

The Park Press

CELEBRATING 8 YEARS!

SEPTEMBER 2015

~ Positive news that matters ~

FREE

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



A Bronze Medal At Babe Ruth World Series

11



Nature In The Parks

18

REFLECTIONS DERMATOLOGY

EXPERTISE for the life of your SKIN

Office of Dr. Palceski | 407-895-8818

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

Bringing Teams Together For A Cure

By Rick Cable



What’s your purpose in life? Do you know? It’s a tough question to answer, and in some cases, we may not realize our purpose until our journey in this life is over. Possibly, it’s defined by a complete lifetime of work. Quite frankly, your purpose may not be defined by you at all but through your

efforts; it may be defined by others and the impact that you have had on their lives. As many of you know, football is extremely popular in Central Florida, especially college football. So with the arrival of a new stadium at the University of Central Florida in 2007, discussions

began about the possibility of attracting a third college football bowl game to Orlando. A small group, of mostly University of Central Florida Alumni, began having conversations, meetings,

Continued on page 9

YMD

EYE & FACE

LASER AND PLASTIC SURGERY

RUTH HILL YEILDING, MD

Fall Into Beauty

Look picture perfect after treatments by Board Certified Dr. Ruth Hill Yeilding

■ Laser Eyelid Lift (Laser Blepharoplasty) ■ Botox® and Fillers Injected by Dr. Yeilding

■ Laser Skin Resurfacing ■ Facelift/Necklift ■ Medical Grade Skin Care

■ Fellowship trained in Oculoplastic and Facial Plastic Surgery

Join us for our READY, SET, GLOW! skincare event

Thursday, September 10 9am - Noon

Visit our website for details and call to make your reservations now!

Located in the heart of Winter Park • 328 W. Morse Blvd. • Winter Park, FL 32789 • 407.960.1000 • TO FIND OUT MORE, VISIT www.YeildingMD.com

INSIDE THE PARK PRESS

Editor's Message.....	3	In The Garden	17
News	4	Health	18
Business	12	Real Estate	19
Business In The Parks.....	14	Schools.....	20
Arts & Entertainment.....	15	Calendar of Events	23

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

The Park Press™

www.theparkpress.com

PUBLISHER RICK CABLE
rick@theparkpress.com

EDITOR TRICIA CABLE
tricia@theparkpress.com

ART DIRECTOR JILL SHARGAA

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

EDITORIAL CONTRIBUTIONS AND WRITERS

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

PHOTOGRAPHY Steve Graffham, Tricia Cable,
Scott Richardson

The Park Press, LLC, Winter Park, Florida
Office: 407-644-6760
E-mail: info@TheParkPress.com

VISIT US ON THE WEB www.TheParkPress.com

QUESTIONS OR COMMENTS?

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

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

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

THE PARK PRESS IS PUBLISHED MONTHLY. ALL CONTENTS, LOGOS, AND ARTICLES ARE COPYRIGHTED MATERIALS AND ALL RIGHTS ARE RESERVED. ANY REPRODUCTION IN WHOLE OR IN PART WITHOUT PRIOR WRITTEN PERMISSION OF THE PARK PRESS IS STRICTLY PROHIBITED. THE PARK PRESS RESERVES THE RIGHT TO REFUSE ANY ADVERTISING MATERIAL FOR ANY REASON DEEMED INAPPROPRIATE BY THE PUBLISHER. ©2015 THE PARK PRESS, LLC

Publisher's Message



Rick Cable

of Central Florida, and a fellow member of the media, I was deeply sad to learn of the recent passing of radio host Scott McKenzie. Although I never had the pleasure to meet him in person, I considered him to be family. I'm not the only one who feels this way. For the past 24 years, listening to his morning show on Mix 105.1 was part of my daily routine. Sure, I'd channel hop my preset stations to get a little Johnny Magic, Erika Lee (I hopped less when it was the team of Scott and Erika), Robyn Austin and Mark Taylor, but Scott, since 1991 was always the go-to for me. As a loyal listener, Scott seemed transparent;

I've often said, "The strongest asset that makes a community great is its people." It's the people who plan and organize, the people who inform and promote, and then the energy at which the people in the community participate. As a long-time resident

he was simply an iconic personality to whom many could relate. He was willing to share of himself personally, and had a talent of making the morning commute enjoyable. His listeners knew without a doubt that he loved his family, friends, job, and community. Scott's personal and professional life were one. So much so, that he openly shared with his listeners the utmost courage and dignity during his seven-year battle with non-Hodgkin's lymphoma. He would make us laugh, and tell you all was going to be okay. He shared, and his listeners wanted him to share. In his final message he wrote, "Most of all, thank



Photo credit: MIX 105.1 FM website.

you for the privilege of waking you up all these years. I am so grateful to call you my Orlando family." Thank you, Scott McKenzie, for the positive impact you've left on our community, and for

allowing us to be part of your family. As always, thank you for reading *The Park Press*, and we look forward to the great things to come.

Rick
Rick Cable
Founder/Owner

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

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



Santiago's Bodega

a tapas-style restaurant & bar

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

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

Orlando ✨ Key West

THE WHITE WALL

GALLERY

NEVER TOO LATE 96" x 84"

SURFACES

THE COLLECTIVE WORKS OF
ANGELA BROOKS + GABRIEL COLLAZO

SEPT 17 - NOV 4, 2015

IN THE SCAN DESIGN BUILDING
999 Douglas Ave • Suite 1123 • Altamonte Springs, FL 32714
TheWhiteWall.com 407.682.5343

Fall Back *By Tricia Cable*

We have made it through yet another over-scheduled summer. We have juggled work, visitors, vacations, dorm room drop offs, camp pickups, and full time child care either effortlessly or by the seat of our pants, either way...we did it! The slower pace, the cooler temps, and the calm before the holiday season storm are upon us, and a very welcomed change.

Full disclosure, I may have bitten off a little more than I could chew this summer. Being a type “A,” I refused to let my very capable and driven self admit that I was at my limit of responsibility and charging fast and dangerously close to my breaking point. Whether my motto was “just keep swimming” or “I think I can, I think I can,” truth was...I couldn’t.

Trouble is, accepting defeat is not a strength I possess. Not being one to anger the “I Am Woman” Helen Reddy fans (Google it for those of you born after 1970), I decided to muscle through solo, one day at a time; “one step forward, two steps back” may have been my tag line for the summer. Each time I approached the peak after digging myself out of the valley, naively thinking I was almost back on track, in true Emeril Lagasse form – BAM, some unexpected project or unplanned task would land in my lap. It was almost as though I was living in a Lifetime movie titled, “What Doesn’t Kill You Makes You Stronger.” I was the picture of smiles and strength on the outside, but inside...I

felt like a hamster hyped up on caffeine running a full marathon on a squeaky wheel.

I was feeling overwhelmed and I had a choice to make, either continue struggling and attempting to manage on my own; or surrender and cry out for help. We need to realize that sometimes

through life on our own, we would be alone instead of surrounded by family or friends who are more than happy to lend a helping hand.

I have said it before and I will say it again, it takes a village. Whether that statement is referring to raising a child, becoming an adult, or navigating your way in this world through your own personal peaks and valleys, pool your resources. Seek counsel from someone older and wiser in your circle, or if it is bigger than that, from a professional; don't struggle unnecessarily.

Sadly or comically, depending on how you look at it, I reached my breaking point in the waiting room of a quickie oil change franchise, in an unfamiliar city, surrounded by a thirty-something Army veteran and a wet-behind-the-ears recent high school grad getting his oil changed for the very first time. I am sure I made quite an impression on the young man who sat nervously looking straight ahead

as not to intrude on my privacy, but the Army vet wasn't fazed a bit. After assess-

ing the situation at hand, he approached me, put his hand on my shoulder, and looked me square in the eyes and said "If a man or woman does his best, what else is there?"



"If a man does his best,
what else is there?"

— General George S. Patton



Arnold Palmer Hospital for Children

Nationally Ranked in 7 Pediatric Specialties

CARDIOLOGY & HEART SURGERY
DIABETES & ENDOCRINOLOGY
GASTROENTEROLOGY & GI SURGERY
ORTHOPEDICS
NEUROLOGY & NEUROSURGERY
PULMONOLOGY
UROLOGY

Healthy Children Are Our Best Reward

**ORLANDO'S ONLY NATIONALLY RANKED
CHILDREN'S HOSPITAL BY U.S. NEWS & WORLD REPORT**

We're honored that *U.S. News & World Report* has recognized Arnold Palmer Hospital's excellence again in seven pediatric specialties. We thank our outstanding physicians and team members, our patients and their families, our referring physicians and our community for all they do to make this accomplishment possible.



ARNOLD PALMER HOSPITAL
For Children

Supported by Arnold Palmer Medical Center Foundation

To learn more about our specialty care, visit **ArnoldPalmerHospital.com** or call **321.843.KIDS (5437)**.





City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

I love fall in the City of Orlando! As we celebrate the start of a new school year, the start of football season and the beginning of cooler weather (hopefully), I wanted to take a moment to let you know a few ways you can enjoy our city as well as help us "Keep Orlando Beautiful."

On Friday, September 11th, we have a great opportunity for our citizens to help us give back to their community by lending a hand to help spruce up Blue Jacket Park in Baldwin Park. This particular 75 acres of land has a unique history and was originally the site of Orlando Naval Training Center. This great open space stands as a testament to the Naval "Blue Jackets" who trained on these grounds and went on to heroically serve our country. So join us on this important day in our nation's history as we remember our first responders and our soldiers who work every day to ensure our freedom and keep us safe.

Also, please join us at City Hall to remember our most vulnerable soldiers during our POW-MIA ceremony taking place on Friday, September 18th in the Rotunda at 10 a.m. This ceremony renews our commitment to bringing prisoners of war home to their families and vowing to never forget those missing in action.

Also taking place this month at City Hall are our two budget hearings since our city's new fiscal year begins on October 1st.



The first will take place on Wednesday, September 9th at 5 p.m. at City Hall in the City Council Chambers and the second will be on Monday, September 21st at the same time and place. Beginning this summer, our council began to review departmental budgets, revenue sources, credit ratings, millage rates and property tax valuation in order to create our city's budget and tax road map for the next year and beyond. The City is proposing to keep our millage rate the same as last year. For more information on the City's full budget proposal, visit cityoforlando.net/budget.

