exists, and identity; that the powerful play goes on and you may contribute a verse; that the powerful play goes on and you may contribute a verse. What will your verse be?

We had the good fortune to witness many of the compelling verses that Robin Williams contributed. We heard his laugh, we experienced his talent, we felt his depth and we mourn his loss.

If you have not seen either of the films to which I referred, I'd ask you to please do yourself the kindness and check them out. No matter whether you've seen them or not, I'd ask you to take a moment and acknowledge our profound collective reality that one in four Americans experience mental illness in a given year (NAMI -National Alliance on Mental Illness). I have seen that number skew even higher depending on the statistic reported, and yet we still stigmatize and marginalize those who are struggling. We have friends, family, loved ones and yes, even public figures, who quietly don the veil of shame, and struggle with their distress behind the scenes. However, more than anything else, what we need is a forum and a voice in the darkness.

I will resist the urge to climb upon my soapbox, but instead witness a brilliant mind and speak to so many more out there who may be struggling. If you or someone you know is battling depression, addiction or grappling with their mental wellness in general- take a moment, lend a hand, offer your love and make a call.

There is hope, there is relief and it is the bravest thing you can do.



Be well; Live Meaningfully. Till the next time, Ayesha

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



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ORLANDO • CELEBRATION • LAKE MARY

#### pop culture detours by George McGowan

#### A Pre-Fall Potpourri Of Pop Culture Recommendations

Ah, September. The month in Florida that reminds us that fall is only a good 60 days away! How about some "cool" ideas for your entertainment choices this month?

20

On the highbrow side, how about reading the Pulitzer Prize winning novel from Donna Tartt, "The Goldfinch?" This 700+ page opus is a compelling and challenging read that will take you from New York to Vegas to Amsterdam. What are you following? Well, the lead character Theo and the stolen painting of the novel's title. How about a big foreign-sounding word to describe the book? It is a classic bildungsroman, or coming-ofage story, that has been described by reviewers as Dickensian in scope. I can attest that it is LONG, if that's what is meant by these terms. However, the storytelling abilities of the author and the fascinating characters, including somehow the painting itself, make the novel worth the effort. Stephen King reviewed the novel for the New York Times and raved. He also funnily suggested you not drop the novel on your foot, referring to its heft. The book has also received some pans from other critics who complain that it does not live up to its hype. I can see these reviewers' points but I

was still transfixed on how the story would end and whether its narrator would ever find what he was searching for throughout his broken life. I left the book admiring how the author was able to maintain the humanism of the characters inside a story that could be described as hyper-reality or fantastical, based on the reader's point of view.

On the lowbrow side, how about a trip down to the nitty-gritty of country music? If you prefer your country to come with a good dose of grit and nastiness, you have to listen to Nikki Lane and her new album "All or Nothin'." The opening words of the first song: "Any day or nighttime, it's always the right time, it's always the right time to do the wrong thing" begin the journey down to the roots of good old female country crooning. As you listen to Nikki's drawling/singing style, and hear the pedal steel wail in response, you will be transported to the back of a pick-up truck and you will begin to almost taste the tobacco tucked between your cheek and gum. Nikki sings in concluding her opening song, "If you're looking for a good time, you and me will get along fine." This invitation is well worth accepting and I recommend taking a dirty, greasy, and wild drive

with Nikki Lane down this particular county road.

Finally, splitting the difference between grit and glamour is the music of the Swedish-born sisterly duo of First Aid Kit. Joanna and Klara Soderberg hit the indie music scene after posting their version of "Tiger Mountain Peasant Song" by Fleet Foxes on You Tube in 2008. Since then they have worked with Conor Oberst of Bright Eyes and Jack White and toured extensively. They recorded their wonderful second album "Stay Gold" in Omaha to be able to work with Oberst on his home turf. Their music is country-tinged folk rock with music "... that thrives on soaring vocals, warm harmonies, big choruses, and hearton-sleeve lyrics" as perfectly put by the reviewer who gave their latest a rating of 7.3 on the Pitchfork's 10 point scale. Check out their video for "Master Pretender" or we can all get a "dose" of First Aid Kit in person on November 4th when they visit Orlando's Beacham Theatre.