One of the neat facts that Mayor Dyer highlighted in his budget address was the success of our city's Main Street districts. Orlando's investment in our Main Street Districts has resulted in 600 new businesses and the creation of more than 4,000 full and part-time jobs. Speaking of Main Streets, join the Audubon Park Garden District for a 'Sip and Stroll' event celebrating National Honey Month on the evening of Saturday, September 19th. For more information, visit audubonparkgardens.com.

On September 26th, help us celebrate National Public Lands Day from 10 a.m. to 2 p.m. at Bill Frederick Park at Turkey Lake. On this special day, the park will also offer hay rides, "Out on a Limb" tree climbing, 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 22nd year that people all over the country are not only learn-





ing 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 our event, visit cityoforlando.net/billfrederick. For more information about this initiative, visit publiclandsday.org.

If you live near a park, green space, right of way or school that you feel could use a little sprucing up, please consider coordinating a Green-Up project in your area. This wonderful City program brings together volunteers and City staff to work together on landscaping projects. It not only provides a unique way to beautify our neighborhoods, but it also gives residents a way to feel connected to their city and take pride in their community. To learn more about this program, please visit www.cityoforlando.net/greenup.

As always, thanks for your support of our Great City! Hope to see you around the district this month.

Robert

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



An American in Paris

HATS & HEROES BALL

October 3, 2015

Waldorf Astoria Orlando

benefiting
Kids Beating Cancer

STARRING
Michael Andrew
AND HIS ORCHESTRA
&
THE ORLANDO BALLET

FOR TICKETS CALL (407) 894-2888
OR VISIT WWW.KIDSBEATINGCANCER.COM



#KeepFloridaConnected

Loud, Clear, & Free

Florida residents with a certified hearing loss can receive the ClearSounds® A400 Amplified Cordless Phone at **NO COST** through Florida Telecommunications Relay, Inc.

Contact your area center for details:

Center for Independent Living in Central Florida
720 North Denning Dr • Winter Park, FL 32789 • 407-623-1070


Easter Seals Florida, Inc.
2010 Mizell Avenue • Winter Park, FL 32792 • 407-629-4565

 www.ftri.org/free



Winter Park Mayor's Message

Mayor Steve Leary



Steve Leary

Back To School

As a parent of 10-year-old triplets, "Back to School" is a chaotic yet exciting time for my family. After 2+ months of summer vacation filled with fun camps, family trips, staying up late and no homework, my wife and I are ready for school to begin. Now only a few weeks into the new school year, we are finally getting back on track.

This past summer was not only busy for us, but it was also extremely busy for our city, especially our Parks & Recreation Department. If you walked into the community center at any given day over the summer, it was buzzing with laughter, learning, and fun. It became home to hundreds of children and I know how important it is for parents to find a safe, enriching, and educational environment for our kids. For 10 weeks, the sold-out Winter Park Community Center Summer Camp Program had more than 155 registered campers each week from kindergarten to 8th grade. More than 170 "minnows" participated in our group swim lessons, approximately 60 received private lessons, and over 150 little ones completed

the Infant Rescue Swimming Program offered at our pool.

In addition, Azalea Lane Recreation Center was hustling and bustling with campers as well, participating in the city's Nature Camp, Art Camp, and Dance Camp. At our Winter Park Country Club and Golf Course, over 80 young golfers spent up to seven weeks with us learning how to chip to the green and putt like the pros. I'm proud our city was able to offer our children engaging and interactive programs during the summer months and continues to do so during our before-school and after-school programs throughout the year.

While our parks and recreation staff were entertaining and teaching our children, our Public Works Department was busy in a different way, preparing for the new school year as well, with a couple of great projects:

- #### 1. NEW CYCLE TRACK

- The city, in partnership with the Winter Park Health Foundation and Keep Winter Park Beautiful, has constructed the Cady Way Cycle Track, a two-way bicycle lane path on Cady Way near Brookshire El-



Winter Park Community Center offers swim lessons for all ages.



Children at Brookshire Elementary School

ementary School and Ward Park. The cycle track encourages an active lifestyle for families to safely ride their bikes to and from school and the park.

- #### 2. NEW SIDEWALKS

- New sidewalks are under construction on three streets in the Brookshire Elementary school area: Brechin Drive, Dunblane Drive and Kim-

brace Place. This project, funded by a Florida Department of Transportation "Safe Routes to School" grant, will provide a network of connected sidewalks that improves walking safety and mobility for area residents.

A special thank you to our residents for working with city staff to make this project a reality. To the families who enjoyed our summer camp programs, I hope your children made some new friends, strengthened old relationships, and came home with great stories and memories of their time with us. To our teachers, educators, faculty and volunteers, thank you for your commitment to our children's lives and molding them into future leaders.

Welcome back to school and best of luck this 2015-2016 school year!



Children participating at the Winter Park Community Center Summer Camp Program.

WESTMINSTER BALDWIN PARK!

YOU CAN STILL SELECT YOUR NEW HOME IN BALDWIN PARK...

...but time is running out.

Ours is the most sought-after active senior living community in the area. Only a few select residences remain, but there is still time to make your selection from floor plans such as the **Baldwin**.

Great choices! This spacious, 2-bedroom, 2 bath model features a den, an open floor plan and lovely high tray ceilings. The large master bedroom includes a generous walk-in closet, and the kitchen is modern and well equipped.

Spacious floor plans! In addition to the Baldwin, you'll have a choice of eight unique floor plans, ranging from 1,095 to more than 3,000 square feet, all customizable with the distinctive finishes and style you desire, and all in a pet-friendly, maintenance-free living community.

Outstanding amenities! You'll enjoy a state-of-the-art fitness center, heated outdoor swimming pool, opportunities for lifelong learning and much more. And you'll appreciate that **Westminster Baldwin Park** is a neighborhood of **Westminster Winter Park**, with its outstanding amenities and full continuum of health care services.

Go online today to check out the floor plans—then call to schedule a private appointment.

View 3D renderings and all nine floor plans online at WestminsterBaldwinPark.com/floorplans/

Call our Marketing Welcome Center at **407-502-6240** to tour a beautiful model apartment home.



The Baldwin

1,583 sq. ft.



Only two Baldwin's with a patio left!



A Neighborhood of Westminster Winter Park
Two distinctive campuses. One exceptional way of life.





Maitland Mayor's Message

FY 2016 General Fund Budget – Sharon M. Anselmo, Assistant City Manager

Mayor Dale McDonald



Dale McDonald

On Monday, September 14th, the City Council will hold the first of two public meetings required to adopt the FY 2016 millage rate. Final adoption of the City's FY 2016 budget and millage rate is scheduled for September 28th. Both public meetings will be held in the City Hall Council Chambers at 6:30 p.m. Many steps are taken to ensure citizen participation in the budget process, including holding advisory board meetings to discuss the Capital Improvements Program, three budget workshops, and a strategic planning session. On July 27th, the City Council adopted a proposed operating millage rate of 4.25 mills, which will be communicated to taxpayers via the Truth in Millage (TRIM) notices mailed by the Orange County Property Appraiser this month.

At 4.25 mills, the City's operating millage will generate \$8.7 million in Ad Valorem tax revenue. Ad Valorem tax is the single largest revenue for the City accounting for approximately 37% of total revenues. The City's current taxable value is

just over \$2.2 billion, an increase of 10% over the FY 2015 taxable value, but still 12% less than the City's taxable value of \$2.6 billion in FY 2009. Increasing the millage rate from the current rate of 4.15 to 4.25 mills generates an additional \$204 thousand in General Fund revenue.

As proposed, the FY 2016 General Fund budget totals just under \$26M, which is 9% more than FY 2015 original budget. The budget supports our primary business of providing core municipal services such as police and fire protection; maintenance of streets, parks, physical properties, computers, vehicles, equipment, street signs, and traffic signals; recreational programming; building construction review; and administrative services including planning, zoning, fiscal management and personnel administration. In addition to providing core services, this budget focuses on several key initiatives identified by the Council in their strategic planning session. These initiatives include improving the quality of neighborhoods, engaging and supporting the business community, maintaining and expanding infrastructure, developing Maitland's identity, improving transportation city-wide, and planning comprehensively for downtown development.



Rendering of Maitland's proposed festival street on Independence Lane, created by Dix-Hite and Partners.

The General Fund budget draft also provides for \$2.2 million in capital improvement projects for FY 2016. These capital projects include \$744,000 for the General Fund's portion of the Independence Lane Festival Street; \$332,000 in city-wide sidewalk improvements; \$279,000 in street repair and paving projects; \$225,000 for a new traffic signal at Maitland Avenue and Horatio Avenue; \$150,000 for maintenance to the 17-92 pedestrian overpass; \$107,000 in city-wide facility upgrades; \$120,000

in entry feature and street-scape; and \$200,000 in park upgrades and refurbishments. The budget also includes requested contributions of \$647,000 to the Maitland Public Library, \$308,000 to the Art & History Museums – Maitland, and \$58,000 to the Performing Arts of Maitland.

For additional details on the FY 2016 budget please visit the City's web site at www.itsmymaitland.com. Hard copies of the FY 2016 Budget Draft are also available for review at City Hall.



County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



Ted B. Edwards

On July 28, the Board of County Commissioners took a bold step to make our community greener and more sustainable. The board chose to adopt a 1-1-1 automatic solid waste collection system. When implemented, this system will save taxpayer's money, lead to higher recycling rates, and provide a better level of service to residents of unincorporated Orange County. This month, I would like to share information concerning our current solid waste collection program and update you on changes coming to residents of unincorporated Orange County on January 1.

Orange County's residents generate massive amounts of municipal solid waste, including garbage, recyclables, and yard waste. In 2014, the average Orange County resident generated 2.27 tons of waste, or 12.44 pounds per day. Last year, Orange County placed 1.36 million tons, or 48.7 percent, of waste in our landfill while recycling only 51.3 percent, or 1.43 million tons. Currently, county residents receive two garbage, one recycling, and one yard waste pick-

up per week. Earlier this summer, the board had the opportunity to approve a new, ten year solid waste hauling contract. We had three types of service available to choose from: the 2-1-1 manual service the county currently receives, a slightly modified version of our current service called 2-1-1 automatic, and 1-1-1 automatic which uses a robotic arm to quickly empty waste containers.

I am proud of our board for choosing to implement a 1-1-1 automatic collection system. Our neighbors

in Lake, Osceola, and Volusia have converted to 1-1-1 systems and have experienced positive outcomes from significantly increased recycling and reduced costs to taxpayers. Lake County, for instance, saw a 13 percent increase in recycling and was able to reduce residential collection rates from \$184 to \$176 per year. Osceola and Volusia Counties, as well as many municipalities that have chosen 1-1-1 automatic, have generally seen the same results. I believe our implementation of 1-1-1 will yield similar benefits in unincorporated Orange County and I look forward to seeing the tangible benefits for the environment, improved service for customers, and reduced cost for taxpayers as a result of the new service.

In the months to come, residents in unincorporated Orange County will be receiving information from our Solid Waste Division to pre-

pare them for the transition to 1-1-1 automatic. Disabled homeowners who are unable to take their bins to the curb may apply for rear-door service. Those who qualify will receive this service at no charge. Residents will no longer need to sort recyclables before disposing of them; your recycle bin will have a list of items acceptable for recycling. Finalized collection schedules will be distributed beginning in November. Bulk item collection process will change; residents will have to schedule a day for the collection of these items by calling the Orange County Solid Waste Hotline.

One of my main priorities as an Orange County Commissioner is to embrace environmentally sustainable practices for both our government and residents. I am excited to see the positive effects the new 1-1-1 system will have on our community. If you have any questions regarding the new solid waste system, please contact our Solid Waste Hotline at 407-836-6601.

As always, please do not hesitate to contact me or my staff, Edgar Robinson and Lynette Rummel, if you have any questions regarding Orange County Government. We can be reached at 407-836-7350 or by email and district5@ocfl.net.






Protection And Service

The Winter Park Police Department

Summer is ending and it's almost time to go back to school. The Winter Park Police Department wishes everyone, parents and students, the safest school year possible. Please consider these safety tips for our precious children as they walk to and from school, ride their bicycles, skateboards, and scooters, and sometimes spend time alone until a parent/guardian gets home from work.


Walkers:

- Leave home with enough time to safely get to school.
- Utilize the sidewalks provided and do not walk in the street.
- Utilize crosswalks and follow the direction of any Crossing Guard at intersections.
- NEVER cross the street in the middle of driving-lanes; take the extra time to cross at the crosswalk.
- NEVER accept rides from anyone you do not know well and only with permission from parents.
- PAY ATTENTION and do not become distracted with earbuds, headphones, a handheld video game or texting on a cell phone.




Bus Riders (school bus or Lynx):

- Leave home with enough time to safely get to the bus stop.
- Stand a safe distance away from the street while waiting for the bus to avoid injury from passing motorists.
- Do not horseplay at the bus stop or throw items at passing traffic.
- NEVER accept a ride from anyone you do not know well and only with permission from parents.




Bicycle/Scooter/Skateboard Riders:

- Leave home with enough time to safely get to school.
- Utilize your helmet properly. It does no good in your backpack or hanging off your handlebars.
- Ensure your bicycle, scooter, or skateboard is in proper working order.
- Secure your bicycle with a lock in the appropriate bicycle racks provided by the school.
- Know your bicycle's make, model, and serial number to assist the police in recovering it should it get stolen.
- While riding in the street, ensure that you are as far right as possible and riding with, not against, the flow of traffic.
- Remember to obey all traffic laws. You are just as responsible for traffic laws as a driver in a motor vehicle.



Latch-key Children:

- Promote self-care skills (what to do in an emergency) with children before leaving them alone. Possible subjects to discuss would be what to do and where to go during a fire and what to do if someone comes to the door.
- Discuss the appropriate routine your child should follow when they leave or come home. You may ask your child to call you when they get to school or when they get home from school.
- Discuss the appropriate activities your child should engage in while you are not there to supervise them; for example, completing homework, chores, tending to pets and the acceptable friends to visit.
- Abide by the schedule you set and notify your child should there be any change in your schedule resulting in your getting home later than usual.
- Have an easily accessible list of emergency numbers in case it is needed.
- Express that your child should always tell you or another adult if something happened while you were away that made them feel uncomfortable in any way.



Have a great school year!
Stay safe!





“Talking on the phone is so 2012.”

FHMG-15-25663

Phone calls are a pain.

We get it. So, we've made this easy—you don't have to call anyone! Visit FamilyMedicineBaldwinPark.com at any hour of the day or night to book the next available appointment at a practice that's right around the corner. More than a typical doctor's office, we provide family medical care, dermatological care, weight management, allergy testing and treatment, and more. **It'll be fine. Book online.**

FamilyMedicineBaldwinPark.com



Family Medicine of Baldwin Park

FLORIDA HOSPITAL **MEDICAL GROUP**

942 Lake Baldwin Ln., Orlando, FL 32814
407.895.8059

Orange County Recognizes Children For Saving Lives During House Fire

Mayor Teresa Jacobs of Orange County and Fire Chief Otto Drozd III honored Isiah Francis, age 10, and Jeremiah Grimes, 11, at the Board of County Commissioners meeting today for calling 911 and rescuing two small children from a burning home on June 16.

The boys each recently received a Mayor's Hero Award, an Honorary Firefighter plaque, and a scholarship to attend the Central Florida Fire Academy when they turn 18. Additionally, community partners like SeaWorld provided goodies for the kids.

"We are so grateful for the remarkable actions of Jeremiah and Isiah," said Mayor Jacobs. "The qualities, the courage and the compassion that these two young men displayed were clearly instilled by their parents, teachers and community. We are so glad that these young men knew to call 911, and were able to save two lives."

Both children can be heard on the 911 call reporting the emergency. When Orange County Fire Rescue arrived on scene, two children and one adult were safely out of the structure.

"These children exhibited exceptional bravery, and their families should be very proud," said Drozd. "They called 911 so our firefighters could immediately respond to the



Above, Orange County Mayor Teresa Jacobs the Board of County Commissioners and Fire Chief Otto Drozd honor Isiah Francis and Jeremiah Grimes with The Mayor's Hero Award and an Honorary Firefighter plaque at BCC meeting.

emergency. Furthermore, they rescued two children from the burning residence, saving their lives."

Crews conducted a search and rescue in the home, which was 75 percent involved, and discovered two additional children in the home. Those two

children were transported to Arnold Palmer Hospital in critical condition. One child has since passed away.

Orange County Fire Rescue is submitting the children's heroic acts to the Carnegie Hero Fund Commission for consideration of honoring them with a

Carnegie Medal.

Orange County Fire Rescue is the largest fire and rescue department in Central Florida. It serves more than 924,000 citizens and visitors and responds to nearly 100,000 calls for service annually.

Construction Begins On Westminster Baldwin Park



Last month Westminster Winter Park and Westminster Communities of Florida broke ground for its new neighborhood, Westminster Baldwin Park. This newest \$45 million addition features 80 lakefront apartment homes, as well as a Rapid Recovery rehabilitation and therapy center with 40 skilled-

nursing accommodations. A future second phase is planned.

Westminster Baldwin Park, an investment in the community of \$45 million for the first phase, was designed by Fugleberg Koch of Winter Park and Bessolo Design Group. Walker Co. and Williams Co. are the construction managers. Construction is expected to begin in the coming weeks.

"We are so delighted to be breaking ground on Westminster Baldwin Park," said the Westminster Winter Park executive director, Mike Hays.

"I want to especially welcome our future residents. Your creative thinking and expectations will help us create an even more vibrant and active community here."

Mayor Buddy Dyer of Orlando, who helped turn the dirt to officially begin the project, welcomed current and new residents to Orlando. "Being a city for everyone means providing for our seniors as well... I'm proud to be celebrating this groundbreaking. To the new residents, I'm pleased to welcome you to the City Beautiful."



At right, Orlando Mayor, Buddy Dyer.

OMAKASE

SUSHI & SASHIMI

ROBATA CHARCOAL GRILL

RAMEN

SIGNATURE ROLLS

JAPANESE FUSION

“Umi, located towards the Rollins College end of Park Ave. in Winter Park, offers guests a fresh look at Japanese cuisine in a stylish way, which truly differentiates them from others in the area in their menu offerings...”

This is a little gem on a street that has so many restaurants to try. Make Umi your next one!”

The Park Press, Winter Park
The Educated Palate Column
Scott Richardson

Winner

Diners' Choice

2015

Open 7-days a week
lunch & dinner

Happy Hours daily 5-7pm

Reserve a table online

Umi

海

525 S. Park Avenue
Winter Park, Florida 32789
407 960 3993

www.UmiWinterPark.com

From page 1

and fundraising events and for this purpose, formed the Orlando Sports Foundation (OSF). The group included members with diverse professional experience including real estate, insurance, property management, ad agency, accounting, and a 22-year college athletics veteran. Among the initial founders included Mack McLaughlin, Alan Fidelo, Joe Mckinney, Jeff Lagos, Dave Almstead, Joe Hornstein, Megan Dowdy, Scott Rose, Alan Morrison, Mike Foristall, George Lamelza, and Executive Director Alan Gooch.

They knew this bowl game needed to have a different purpose, but they weren't sure what that should be. However, after a great deal of brainstorming by the board, they came to a clear decision. Laura Goldstein, who was a strong supporter and advocate of the forming of the OSF, had been diagnosed with Stage IV metastatic breast cancer. That was it... this bowl will be dedicated to the cure. While all the other bowl games have charitable ties, this bowl will actually include the effort in the name.

One out of every eight women is diagnosed with breast cancer in the U.S. and the diagnosis happens every two minutes. It's a disease close to everyone and a bowl with this purpose would allow each and every one of us to take part in the effort to help find a cure.

“One out of every eight women is diagnosed with breast cancer in the U.S. and the diagnosis happens every two minutes.”

The OSF formed with a modest beginning, as everyone involved was basically volunteering their time and resources. The board members donated their time and talents, and through their strong relationships in the Central Florida community they have found others who have said, “No need to say more, how can we help?” So fast forward to today, The OSF is still modest in its staff as they only have five part-time employees, but they have a powerful board and an ever expanding community that continues to say, “How can we help!”