A final recommendation, which you just may be sick of hearing about by this time, if you haven't seen "Guardians of the Galaxy" and you enjoy a good joyous romp through space with some rogue characters and ugly-cute creatures, go see it!

#### theater in the parks by Barbara Solomon

## Bewitched, Bothered, and Bewildered

THE HISTORY BOYS WRITTEN BY ALAN BENNETT, DIRECTED BY MAKR EDWARD SMITH STARRING TOMMY KEESLING, PHILIP NOLEN AND ROBIN OLSON

Mad Cow has hit the trifecta on this play--great writing, great acting, and great directing. Set in a boys' school in England, it follows the senior year preparations in history for the college entrance exams the young men are about to take. We meet their three history teachers, each with a different viewpoint on how classes should be conducted. Hector (Philip Nolen) is the creative one, his philosophy being to prepare the boys for life, not just exams. Mrs. Lintott (Robin Olson) teaches by the book, imbuing her students with facts. And then we have the new young teacher, Irwin (Peter Travis), brought in to counter Hector's humanism with practicality. He is the ying to Hector's yang. How this ultimately plays out, and the futures of the boys, makes for a compelling story.

This is one of the best plays I have ever seen at the Mad Cow Theatre. I was so engrossed in the action I even forgot to drink my coffee. The pacing was excellent. There were also many funny lines along the way. The direction was outstanding, all the small nuances contributing to the harmony of the whole. I would like to see more plays directed by Mark Edward Smith at the Mad Cow in the future. Philip Nolen, in the lead role, was absolutely amazing. He captured the essence of the character, bring us into his classroom with tenderness and empathy. Irwin's edge was also quite believable and well portrayed, and he seemed to get even better as the play progressed. The casting of Tommy Kiesling as the headmaster was brilliant. He fit the bill to perfection, reminding me of so many authoritarian administrators

Continued on page 22



**BARB'S BEST BETS FOR SEPTEMBER:** "SYLVIA" AT THEATRE DOWNTOWN, "THEY'RE PLAYING OUR SONG" AT THE WINTER PARK PLAYHOUSE, AND "LES MISERABLES" AT ORLANDO SHAKES.



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#### schools



The start of a new school year is always very exciting and at Audubon Park Elementary, we are thrilled to announce our brandnew music program. This year students will participate in music classes on a weekly basis. During music classes students will gain a solid foundation of musical skills including singing, instrument playing, expressive movement, improvisation and music literacy. Enrichment activities will be offered in before/after school clubs including a chorus, an instrumental ensemble and a musical drama group. For more information check the music program website at http://teacherpress.ocps.net/jennifersullivan. Please join me in welcoming our new music teachers, Jennifer Sullivan and Margaret Smith.



#### Dommerich Elementary PRINCIPAL DR. JUNELLA HANDLEY KREIL

Dommerich has enjoyed welcoming students back to school for Dommerich's 50th Year of Learning Together. In September, our learning gears are warming up and we are excited about new learning opportunities. Thanks to incredible fundraising and support from our Dommerich families, we celebrate the opening of a new primary computer lab. STEM (Science, technology, engineering, and math) skills will be a focus for learning this year-students, get ready to think through real world challenges, design, compute costs, build, redesign, and solve tough problems.

Join us for learning and community fellowship. Please mark your calendar for the following school events: Running Tribe begins, September 2; Skating Party at Semoran Skateway from 6:15-8:15, September 4; PTA and SAC Meeting at 6:00pm, September 9; and Open House from 6:00-7:30, September 18. Mid Quin Progress Reports go home September 19.



#### Glenridge Middle School PRINCIPAL TREVOR HONOHAN

Another school year is upon us. The faculty and staff have worked very hard this summer to plan for an outstanding school year. We are looking forward to what lies ahead. Students will be challenged and asked to work very hard; 21st century teaching techniques will be used to engage students and allow them to take an active role in the learning experience. It is going to be a terrific year. Please remember that we are here to make decisions that are best for students. If you have any questions or concerns at any time please contact a grade level guidance counselor or administrator. And my door is always open. Feel free to email me anytime at trevor.honohan@ocps.net.

Thank you for your continued support!