After nine years of work, and moments when some thought that game might never come to fruition, The Inaugural AutoNation Cure Bowl presented by Florida Hospital is scheduled for December 19 at the Citrus Bowl. The game will feature top teams from the American Athletic Conference vs. The Sun Belt Conference.

AutoNation eagerly signed on as the title sponsor, and proceeds from the game will benefit the Breast Cancer Research Foundation who spends 91 cents of every dollar raised to directly fund researchers working every day to find a cure for breast cancer.

Florida Hospital is the presenting sponsor, and will host a “Cure Village” during the game at the stadium – a hub where fans can receive

mammograms and other lifesaving screenings on game day. This partnership enhances a collaboration between Florida Hospital and University of Central Florida College of Medicine's associate professor, Dr. Annette Khaled. Dr. Khaled was recently awarded a \$250,000 grant from (BCRF) to fund her work into developing new technologies that treat metastatic cancer cells. Other partners include Delta Airlines, Universal Orlando Resort, and the CBS Sports Network.

Perhaps our purpose is to be part of this game? At the minimum, it will be a classic matchup between two top level Division 1-A teams, and the first of three great bowl games taking place this fall at the newly-renovated Citrus Bowl. Yes, just purchasing a ticket and attending helps, and the prices range from \$22 - \$250. For more information please visit www.curebowl.com.

Unfortunately, Laura Goldstein lost her long and hard-fought battle with breast cancer on April 20, 2011, but I know she will be looking upon us knowing what her purpose in this life was...bringing teams together to find a cure.





Your Partner for Better Health

Conveniently located in Baldwin Park, Dr. Danna and Dr. Chudgar are devoted to caring for the special needs of women through all stages of life, from puberty to menopause.

- Testosterone pellet therapy for women
- Complete and high-risk pregnancy care
- Well-woman exams
- Hormone replacement therapy
- Menopause care



Penny Danna, MD, FACOG
Board Certified in
Obstetrics and Gynecology



Pranav Bipin Chudgar, MD
Women's Health



Physician Associates

Call 407.898.6588 today — same-day appointments available.
Now accepting new patients.

Baldwin Park, 867 Outer Road, Suite A, Orlando, FL 32814





Now offering Sub Sandwiches!

We Deliver
Catering Available

Serving Breakfast & Lunch
Mon - Friday 7 am - 2:30 pm
Sat 7 am - 3 pm • Sunday 8 am - 3 pm

407.628.0068 • 240 N. Pennsylvania Ave., Winter Park, FL

We Treat Your Dog Like Family!

8915 U.S. Hwy. 17-92, Maitland, FL
(Across from Lil' 500)
MustLoveDogsBoarding.com
407-960-5619



WEEKEND BOARDING FOR JUST \$50

Board your dog for two days & nights! Save \$20!

Now Taking Holiday Reservations! Space is Limited!

Your dog will play during the day and sleep in one of our cozy suites at night.

Expires 10/30/15. Boarding for two consecutive evenings. One coupon per dog. Cannot be combined with other offers. Reservation and coupon required. TPP 9/15

Let your dog play for the day! Save \$25!

2 DAYS OF DAYCARE FOR JUST \$25

Your dog will have a great time playing in our indoor air conditioned playroom and running in our large play yard.

Expires 10/30/15. Second visit must be used by 11/15/15. One coupon per dog. Cannot be combined with other offers. Reservation and coupon required. TPP 9/15

Ed Timberlake Earns Lifetime Achievement Award




Above, left to right, is Sherry Wheelock, Ed Timberlake, Robert H. (Bob) Brown, and Scott Maxwell.

Ed Timberlake, chair of the Central Florida Board for Seaside National Bank & Trust, was recently honored by Volunteer Florida Commissioner Sherry Wheelock with a Champion of Service Award in recognition of his lifelong service. Timberlake was presented with the award during Heart of Florida United Way’s Community Volunteer Excellence Awards. The Champion of Service Award was established in 2013 by Volunteer Florida to honor individuals and groups for their outstanding efforts in volunteerism and service. To be recognized for the lifelong service category, honorees must have vol-

unteered for a period of 20 years or more. In Timberlake’s case, his involvement runs deep throughout the Central Florida community. Since 1995, Timberlake has served in every United Way volunteer leadership position, including Board chair; chair of CEO Search Committee; chair of Compensation Committee; chair of Community Impact Steering Committee and, most recently, chair of Investing In Results – the United Way’s prevention-based strategic investment initiative. Other organizations have benefitted from his leadership as well, including Dr. Phillips Performing


Arts Center, Greater Orlando Chamber of Commerce, Central Florida Partnership, Central Florida Community Foundation, Central Florida Commission on Homelessness, and the Florida Community Loan Fund. “Ed’s leadership has positively impacted the lives of hundreds of thousands of local residents,” said Robert H. Brown, president and CEO of Heart of Florida United Way. “Neither United Way nor the central Florida community would be as strong as each is today without Ed Timberlake’s gifts of talent, leadership and genuine community service.”

Great rates on Vehicle Loans.




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


From cars to trucks; motorcycles to RVs, let State Farm Bank® finance or refinance all the things that move you. **Bank with a good neighbor®.**
CALL AN AGENT FOR MORE INFORMATION OR VISIT US ONLINE TODAY.



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



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







statefarm.com®

1001292


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

1300 Azalea Lane, Maitland



5BR | 6BA | 4,020 SF | \$1,275,000
BRAND NEW CUSTOM CONSTRUCTION WITH LAKE MAITLAND VIEWS

The Nancy Bagby Team - 407.644.1234 - nancy@fanniehillman.com



Winter Park Recovery Center

Comprehensive Drug & Alcohol Protocols
Naltrexone For Alcohol & Cocaine Abuse
Suboxone For Heroin & Opiate Pill Abuse
Vivitrol For Opioid & Alcohol Abuse
Chantix For Smoking Cessation
Regular & Intensive Outpatient

Privacy and Confidentiality Assured
Personalized treatment programs with emphasis on individual and group therapy focused on your underlying diagnosis

“Is It In Your Heart To Quit”

2056 Aloma Ave, Suite 100, Winter Park, FL 32792
Call For Free Assessment - 407-629-0413
www.WinterParkRecoveryCenter.com

Winter Park All Stars Earn Bronze Medal At Babe Ruth Softball World Series

Thirteen girls, four coaches, and a caravan of family and friends went on quite a wild ride this summer, when the 14U Winter Park girls softball team made a respectable run for the gold at the 2015 Babe Ruth Softball World Series!

The dream team was led by head coach Gary Staudt with assists from Pat Gorman, John Richardson, and Joel Brielmaier. The team, made up of 13 and 14-year-old incoming 8th and 9th graders included Jordan Brielmaier, Madelyn Cable, Bella Fimognari, Sarah Goldberg, Bridget Gorman, Caroline Kelley, Asia Newson, Claire Prudhomme, Katie Richardson, Kaitlin Shannon-Swanson, Lauren Staudt, Veronica Sulbaran, and Alea Woods.

The Winter Park Wildcats took down teams from South Orlando and East Orange at the district tournament that was hosted on their home fields in Winter Park. The win at Districts secured a spot for them at the state tournament in Newberry, Florida where they battled back from the loser's bracket on turf fields and in the blazing sun to fall just short of the championship in a tough loss to Gainesville.

However, their performance secured a spot for them at regionals which took place just a few weeks



Winter Park Wildcats (L to R): Bella Fimognari, Madelyn Cable, Alea Woods, Jordan Brielmaier, Claire Prudhomme, Lauren Staudt, Katie Richardson, Asia Newson, Kaitlin Shannon-Swanson, Bridget Gorman.

later and back to Gator country they went, with Alachua hosting. Unfortunately, the heat took its toll and the team was unable to rally against



Winter Park Wildcats (L to R - Bottom Row): Bridget Gorman, Bella Fimognari, Katie Richardson, Alea Woods, Madelyn Cable, and Kaitlin Shannon-Swanson. (L to R - Top Row): Caroline Kelley, Sarah Goldberg, Asia Newson, Lauren Staudt, Veronica Sulbaran, and Jordan Brielmaier.

Ocala, falling just short of the championship game and finishing third to Gainesville and Ocala.

Eager for another chance to compete, the team went home to Winter Park, adjusted their practice schedule, and set their sights on the World Series which was back in Newberry on the turf fields they had sampled in the state tournament earlier in the season. It took five long rain delay-filled days of play, but in the end our home town girls battled their way

to the semi-finals. Sadly, they faced Jefferson Parrish, Louisiana -who came to the competition favored to win- in the semi-final game and fell to the stronger team 6-1. The powerhouse team from Louisiana went on to play Gainesville for the championship and the final finish was Jefferson Parish first, Gainesville second, and Winter Park third, which is the best finish for any Winter Park All Star team ever IN THE WORLD SERIES! Well done and go Wildcats!



winnie knows families.

We know they have the power to change your heart, your life, your everything. Whether your pregnancy goes just as planned, or you and your baby need highly specialized care, we're here with top obstetric specialists, a caring staff and one of the nation's most successful neonatal intensive care units – available 24/7. That's why moms trust us to deliver their babies.



WINNIE PALMER HOSPITAL
For Women & Babies
Supported by Arnold Palmer Medical Center Foundation

Call 321.843.7626 or visit WinnieKnowsFamilies.com



John Gill

fiscal fitness by John Gill

Building On A Vision For Winter Park

With apologies to our friends in the other "Parks," this month's

column is going to focus on the city of Winter Park and a citywide undertaking that is occurring there. I'm referring to the city's yearlong Visioning project. I am the chairman of the Visioning task force that is leading this endeavor and this effort is critical to you and the long term fiscal fitness of Winter Park. **Vision Winter Park** is the city's effort to develop a perspective and plan for how Winter Park should evolve and flourish over the next three to five decades.