The Lakemont Leopards have had a great start to another year! Both teachers and students are hard at work, beginning to work toward our goal of academic excellence for all students and accelerating our momentum.

Our school theme this year is, 'I've Got the Power!" We want to encourage our students, parents, and staff to realize they each have great capacity and "super powers" to become outstanding students, to be supportive friends, and to make meaningful contributions to our school and our community.

Parents are a vital part of our school and we are in need of volunteers in our classrooms, media center and cafeteria. If you are interested in signing up as a volunteer, please contact our ADDitions coordinator, Mrs. Cindy Clark. You can reach her at 407-623-1453 x3542224 or via email at cynthia.clark@ocps.net. We are also looking for parents and community members to be a part of our School Advisory Council, a committee which assists our school with our School Improvement Plan and various aspects of management. If interested, please contact our SAC chairwomen, Mrs. Michelle Clemons at 407-623-1453 x3542297 or via e-mail at michelle.clemons@ocps.net.

We appreciate your continued support of our students and our school. We look forward to a powerful year!

#### Maitland Middle School HAWKS PRINCIPAL DR. STEFANIE C. SHAMES

The administration, faculty and staff of Maitland Middle School are excited for a new school year, full of activities to enrich young minds and stimulate the creativity and learner in all. Maitland Middle School has been an 'A' school for 13 years in a row! As the nature of the exams our students will face this year is changing, we are doing what we can to meet the challenge.

During the first day of preplanning the teachers boarded buses for a tour of the Melrose Center at the downtown building of the Orange County Public Library. The Melrose Center is a 26,000 square foot digital technology center complete with video, audio and photography studios, simulators, 3D printers and an interactive media wall, in addition to technology-related classes. The trip showed teachers the possibilities that are available through the public library to enhance their classroom instruction.

Individual student pictures will be taken on Monday, September 8, our AVID Family Night is scheduled for September 23 and our Book Fair will be held September 29 -October 3. Open House for all grade levels will be held the evening of September 30.

Our PTA and SAC will hold their first meeting of the new school year

on September 2, 2014 in the media center. The SAC meeting begins at 6p.m., with a joint meeting of both organizations at 6:30p.m., immediately followed by PTA. During the joint meeting there will be a report by the principal, Dr. Stefanie C. Shames, as well as reports by teachers. All of our families and community members are welcome to attend and continue your involvement this year as we "Take the 'A'" Train"!



#### St. James Cathedral School

PRINCIPAL MRS. GERRI GENDALL

St. James Cathedral School began the new school year with the theme "Let all that you do be done in Love," I Corinthians 16:14. In preparation for another spectacular year, the faculty participated in a school retreat where Bishop John Noonan celebrated Mass. Over sixty-five new families joined us for a New Parent Coffee. It was an opportunity to meet new friends and learn everything they needed to know for the greatly anticipated first day of school. The sights and sounds of students meeting their new teachers filled the hallways at the back to school Open House. We look forward to getting to know our new students and welcome back our returning students. SJCS is a joyful school where service, respect, hospitality and hope are gifts that guide us.

Our blessings for the new school year include plans for our Children's Choir to sing in Rome, Italy. There has never been a better time to join the Children and Youth Choirs, as next year they will be taking a very exciting trip to Rome, Italy to sing with other choirs of the 40th International Congress of Pueri Cantores at a Papal Liturgy! St. James Cathedral is currently accepting registrations for boys and girls entering grades 2-5 for the Children's Choir, and in grades 6 and up for Jubilate Youth Choir. We encourage all interested students to register for choir. Children now entering grades 2-8 will be eligible to join the trip and sing in St. Peter's Basilica in Vatican City. Family and Friends are welcome to take the trip with us that will include a private

tour of the Sistine chapel, New Year's Day (2016) Papal Mass at St. Peter's with Pope Francis, a Gala Concert and sightseeing of Rome. This is a trip every Catholic should experience at least once in their lifetime!

The new school year gives everyone the gift of a new beginning. On Wednesday, October 22, we are hosting an Open House for families who want to "learn" more about our nationallyrecognized Blue Ribbon School and how we "serve" the academic and spiritual needs of our students. For more information, visit www.stjcs.com.