The Vision Winter Park undertaking is an effort to harness the intense passion felt by a majority of the citizens of Winter Park and other members of the Central Florida community about Winter Park. Through the use of technology, neighborhood and small group meetings, community gatherings, and other outreach efforts, the Vision Winter Park approach is to meet the citizens and stakeholders of Winter Park where they are. It is a grassroots effort to connect with the citizens,

but also the visitors and employees of Winter Park-based businesses and organizations. This endeavor is composed of six separate phases.

Phase One was recently completed and culminated with a community meeting on August 20th lead by Peter Kageyama, the City Love Guy, also known as the Urban Cupid. Peter spoke about the importance of love in the passion and connections people feel about their cities and communities. The meeting was attended by close to 400 citizens and other interested individuals.

Phase Two, Celebrate Winter Park, will focus on the importance of civic engagement and how everyone in the city can make a difference and impact the vision of Winter Park.

Phase Three, Winter Park Keynotes, will test elements of the evolving vision by examining the trends emerging from the Winter Park vision surveys as well as local, state, national, and international trends. On Tuesday, October 27th the Visioning Steering Committee will host Keynotes in the Park at Mead Botanical Garden, sponsored by the Winter Park Health Foundation. You can find more information at the Visionwinterpark.org website.



VISION
WINTER PARK

Phase Four, For the Love of Winter Park, will build on the meaning behind the budding vision. This phase will incorporate what is loved about Winter Park along with what is memorable and desirable and should be passed along to the future inhabitants of the city.

During **Phase Five**, Taking it to Winter Park, the community will have an opportunity to discuss key choices within the vision and the strategies to make them happen.

In **Phase Six**, Winter Park Vision on Tour, the vision will be presented to the citizens of Winter Park and other stakeholders in a variety of ways with a look towards taking the next steps to make the vision a reality.

We need your help and participation! Please take a few

minutes to register at visionwinterpark.org. At the Vision Winter Park site you can complete the phase two survey to give your perspective on Winter Park and how it should evolve. There is information on the community events and meetings as well as agendas for the upcoming steering committee meetings. You can also find information in the various newspapers that serve Winter Park and surrounding communities or by calling the city at 407-599-3665, option#1.

This is your opportunity to influence the evolution and direction of Winter Park for the future generations of your family, future residents and others that live, learn, work and play in our city.

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.



Jim Hasley

critical mass by Jim Hasley

Term Life Insurance: A Proposition Of Value

Life insurance agents often advocate the use of term life insurance as a temporary solution to provide an essential benefit upon the death of a family member, business partner or key employee. Since the purchase of term life insurance is often decision made in the early stages of a larger planning process the decision to purchase a policy should be evaluated on value rather than price

Media, financial pundits, and some advisors often opine to the insurance purchasing public that term life insurance is a commodity where the primary concern in making a purchasing decision should be the price at which a life insurance policy can be obtained. While there is some truth to the adage that "the best life insurance policy to own is the one in place when you die," it is prudent to remember that life is not static! Financial needs change and life insurance products should include features that will allow for an insured's coverage to change with their circumstances. When making a term life insurance decision, consumers should consider the issuing company's financial strength, the policy's conversion privileges, the policy's waiver of premium rider features, and the ability of the features to work simultaneously.

Perhaps the first step in assessing a term insurance policy's long term viability should be whether the issuing life insurance company offers the ability to convert the term insurance policy to a permanent insurance policy. Conversion privileges with multiple product options can be crucial to the consumer who at age 29 purchased term insurance at ultra-preferred rates but has grown into a 38-year-old cancer survivor or 42-year-old with weight issues, high blood pressure, and high triglycerides. If a term insurance policy does not permit conversion to permanent life insurance or if the policy's options to convert are limited by product selection, a consumer's future planning options and the financial wellbeing of their family is placed in jeopardy. A term insurance policy that can be converted to a number of product options (whole life, limited payment, universal life, etc.) helps to ensure flexibility with regard to the lifetime success of a plan.

The availability of a waiver of premium rider that allows a disabled owner to keep their insurance without paying the premium brings an additional element of protection to a life insurance policy. According to the Social Security Administration, Fact Sheet, over 1/6th (over 51 million) of Americans are disabled with almost half being under the age of 50. A waiver of premium rider

provides tremendous financial and psychological relief to a disabled insured by allowing life insurance protection to remain in place while the premiums are "waived" by the insurance company during the disability.

Preferably, a term life insurance policy's waiver of premium rider and conversion privilege will work simultaneously. This may be best illustrated by example: William, a 38 year professional purchases disability income insurance and term life insurance with a waiver of premium rider to replace his income to his family if he becomes disabled or dies. The life insurance policy has a strong waiver of premium rider that allows him to exercise his conversion privilege after filing a waiver of premium claim. At age 44 William develops a chronic neurologic syndrome called Lyme encephalopathy, leaving him permanently disabled. While the income received from William's disability income insurance and social security benefits allows the family to

meet their monthly obligations, there is no money left for savings. However, since the conversion feature in William's term life insurance policy allows him to convert his term insurance to a whole life insurance policy with a cash accumulation feature AFTER he's successfully filed a claim under the policy's waiver of premium rider, he can continue to accumulate money without additional outlay by his family.

Term life insurance is often an entry level decision in a lifetime of planning, yet it is a decision that can have rippling effects in a financial plan if not properly addressed. Consumers should understand term life insurance is not a commodity and can provide added flexibility in their future planning decisions.



Join the flock! Support Pink Out Winter Park.

Benefiting the Winter Park Memorial Hospital
Mammography Scholarship Fund.

Pink Out Winter Park was created to increase breast health awareness, encourage women to get regular mammograms and provide financial support to women who cannot afford an annual mammogram.

Get involved!

Get a Mammogram

A yearly mammogram is an effective method for detecting breast cancer early, when it is most treatable and beatable. To schedule your annual mammogram, call (407) 801-4793 or visit PinkOutWinterPark.com.

Purchase a Flamingo

For just \$10, you'll get one flamingo for your yard and another to place among the growing flocks in Winter Park.

Available at:

- Crosby and Winter Park YMCAs
- Florida Hospital for Women - Winter Park
- FRi Diagnostic Imaging Oviedo
- Lilly Pulitzer
- Miller's Hardware
- Tuni
- The Doggie Door
- Winter Park Chamber of Commerce
- Walk on Water
- Winter Park Public Library

Donate to Women in Need

Show your support for women in need in our community. Donations to Pink Out benefit the Winter Park Memorial Hospital Mammography Scholarship Fund to help women who cannot afford mammograms.

PinkOutWinterPark.com



PINK OUT
WINTER PARK



**WINTER PARK
MEMORIAL HOSPITAL**
A Florida Hospital

The skill to heal. The spirit to care.®

Business In The Parks



At left: Gerry Glynn, Community Based Care of Central Florida; Scott Weidl, Westside Tech - Orange County Public Schools; Dr. Cookie Schultz, Community Based Care of Central Florida; Dr. Mike Painter, Westside Tech - Orange County Public Schools; Deana Lewis, SunTrust; Randy Pawlowski, Seminole State College (and foster parent); Pat Pates; Rebecca Leininger, Community Based Care of Central Florida; Kristie Homer, Community Based Care of Central Florida

Leading Edge Title recently celebrated the grand opening of their newest office located at 243 W. Park Avenue, Suite 102 in Winter Park. Leading Edge currently has offices on South Orlando Avenue in Winter Park, Tuskawilla Road in Winter Springs and W. Brandon Blvd in Tampa. The new office currently features three full-time licensed title agents and administrative staff with years of combined experience closing transactions throughout the entire state of Florida. Leading Edge Title will serve real estate professionals and homeowners in Orange and Seminole County and throughout Central Florida specializing in residential closings, commercial closings, short sales, 1031 exchange, refinance and all types of real estate closing services.

SunTrust recently awarded \$25,000 to Community Based Care's First Star Central Florida Academy for the purchase of new laptops. The Academy provides select students in foster care with workshops and mentoring services focused on improving their academic success, personal and social development, and self-sufficiency skills. Photo includes: Gerry Glynn, Community Based Care of Central Florida; Scott Weidl, Westside Tech - Orange County Public Schools; Dr. Cookie Schultz, Community Based Care of Central Florida; Dr. Mike Painter, Westside Tech - Orange County Public Schools; Deana Lewis, SunTrust; Randy Pawlowski, Seminole State College (and foster parent); Pat Pates; Rebecca Leininger, Community Based Care of Central Florida; Kristie Homer, Community Based Care of Central Florida

Dave Owen of **ImageServe** and **Baxter Mathews** of **Florida Frame House** have teamed up and have begun offering a product online for downloading to 3D printers. The product is called the PowerFree Ampliphone Speaker and it amplifies music on your smartphone without the need of any electrical source. 3D printing is a rapidly

emerging technology that allows a customer to download a computer model file, which can be sent to a 3D printer for physical creation. In addition to the 3D download, users can select custom printed versions of the product in a variety of colors and have them delivered. ImageServe offers further 3D services such 3D modeling, custom 3D printing and consulting. For more information please visit www.imageserve.com or www.floridaframehouse.net.



Mary Ann Steltenkamp

nearly 30 years ago in the New Home Sales and Marketing department for PULTE Home Corporation. She has been a top associate in an industry in which customer service and expanding relationship are key.

After a lengthy career and many years of service, **J.A. "Jim" Hinson** has stepped down as chairman of the board of Dr. Phillips, Inc. and The Dr. P. Phillips Foundation. Jim, as he is known by friends, had been chairman since 1990 and during that time he guided the Dr. Phillips Charities real estate and investments portfolio through a steady period of growth. During his tenure he led the organization into a transformative period of gifting and under his leadership Dr. Phillips Charities made grants totaling \$155,726,179 to the Central Florida

community. Jim's leadership focused on honoring the legacy of the Dr. P. Phillips family and assuring that their donor intent was followed. He is also credited with creating a strong board of directors. Mr. Hinson will continue as a board member of both Dr. Phillips, Inc. and The Dr. P. Phillips Foundation. Jim will be succeeded as chairman of both Dr. Phillips, Inc. and The Dr. P. Phillips Foundation by **Jim Ferber**. Mr. Ferber has served on the board of Dr. Phillips, Inc. and The Dr. P. Phillips Foundation since 2003. In his professional career, he has served the YMCA of America in various locations since 1973. Most recently he served as president of the YMCA of Central Florida from 1993 to 2014 during which time the annual operating budget grew from \$8,000,000 to \$80,000,000. Jim Ferber is committed to continuing to build on the legacy of the Dr. P. Phillips family through his leadership of the board and support of their president and CEO, Kenneth D. Robinson.

Costa Communications Group (CCG), a full-service PR and marketing agency in Winter Park, recently received six awards at the Florida Public Relations Association's statewide Golden Image Awards competition, a program that recognizes outstanding public relations campaigns and results in Florida. CCG was the recipient of one Golden Image Award, two Awards of Distinction and three Judges Awards, which are given to outstanding entries that achieve maximum results on a limited budget. Earlier this summer, CCG received 17 awards at the Orlando chapter event.



To advertise your business, and cost-effectively reach over 60,000 readers in the next issue of The Park Press, please contact Jan at 321-422-8974, or email jan@theparkpress.com.



ImageServe
3D Printing

- 3D Modeling & Printing
- 3D Commerce
- Consulting

www.imageserve.com • info@imageserve.com

pop culture detours

by George McGowan

Time To Return To The Roots

The use of the term “Americana” to describe a type of music is said to have begun in 1995, not that the folks who format the radio stations in Orlando have ever noticed. The Americana Music Association (AMA) defines Americana as “contemporary music that incorporates elements of various American roots music styles, including country, roots-rock, folk, bluegrass, R&B and blues, resulting in a distinctive roots-oriented sound that lives in a world apart from the pure forms of the genres upon which it may draw. While acoustic instruments are often present and vital, Americana also often uses a full electric band.” I’ve been drawn to the music made by these artists since I was introduced to the music of Alison Krauss, Son Volt, Ryan Adams, and others.

Americana has grown enough to have an annual awards ceremony which is held in September of every year; last year the dominant winner was a singer/songwriter named Jason Isbell. Isbell is from rural Alabama and first made his name in the music world as a member of the southern rock outfit Drive-by Truckers. While a member of that influential band, Isbell lived the high life of a travelling musician, became a raging alcoholic and

was shown the door by his band mates. Isbell has reformed himself and become sober and his 2013 album “Southeastern” was widely praised as a tour de force of songs about his travels back to sobriety and regaining the love of his wife, Amanda Shires, a fine Americana artist in her own right. Isbell recently released his follow-up record, “Something More Than Free.” While I can report that this album has quickly become an obsession for me and has brought me back to the times when the term Americana was first being used, don’t trust only me, trust the fact that the album reached number one on three Billboard charts at the same time: Rock, Folk and Country.

Isbell’s success has been termed the saving of country music, but I would not echo that bit of hyperbole. Rather, I would point out that Isbell has embraced his gift for finding the meaning in his struggles and his hard-scrabble upbringing by creating music and lyrics



Jason Isbell photo
by Michael Wilson

ics that penetrate the heart strings. He has so many quotable turns of phrase in his tunes, that to quote them here would rob them of their impact when you listen to his voice bringing them to life. (Wow, that’s pretty hyperbolic right there!) In any event, both of his solo albums are worth a listen for anyone who appreciates stories set to tunes that can either get your toes tapping or break your heart.

Meanwhile, besides Jason Isbell, there are other recommended artists nominated for the AMA’s Artist of the

Year for 2015: Rhiannon Giddens, who has already been mentioned by your humble pop culture correspondent in a previous column, as well as other favorites of mine, Sturgill Simpson and Lucinda Williams. It is good to know that so-called “mainstream” country music stations have begun to play these fine artists. While I refrain from listening to local radio stations so I can remain sane, I can hope and pray that they find their way to include these fine artists on their airwaves. One can always hope.



Be your best!

Track Shack

RUNNING SERIES

2015 - 2016

Presented by Florida Hospital



Aug. 15, 2015 | Orlando



Sept. 12, 2015 | Casselberry



Oct. 18, 2015 | Orlando



Jan. 23, 2016 | Winter Park



Feb. 13, 2016 | Winter Park



March 12, 2016 | Winter Park

Run to TrackShack.com

Sign up for Track Shack e-news at our website to receive store, event and training information!



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

theater in the parks

by Barbara Solomon

Black And White Real Estate

CLYBOURNE PARK
WRITTEN BY BRUCE NORRIS
DIRECTED BY BOBBIE BELL
STARRING MATT HOROHOE AND THOMAS OUELLETTE

This play is about neighborhoods. It is also about racism. The two don’t mix very well, especially in downtown Chicago. It’s 1959 and Russ (Thomas Ouelette) and Bev (Robin Olson) are selling their home. We meet their neighbors, who are objecting to the sale to a black family. Russ has gotten his revenge on his neighbors after they shun him due to his son’s suicide. Little do they know the neighborhood will be turned into a great black community, and that brings us to Act II, 2009, where a white couple now wants to buy the same house sold at the start of the play. Enter reverse prejudice, along with a plethora of extremely funny racial jokes.

This was an extremely well-rounded cast. However, Thomas Ouellette was outstanding in his role as the father. His angst was palpable, and he owned the stage. Sarah French was charming as the pregnant deaf girl in Act I, transitioning to the white wife of the jerk in Act II. Matt Horohoe plays the jerk in both acts, and does it to perfection. Trenell Mooring seemed a bit unsure of how she wanted to portray the maid in the first act, but made up for that with

her wonderful portrayal of the black militant homeowner in the second. Her timing and delivery of the pithy lines could not have been better. Michael Sapp was well-cast as her husband; he always gives a great performance.

There are more subtexts to the play: dreams deferred, power plays, dealing with grief. Yet they all revolve around the central theme – what makes up a community. I just returned from Chicago and asked my cousin his experience in the matter. He felt the neighborhoods there were constantly changing. But isn’t that a universal fact?

A different kind of prejudice exists next door in the black box – prejudice against the deaf. A dysfunctional Jewish family is trying to cope with their deaf son, not very successfully. When he brings home a hearing-impaired girl, she chips away at their prejudice, helping the young man adjust for the first time in his life as well as helping the rest of the family finally confront their prejudice. The cast is amazing, particularly Marty Stonerock, Mark Edward Smith, and Peter Travis. Aradhana Tiwari’s direction is the best I’ve ever seen it. The stage blazes with emotion and beautiful lighting effects. “Tribes” is a must see!

Playing at The Mad Cow Theatre, 54 West Church Street, through September 20. For more information call 407-297-8788 or visit madcowtheatre.com.

BARB’S BEST BETS FOR SEPTEMBER: “THE MARVELOUS WONDERETTES” AT THE WINTER PARK PLAYHOUSE, “SPAMALOT” AT ORLANDO SHAKES, AND “PLAY IN A DAY” AT LAKE HOWELL HIGH SCHOOL. AND TO ALL MY LANDSMEN, HAPPY NEW YEAR!

fall focus at morse museum

Upcoming Exhibits And Events At The Morse

The Charles Hosmer Morse Museum of American Art launches its 2015–2016 season this fall with a complete reinstallation of the museum's popular exhibit of Tiffany Studios' lamps and lighting fixtures, and an accompanying focus exhibition on the firm's Daffodil design reading lamp.

In the winter, the Museum opens a new exhibit of Tiffany art glass and a vignette to showcase for the first time the charming souvenir, commemorative, and antique spoons collected by the Morse-McKean family.

On Friday nights from November through April, the public is invited to enjoy free admission from 4 - 8 p.m., along with live music, gallery tours, and more on selected evenings. The Museum's extended Friday hours begin November 6 and conclude April 29.

The Museum's 2015–2016 schedule also includes Tuesday and Thursday curator tours of the exhibition Louis Comfort Tiffany's Laurelton Hall; the 37th annual Christmas in the Park display of Tiffany windows on Thursday, December 3; and open house events for Christmas Eve, the Winter Park Sidewalk Art Festival, Easter weekend, and Independence Day.

Selections from the Morse Museum's renowned collection of works by Louis Comfort Tiffany (1848–1933)—including his chapel from the 1893 World's Columbian Exposition and objects and architectural elements from his Long Island country estate, Laurelton Hall—are always on view. The following are new and ongoing exhibitions for the 2015–2016 season:

Tiffany Lamps and Lighting from the Morse Collection Opens October 20, 2015

The Museum's exhibition of lamps and lighting from Tiffany Studios will be completely refreshed in conjunction with the opening of an accompanying show focusing on a single lamp—the Daffodil design reading lamp. Highlights of the new installation will be a 28-inch hanging Dogwood design shade, after 1900; a floor lamp, c. 1902, with a leaded-glass Bamboo design shade; and lighting examples by Tiffany competitors. Although Louis Comfort Tiffany was an international success before his first lamp, it is the lamps more than anything else that has extended the breadth and depth of his popularity across America and through time, from the 1890s to this day. With his lamps and lighting fixtures, Tiffany created a signature style of lighting that captured the American and European audience and now fascinates and charms people all over the world.

Focus Exhibition: Tiffany Studios' Daffodil Reading Lamp Opens October 20, 2015

From the shape of its base to the decoration of its leaded-glass shade, the Morse Museum's Daffodil design reading lamp, c.1899 to 1905, from Tiffany Studios reveals much about the era in which it was produced. This exhibition will provide an in-depth examination of the lamp, including details of its inspiration, creation, and production. In tracking the lamp from its inception to its sale, the exhibit will also show the behind-the-scenes organization of artist, artisan, and business manager required to produce these iconic objects.

Selections from the Harry C. Sigman Gift of European and American Decorative Art Through January 24, 2016

In 2014 Harry C. Sigman, a Los Angeles attorney, donated 86 objects to the Morse from his

collection of European and American decorative art. This exhibit presents selections from that gift. The donation—which dovetails with the late 19th- and early 20th-century styles represented in the Morse collection—includes art glass, pottery, metalwork, and furniture. Though comprised mainly of Jeannette and Hugh McKean's massive gift, the Morse collection has always been supported by generous individuals such as Harry Sigman whose contributions have helped it to grow in important ways. The finely crafted objects on view can be appreciated both individually and in the context of the Museum's entire collection.

Revival and Reform – Eclecticism in the 19th-Century Environment Ongoing Gallery talks, Wednesdays, 11a.m. and 2:30 p.m.