St James Cathedral School

## **Open House**

Our School is located in historic downtown Orlando

Wednesday, October 22 8:30 - 10:30 am Sunday, January 25 2015 10:30am - 1:30 pm Wednesday, April 29 2015 8:30 - 10:30 am





- \* Faith filled community
- \* A National Blue Ribbon school of excellence
- \* Pre K3 through eighth grade
- \* Cutting edge technology
- \* Art, Music, Spanish, Physical Education and Gifted programs
- \* Athletic program/state of the art gymnasium
- \* Small classes / Exceptional and experienced state certified faculty

#### **COME TO LEARN - LEAVE TO SERVE**









A Catholic Community

#### The Christ School Christ School Head of School Jason Powell, Ed.D.

The Christ School is once again filled with enthusiastic students as we began the new school year in August with an even larger enrollment of students than last year. We are delighted to see our school grow and thrive and look forward to exploring this year's chapel theme of what it means to be Rooted in the love of Christ.

The Christ School's culture of continuous reflection and improvement supports our delivery of an academically rigorous program. This year, we added a weekly critical thinking/enrichment class for all of our lower school students. In this class, students learn important problem-solving skills using creativity, communication, collaboration, and critical thinking as they discover different ways of thinking to solve problems. Research indicates that these skills are imperative for the 21st century workplace and we are pleased to provide this enhancement for our students.

Our middle school students have the opportunity to explore an expanded variety of elective options that include new science/technology/engineering/mathematics related choices as well as "wheel" courses that provide exposure to a variety of subjects including a Latin course for each year in grades 6-8. Also, new this year, each middle school student received a Chromebook for their years of middle school study.

Ongoing student assessment is one of the tools The Christ School uses to measure student learning and gauge the effectiveness of our instruction. This year, we have added a formative mathematics assessment program and introduced a new writing assessment program.

The Christ School is pleased to work in partnership with our families as we implement these academic enhancements to continue to provide our students an academically rigorous and Christ-centered education.



#### Cornell Fine Arts Museum Announces First Exhibit Inspired By The **Alfond Collection Of Contemporary Art**

The Cornell Fine Arts Museum (CFAM) at Rollins College in Winter Park, FL is pleased to announce Fractured Narratives: a strategy to engage, the first exhibition inspired by The Alfond Collection of Contemporary Art at Rollins College. On view September 17, 2014 to January 4, 2015, the exhibition features work by established and emerging artists who address contemporary global issues such as privacy, modern warfare, the environment, and freedom of expression. Fractured Narratives aims to provoke critical dialogue and reflection by engaging visitors with the challenging ambiguities of complex narratives. The selected works offer diverse and nuanced considerations of the changing political, cultural, psychological, and social context of the past 10 years.

"Fractured Narratives begins a conversation both occasioned and facilitated by the Alfond Collection of Contemporary Art at Rollins College, which was lovingly acquired for the Museum by Barbara and Ted Alfond," states Ena Heller, Director of The Cornell Fine Art Museum at Rollins College. "For every work of art, there is a story; for every story, there are multiple translations, each of which not only sheds a different light on the work itself, but also reveals something about the translator. This exhibition and the broader Alfond Collection represent the possibility of what art can offer to a teaching institution and how looking deeply can lead to new kinds of learning and knowledge."

Co-curated by Cornell Fine Arts Museum Curator Amy Galpin and independent curator Abigail Ross Goodman, the exhibition features film, photography, painting, sculpture, and sound by 14 artists from around the world: Dawoud Bey, Omer Fast, Eric Gottesman, Jenny Holzer, Alfredo Jaar, Amar Kanwar, William Kentridge, An-My Lê, Maya Lin, Goshka Macuga, Moris (Israel Meza Moreno), Rivane Neuenschwander, Trevor Paglen, and Martha Rosler.

Exhibition highlights include Amar Kanwar's Listening Bench #1 (2013), constructed from reclaimed wood from a 19th-century organ found in a chapel on the grounds of the Yorkshire Sculpture Park. The audio element of the piece explores environmental and labor issues related to mining in Odisha, an eastern state in India, with stories of the community told by the artist. Muxima (2005), a video work by Alfredo Jaar, which is titled after an Angolan folk song that means "heart," encourages viewers to ponder the power of music while images of landmines, the AIDS crisis, and the remnants of colonialism in Angola are evoked in fragmented vignettes.

Jenny Holzer's large-scale color-blocked painting Water-board 14 U.S. government document (2010) depicts a redacted, confidential U.S. government document. Though the underlying lan-

guage is largely concealed, bits of text are visible, such as "water board" and "top secret." In leaving these cues amidst an otherwise Suprematist abstraction, the artist engages the viewer in questioning governmental power and human rights.

Also on view is Omer Fast's film 5000 Feet Is the Best (2011), which grapples with the timely and critical subject of drone warfare; An-My Lê's photographic depictions of war and military culture that play with fact and fiction; and photographs and a film by Eric Gottesman inspired by his exploration of the dissident Ethiopian novel Oromaye, written by Baalu Girma.

"When we endeavored to identify a theme for the inaugural exhibition drawn from the Alfond Collection of Contemporary Art at Rollins College, exploring artists' roles as instigators of change and advocates for a socially engaged community seemed both essential and appropriate," writes co-curator Abigail Goodman. "A powerful moment occurs when a narrative is cracked open, when something one expects to be presented simply for what it is, or even as fact, is left unguarded as just one possibility among many."

Barbara and Ted Alfond (Rollins class of 1968) established the Alfond Collection of Contemporary Art at Rollins College in 2013. The collection was conceived as a "visual syllabus" and with the hope that it would become a cornerstone of liberal arts education at Rollins College. The collection offers opportunities for study, investigation and developing new kinds of visual and cultural wisdom, the result of which is crucial to the development of a new generation of global citizens who, in valuing difference, will care enough to learn one another's languages, both literally and figuratively. To date the evolving collection includes more than 220 paintings, photographs, sculptures, and mixed-media works by established and



Cornell Fine Arts Museum at Rollins College presents Fractured Narratives.

emerging artists from around the world. The collection is housed at the College's Cornell Fine Arts Museum and is on rotating display at the nearby Alfond Inn, a visionary philanthropic boutique hotel owned by Rollins College. Since opening in August 2013, net proceeds from the Alfond Inn have been directed to The Alfond Scholars program fund, which has awarded three full scholarships to date.

Fractured Narratives features works drawn from the Alfond Collection as well as major loans. Also on view at the Alfond Inn are additional works that relate to and extend the exhibition. These Alfond Collection highlights include pieces by artists such as Yoan Capote, Cobi Moules, Sandra Ramos and Trevor Paglen.

"Many of the works in Fractured Narratives are in dialogue with one another. Though different in aesthetic appearance, often the included objects reinforce the power of non-linear storytelling and urge viewers to question previously accepted histories," says co-curator Amy Galpin. "My hope is that Fractured Narratives can elicit inquiries and thoughtful discussions in the same way the Alfond Collection of Contemporary Art has inspired engaged conversations on campus and in our larger community."

The Cornell Fine Arts Museum at Rollins College is the only teaching museum in the greater Orlando area. The Museum's encyclopedic collection, recognized as one of the largest and most distinguished collections in Florida, includes more than 5,000 objects ranging from antiquity through contemporary eras, including rare Old Master paintings and a comprehensive collection of prints, drawings, and photographs. For additional information, call 407.646.2526 or visit www.rollins.edu/cfam.



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the boys who stood out were Jeffrey Parrott as Posner, confused with his sexuality; Matt Lipscomb as Scripps, who enhanced my enjoyment of the show by ably playing the piano; and Robert Johnston as the romantically involved Dakin. I thought Matt's playing during the interludes was a wonderful directorial touch.

There are two basic themes to this play. The main one deals with the different philosophies of teaching. I must admit to being a teacher, science, math, and drama, in my salad days. I am of the Hector school of teaching-you are there not to teach Avogadro's Number, but to prepare your students for their life ahead. The road gets bumpy, and the more

I have known in the past. Three of rounded you are, the better you can weather the storms, as the song goes. When Hector says "whatever I do in this room is a token of trust," he is speaking for the caring teachers all over this world. The secondary theme dealt with the possibility of an inappropriate relationship between a teacher and student, and how far reaching this can be. The ending reveals the future lives of the boys, and you must see this Tony Award winning play for it to have the deeper meaning to which it was intended.