The Arts window, c. 1894, by J. & R. Lamb Studios is the centerpiece of this exhibition that illustrates the rich diversity of styles that made up the visual environment of the late 19th century in both Europe and America. Lamb Studios, a prominent American glasshouse of the era, exhibited the neoclassical window widely. The installation, organized from objects in the Museum's collection, features more than 20 leaded-glass windows and panels as well as selections of art glass, pottery, and furniture. Besides works by Lamb, windows on view—some avant-garde, others reviving styles of the past—include examples by Tiffany Studios, John LaFarge, Frank Lloyd Wright, Edward Burne-Jones, Donald MacDonald, and Heaton, Butler & Bayne.

Louis Comfort Tiffany's Laurelton Hall
Curator Tours,
Tuesdays and
Thursdays, 11 a.m.
and 2:30 p.m.
Cell phone audio tour
available

Louis Comfort Tiffany's grand country estate on Long Island,



Above, Daffodil design reading lamp, c. 1899-1905, by Tiffany Studios, will be on display beginning October 20 in Winter Park.

The Winter Park Playhouse

The Marvelous Wonderettes

September 11-October 10, 2015

This smash Off-Broadway hit takes you to the 1958 Springfield High School prom where we meet the Wonderettes, four girls with hopes and dreams as big as their crinoline skirts! Featuring classic '50s and '60s hit songs including "Lollipop," "Dream Lover," "Stupid Cupid," "It's My Party," and over 20 other classic hits!

407-645-0145 | winterparkplayhouse.org
711 Orange Ave Suite C, Winter Park, FL 32789



A 501(c)3 non-profit charitable organization



Continued on page 22



Stephen & Kristin Pategas

in the garden

by Stephen and Kristin Pategas

Challenge Us 2.0

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

“After ten (or twenty or thirty) years our landscape still doesn’t look good.” – Usually this means that conditions have changed drastically or there was never a professional landscape design. Planting locations did not take into account the site conditions and which plants thrive in them. Shade and sun conditions change over the years. The solution is to get a professional landscape design that takes into account these changes. Use it as a master plan and have a good irrigation system installed that follows the design.

“Plants that should flower, barely flower.” – We usually identify any or all of these four problems in descending order. 1. Shearing off of the flower buds – hand prune instead and find out the proper time to prune. 2. Too much shade. 3. Lack of adequate water. 4. Lack of nutrients – try a slow release fertilizer.



Shear away the buds and lose the blooms.

“Our paver walkway/ patio/ driveway has gaps and pavers now wander where they shouldn’t.” – This is a case of improper installation without an adequate restraining edge in our sandy soils. Once the pavers are tightly placed, a substantial concrete edge needs to be installed. Do not use metal rebar which rusts and swells to break apart the concrete.



Pavers must have a substantial solid edge to stay stable.

“Our formerly ‘no maintenance’ natural area has become a jungle.” – There are few areas in Florida, including urban yards, that are immune to the continuous attack from invasive plants. Trees such as camphor and Chinese tallow drop thousands of seeds that sprout readily; vines, such as skunk and potato, climb, creep and smother; while others such as sword fern and Mexican petunia spread aggressively. Some non-invasive plants spread and are not easily controlled. Vigilance in rooting them out, selecting the proper plants, mulching regularly and the judicious use of brush killers are solutions.

“The stone areas in my yard were supposed to be no maintenance. Now they are weedy. What happened?” – Sunlight, organic matter (aka soil), moisture and weed seeds have combined within crevices and the seeds sprouted. Remove and clean the soil from the stones regularly or replace with plants and renewable organic mulch (pine bark, pine needles, etc.). (See photo at right).

“That tree has barely grown.” – Odds are the tree is planted too deep and/or the tree was root bound when purchased. If the tree was recently planted, it can be dug up, the root ball scored or shaved and then replanted at the proper depth with the top main root exposed. Otherwise, remove it and start over with a quality tree/root ball planted at the proper depth.



Do not bury the top main root, expose the root flare above grade.



Stone mulch is guaranteed to sprout weeds.

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

CALL FOR ARTISTS

Art for Generations

[AN EXHIBIT FEATURING CREATIVE WORKS BY OLDER ADULTS]

OCTOBER 29, 2015 FROM 10:00 A.M. – 2:00 P.M.

AT THE MAYFLOWER RETIREMENT COMMUNITY

1620 MAYFLOWER COURT • WINTER PARK

The Mayflower Retirement Community is issuing a call for local artists to participate in its second annual juried senior art show.

Qualifications include:

- Artists must be at least 55 years of age
- You may submit up to 5 original entries in any of the following categories:
 - Paintings (watercolor, oil, acrylic)
 - 3-D mixed media (wood, sculpture, ceramics, jewelry, basket-weaving, needlework, clay)
 - Photography
- Artwork must have been completed within the last 3 years
- Deadline for entries: September 30, 2015

A “Merit Award” of \$100 will be awarded in each category, and an overall “Best of Show” award of \$200 will also be presented.

THE MAYFLOWER

www.themayflower.com

1620 Mayflower Court

Winter Park, FL 32792

Quality First

To register, go to www.themayflower.com/artshow, or pick up a form at the front desk in The Mayflower lobby.

For additional information, contact Janelle Renda at 407-672-1620 ext. 1165.

88141 PRAD TPP 9/2015



Ayesha G. Bullock

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

Sometimes...

And with the lilt of summer’s end, the guilt of fall begins.
So, last month’s article was heavy... admittedly so.

But here I am, yet again, this time looking to balance the stocks.

It’s officially September and with it brings not only football hype but also celebrations of the holiday type!

A whole lot of life seems to squeeze itself into the months between September and January. We have September flare, October scares, November’s tasty fare, and December’s shiny wares... just to name a few.

So, to that, how can we not offer a hearty southern “Welcome Fall, Y’all?!”

This is the time of year when children are a bit more mischievous, school has settled into a pleasant rhythm, Notre Dame football is just beginning to get their legs, and Georgetown basketball is right around the corner. This is the time of year during which mothers are writing magical

lunchbox notes and fathers are lighting up the grill. September offers not only “Talk Like a Pirate Day” (9/19), but also the opportunity to open a window and breathe in a brand new holiday season. In September, we get just the first taste of

party, to tell family you miss them. Fall reminds us, at times by Hallmarkian token, that life is short and there are a lot of people to love within the limited time we are given.

Therefore, in (paper-ghost-lantern) light of all of these opportunities, I invite you to bring the shrieks of delight, the peals of laughter, the giggles of pumpkin pie, and the wide-eyed awe of reindeer footprints into your home this holiday season.

Begin making all of the seasonal holiday cheer early.

Cook, connect, love, bake, decorate, make mirth, create majesty...

Welcome this season with a ‘Publix commercial awareness’ of just how special each and every holiday snapshot is.

With my heartfelt wishes for a fall that offers not only a satisfied belly, but also a gratified heart.

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.

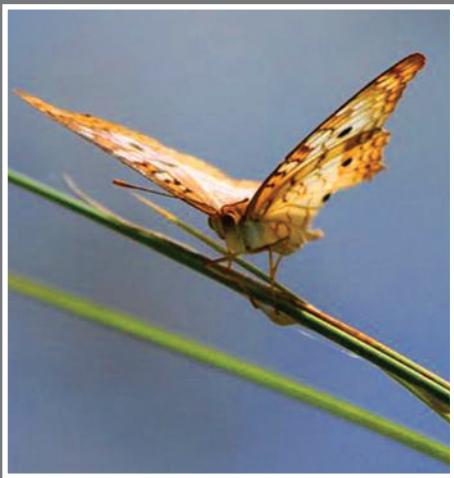
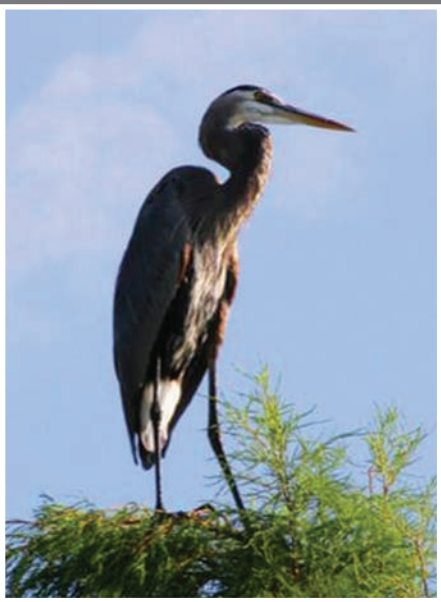
The 15 Second Forest

Situated on the west end of the New Broad Street pond there is a small section of the walking path covered in trees that my daughter Azalea has affectionately named, "The 15-Second Forest." While it may only take 15 seconds to walk through, this tiny little forest is filled with an abundance of nature. Spend some time here and discover it for yourself.



nature in the parks

Photos by Richard Johnson



Richard Johnson is a professional photographer. See more of his work at www.RichardEarlPhotography.com





Scott Hillman

real estate in the parks by Scott Hillman

Positive Momentum Continues To Build In Existing Home Market

Positive momentum. In sports it creates winning streaks and brings titles. In real estate it has a profound affect on success in the marketplace. One thing feeds off another. And that's just what's occurred in the local existing home market the first half of 2015. As we enter September the market continues to feed off the positive momentum that was established in the first six months of the year.

There was a lot of good news. For starters, existing home sales in Winter Park, Maitland, College Park, Baldwin Park, Colonialtown and downtown Orlando were up 22.2% over the first six months last year. In addition, median home prices were up in some areas and showed signs of stabilizing in others, distressed properties continued to be moved off the books, and the median number of days homes were on the market was up slightly in many locales and down in others.

All the numbers are trending in the right direction as the real estate market continues to gain strength and stability. We are experiencing a more healthy and balanced market which translates to

a gradual but sustained recovery over the next four months and beyond.

When we break down the numbers single-family home transactions were up 24.5% and con-

dominium transactions, which had struggled last year, were up 18.1%. Most of the activity for all homes was in the \$250,000-\$499,999 price range, while all homes priced under \$250,000 sold the fastest with a median of just 34 days on the market.