Playing through September 7 at Mad Cow Theatre, 54 West Church Street. For more information call 407-297-8788 or visit madcowtheatre.com.

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# COMMUNITY CALENDAR

#### **Audubon Park Garden District Events**

**Ongoing Events** 

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

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

### Baldwin Park, College Park and Orlando Area Events

#### **Ongoing Events**

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

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

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

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

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

First Tuesday of Each Month - Now through December 2 SHINE offers free Medicare, Medigap/HMO, Medicaid, and prescription drug plans counseling – 12:30 to 2:30 p.m. at the Beardall Senior Center located at 800 Delaney Ave. All counseling is first-come, first-served. Bring with you a list of all your medications or Rx bottles, insurance card, and red, white and blue Medicare card. For more information please call 407-246-4440.

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.

Third Thursday of Each Month Eunice's Healthy Cooking and Baking Workshop – 10:30 a.m. at the Edgewater Branch Libary located at 5049 Edgewater Dr. Food samples will be provided. For more information and to register please call 407-835-7323.

Now Through September 20 Orange County Master Gardeners Annual Plant and Garden Festival - 9:00 a.m. to 4:00 p.m. at the UF/IFAS Extension, Orange County located at 6021 South Conway Rd. Admission and parking is free. For more information please visit http://orange.ifas.ufl.edu/mg/pdffiles/plantfairflyer.pdf, or call 407-254-9200.

September 4 The Orange County Retired Educators Meeting - 10:00 a.m. at College Park United Methodist Church, 644 W. Princeton St. Anyone who has worked in education is invited to attend. For more information please visit www.ocrea-fl.org, or call 407-677-0446.

September 13 Tutu For Tatas - 11:00 a.m. to 3:00 p.m. at the Oviedo Mall. The event is being held to encourage race registration for the 18th annual Race for the Cure on Saturday, October 12, 2014, at Brighthouse Networks Stadium at the UCF. For more information and to reserve your spot at the tutu-making workship please visit KomenCentralFlorida.org.

September 17 Dress For Success Greater Orlando Fundraising Luncheon - 11:30 a.m. to 1:30 p.m. at Second Harvest Food Bank, Second Harvest Community Room, 411 Mercy Dr. For more information, please visit www. greenvelope.com/event/DFSuccessSuitsHer or call 407-234-8731.

**September 18 Pantry to Plate: A Chef's Challenge** - 7:00 to 9:00 p.m. B.B. Kings Blues Club on International Drive. The powerhouse lineup for Pantry to Plate includes

#### SEPTEMBER HIGHLIGHT

#### **ART FOR GENERATIONS**

10:00 A.M. - 2:00 P.M. at the Mayflower Retirement Community.

This exhibit is free and open to the public. For more information please visit www.themayflower.com/artshow.



three local chefs, Kathleen Blake, Hari Pulapaka, and John Rivers who will step up to the plate and face off in a cooking showdown. This event helps support JFS Orlando's efforts to help feed families in need within Central Florida. For more information please visit www.pantrytoplatechallenge.org.

#### **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.

**Every Friday of Each Month Now Through December 12** SHINE offers free Medicare, Medigap/HMO, Medicaid, and Prescription Drug Plans Counseling - 10:00 a.m. to noon at the Maitland Senior Center located at 345 S. Maitland Ave. All counseling is first-come, first-served. Bring with you a list of all your medications or Rx bottles, insurance card, and red, white and blue Medicare card. For more information please call 407-246-4440.

**October 25 "Spooky Skate"** – 2:00 to 4:45 p.m. at the RDV Sportsplex located at 8701 Maitland Summit Blvd. Admission for this extended ice skating event is \$10. 65 including tax and ice skate rental. Spooky Skate is open to everyone and skaters are encouraged to wear a costume and save \$1 off admission. For more information please visit www.rdvsportsplex.com or call 407-916-2550.

#### **Winter Park Events**

#### **Ongoing Events**

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

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

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

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

#### Every Tuesday, Friday and Saturday Winter Park Benefit Shop

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

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

**Every Tuesday Family Tours at the Morse** – This free program includes a 45-minute guided tour through several galleries and an activity to take home with all the supplies needed for a travel-inspired art project. For more information please visit www.morsemuseum. org. For times and reservation please call 407-645-5311, ext. 136.

Every Tuesday Through September 23 Improving Balance and Mobility – This class is for people who would like to improve balance and mobility through use of gentle Yoga movement, and is hosted by the Rollins Center for Lifelong Learning. 3:00 to 4:30 p.m. at the Winter Park Towers located at 1111 S. Lakemont Ave. For more information please visit http://www.rollins.edu/rcll/senior/courses-2014-09.html, or call 407-646-1577.

**Every Wednesday Mills 50 MidWeek Group Runs** – 6:00 p.m. at Track Shack located at 1104 N. Mills Ave. This event is free to runners of all abilities. For more information please visit www.TrackShack.com.

**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 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.

September 11 to October 4 "They're Playing Our Song" by the Winter Park Playhouse – This award-winning Broadway musical comedy features a book by Neil Simon. For show times and tickets please call 407-645-0145 or visit www.winterparkplayhouse.org.

**September 4 Coffee Talk** – 8:00 a.m. to 9:00 a.m. featuring Commissioner Sarah Sprinkel at the Winter Park Welcome Center. For more information please visit cityofwinterpark.org.

**September 6 Homebuyer/Consumer Debt Counseling Workshop**–9:00 a.m. to 4:00 p.m. at the Winter Park Community Center. For more information please visit cityofwinterpark.org.

**September 11 Popcorn Flicks** – 8:00 p.m. featuring the showing of Napoleon Dynamite in Central Park. For more information please visit cityofwinterpark.org.

September 17 Saving Florida: Garden Club Members and Environmental Activism – 10:00 a.m. at the Winter Park Garden Club located at 1300 S. Denning Dr. For more information please call 407-644-5770.

**September 17 Imaging Our Future: The Winter Park Library** – 6:00 to 8:00 p.m. at the Women's Club of Winter Park. For more information please visit cityofwinterpark. org.

**September 18 Sip, Shop & Stroll** – 5:00 to 8:00 p.m. along Park Avenue. For more information please visit cityofwinterpark.org.

**September 20 Household Hazardous Waste Disposal** – 8:00 a.m. to noon at the Public Works Compound. For more information please visit cityofwinterpark.org.

**September 20 Seasonal Foods** – 10:00 to 11:30 a.m. at the Winter Park Community Center. For more information please visit cityofwinterpark.org.

**September 20 Women's S.A.F.E. Class** – 10:00 a.m. to noon at the Winter Park Public Safety Facility. For more information please visit cityofwinterpark.org.

**September 20 Radio Disney Live!** – 10:00 a.m. to 3:00 p.m. in Central Park. For more information please visit cityofwinterpark.org.

**September 25 "Art for Generations"** – 10:00 a.m. to 2:00 p.m. at the Mayflower Retirement Community. This exhibit is free and open to the public. For more information please visit www.themayflower.com/artshow.

# Get a Leg Up on Breast Cancer

Pink Out the Night. Set a world record. Provide life-saving mammograms.

Show your support for breast cancer awareness and take a stand against breast cancer as we illuminate Park Avenue in BRIGHT pink! Join us to kick off Pink Out Winter Park 2014 by reclaiming a GUINNESS WORLD RECORDS® achievement for the most number of people standing on one leg "like a flamingo."

Be there as Park Avenue is lit aglow with a dazzling array of pink lights to increase breast health awareness and raise funds for women who cannot afford a mammogram.

#### Saturday, September 27, 2014 6:30 to 8:30 pm Central Park on Park Avenue, Winter Park

- Free Pink Out t-shirt for all record-attempting attendees
- Glow-in-the-dark attire encouraged
- Pink Out prizes for the most creative glow-in-the-dark outfits
- Glow-in-the-dark accessories and Pink Out Flamingos available for purchase
- Free glow-in-the-dark pink bracelets and necklaces for the first 1,000 people to register

This is a FREE, family-friendly event. For more information, to register or volunteer, visit PinkOutWinterPark.com.



Benefiting the Winter Park Memorial Hospital Mammography Scholarship Fund.



The skill to heal. The spirit to care.®