What's most encouraging is that the volume of distressed properties---bank-owned homes, foreclosures and short sales---continued to shrink noticeably which is a very good sign as we move through the fall and winter months and into 2016. The most active neighborhoods in terms of overall transactions were Baldwin Park at +41% and College Park at +37%. Lakefront homes in Maitland and downtown Orlando (32801/32806) showed the largest gains in single-family home transactions, while condominium sales performed best in Colonialtown and Baldwin Park.

With regard to median price, east Winter Park (32792) had one of the most interesting, but not surprising, statistics. Despite an 84% increase in the median price of lakefront single-family homes, the median number of days homes were on the market was down a remarkable 100% from 96 days the previous year. Those figures reflect what happens when buyers who may have been sitting on the fence snap up homes quickly for fear prices will continue to escalate.

On the condo side of the ledger, median prices showed the largest gains (24%) in College Park and Colonialtown (13%).

While numbers reveal a great deal about market conditions, consumer confidence is the most telling and continues to be the driver behind the positive momentum in the market.



Baldwin Park is located three miles from downtown Orlando, and is home to 8,000 residents.

Scott Hillman is president of Fannie Hillman + Associates, a 34-year-old Winter Park-based real estate company specializing in residential real estate sales and producer of The Hillman Report, a semiannual look at residential real estate in Orange and Seminole counties that can be viewed on the company's website (fanniehillman.com) or by calling (407) 644-1234 for a copy.

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

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

Serving Central Florida for over 34 years

Hillman
Fannie Hillman
Hillman
ASSOCIATES



One Story Custom Home in Baldwin Park
5 BR • 5.1 BA • 4,146 SF \$1,200,000



Immaculate Home in the Vias
5 BR • 4 BA • 3,998 SF \$1,199,400



New Construction & Adjacent Lot Near Lake Maitland
5 BR • 6 BA • 4,020 SF \$1,595,000



Charming Home in The Vias
5 BR • 4 BA • 3,266 SF \$899,900



Secluded Winter Park Lot with Canal Views
5 BR • 5.2 BA • 4,900 SF \$1,150,000



In The Heart of Winter Park
5 BR • 5 BA • 3,266 SF \$949,000

We improve the lives of the people we serve.

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



Voted "Orlando's Best Real Estate Office"
2005, 2006, 2007, 2008, 2009, 2011, 2012, 2014
Orlando Business Journal

schools

**Aloma Elementary**

PRINCIPAL JENNIFER K. SANDERS

Welcome back, Aloma Eagles!

Aloma ES is excited to offer several after-school enrichment programs for students this year. In addition to our free academic clubs, we have several fee-based organizations who will be offering enrichment on our campus after school. These include creative movement, drama/theater, karate zoo, pottery, tennis, and STEM. Information on these offerings can be found in our school newsletter.

The month of September is jam-packed with several family events including Open House, Boy Scout Night, Scholastic Book Fair, Goodies with Grandparents, Family Skate Night, and our PTA Fall Fundraiser Kick-Off. Information on our calendar dates can be found in our school newsletter. School Picture Day is September 8th. All students will have their picture taken, regardless of a photo purchase, so be sure you bring your best smile!

Students at Aloma ES are being prepared for global success through increased digital instructional resources. Although we are not an OCPS BYOD school, we do allow students to bring their personal devices from home for use in the classroom when appropriate. Please ask your child's teacher more about this technology initiative at Open House.

Keep current with what is happening at Aloma- Like us on Facebook!

**Audubon Park Elementary**

PRINCIPAL ANNA FERRATUSCO

I wanted to invite all of our families to our annual Open House event on Tuesday, September 15, 2015 from 5:30- 7:00 p.m. During this time your child's teacher will showcase their school year and learning that has occurred thus far. Academically, our focus this year will be to enrich all students through hands-on learning and engagement in cooperative exploration. This will occur in all grade levels and all classrooms as we prepare students to be successful in the 21st century. Audubon Park Elementary will

continue to grow our Bring Your Own Device digital curriculum program, with the support of our Falcon Fund foundation. This program provides an innovative approach to education!

I look forward to seeing everyone at our annual Meet Your Teacher event on Friday, August 21st from 11:00 a.m. until 1:00 p.m.

**Brookshire Elementary**

PRINCIPAL SUSAN MULCHRONE

The faculty and staff at Brookshire are gearing up for the new school year. Teachers decorated their classrooms to create the best learning environment for their students. The hallways are glistening thanks to the hard work of our custodians. Many students sent postcards from their travels over the summer. There is a real sense of excitement that is felt by administrators, teachers, and students alike in anticipation for the 2015-2016 school year. We know this will be the best one yet!

**Dommerich Elementary**

PRINCIPAL DR. JUNELLA HANDLEY KREIL

Our custodians waxed and washed and made sure everything was ready for the return of our students on Aug. 24th! We are looking forward to another year of active learning and fun events - including Family Garden day in October, and our always-popular Harvest Hoedown in November, as well as many other fun opportunities for learning and sharing.

We hope this was a summer of reading for our families. We saw many students and families at our media center on those special Wednesdays that Mrs. Aydt organized. They were all so pleased to have the opportunities to come in to select books and play chess!

Dommerich is delighted to welcome our new assistant principal, Mr. Kahlil Ortiz. We are so happy to have him as part of our Dommerich family and know that he will enjoy meeting our students and their families.

We are enjoying having our hallways bustling with happy students once again!

**Lake Silver Elementary**

PRINCIPAL CYNTHIA M. SWANSON

Welcome back, Tigers! "Mission Possible" is our theme this year that will include a strong focus on student achievement for all of our students. We welcome our two new assistant principals, Ms. Galbraith and Ms. Pinchevsky, and also our new staff members. Our teams met this summer and are more than ready for the school year.

Thank you to the Lake Silver PTA president, Colleen Tenney and the PTA board of directors; and to the Lake Silver Foundation president, Donna Hansen, and the Foundation board of directors for your support and fundraising that will benefit our students and teachers. Thank you to our Partners In Education for all of your support. Community involvement makes a difference in our children's lives.

We had a blast at the Back to School Bash and the Meet and Greet in Pine Hills held before school started. We look forward to all of the wonderful activities planned for this year beginning with the Open House on September 16 and the Fall Festival on September 18. Please attend the monthly SAC and PTA meetings and the Curriculum Night events as we support and provide equal access for every child.

Go Tigers!

**Lakemont Elementary**

PRINCIPAL DR. BRENDA CUNNINGHAM

The school year is off to a great start! Our first event for the month of September is our Homeroom Parent meeting, scheduled for September 2, 2015 from 9:00 - 10:00 a.m. During this meeting we will discuss ways that our homeroom parents can support our teachers and plan fun ways to connect to the families of the children. We ask that parents who are interested in participating, please attend. Also, it is important that all those who will be volunteering, please sign up to be ADDitions volunteers. The sign-up form can be found at volunteer.ocps.net and there will also be information regarding volunteering provided at this meeting. Our

Open House is scheduled for September 15, 2015 at 6:00 p.m. We invite all parents out to visit the classrooms and to see what the children are learning. Parents, please be sure to check your child(ren)'s planners each day for upcoming information regarding Open House and other events.

Our wonderful PTO, under the leadership of Daneen Cross, has planned events to involve parents and community members. We are grateful to them for keeping their gears moving in planning for our students. Our first Movie Night is scheduled for September 25, 2015 at 6:00 p.m. This is a great way for families to be part of Lakemont in a fun and relaxing way. Please come out to enjoy a family-friendly film and support our school. As we continue to make progress toward the end of the first quarter, please stay in regular communication with your child's teacher regarding classwork, homework, and class events. This is most effectively done through the planner and email.

Finally, our district has planned monthly Parent Involvement activities throughout the year. The first event is scheduled for Saturday, September 12, 2015 at Edgewater High School where the topic is Leading Our Students to Success: A Parent's Guide to OCPS. The session begins at 8:00 a.m. and will conclude at 1:00 p.m. Thank you for a great start to the school year and we look forward to reporting on our successes as the year progresses.

**Maitland Middle School**

PRINCIPAL DR. STEFANIE C. SHAMES

Maitland Middle School is soaring to new heights this school year with the addition of many new electives being offered for all grade levels. Students have the opportunity to be engaged in courses such as Digital Art, Speech & Debate, Theater, Creative Photography, and Business Keyboarding in conjunction with their core courses.

The Hawks are also excelling in activities outside of the classroom setting. There are several ways to support our Hawks during the month of September and we look forward to seeing you at these events. Our soc-

Christian Education at Woodruff Academy

Personalized Education to Kindle the Full Academic Potential within Every Student

- Year-round Open Enrollment
- McKay & SUFS Scholarships Accepted
- Small Classrooms
- Schedule a Tour

407.470.2818

www.CE-WA.org

at Winter Park Christian Church
760 N Lakemont Ave. • Winter Park



KIDS TEENS ADULTS Maile

- *On Camera Acting for TV, Commercials, & Film
- *Image & Confidence Development
- *Kid's & Teen Modeling
- *Etiquette & Manners
- *Professional Modeling for Adults
- *Advanced Acting
- *Executive Image & Personal Branding

All programs include our **FREE**
Professional Industry Seminar
Don't wait to get started!



Watch acting grad
Jack Griffo as Max
Thunderman on
Nickelodeons
The Thundermans!

Call to Register 407-628-5989

999 S. Orlando Ave. Winter Park | www.lisamaile.com

schoo

cer teams will have four home games this month on September 9, 17, 23, and 30th. Come out and show your support at 5:00 p.m. as the Lady Hawks play first followed by the boys. On September 25th our band students will have the honor of joining the Winter Park High School band, playing in the stadium at a home football game. Also, don't forget to get your Golden Hawk spirit wear from our fabulous PTA to wear to these events and others throughout the school year. Lastly, please reserve our Open House night on your family calendars for Tuesday, October 13th from 6:00-8:30 p.m. The Book Fair will also be open that night as well as the week of October 9-16th. We look forward to an amazing school year at Maitland Middle where we will together "Ignite Untapped Potential" for all our students!



Maitland Montessori
DIRECTOR'S MESSAGE FROM
ADELE FONDO AND MURIEL OWENS

Maitland Montessori Summer Camp in July was a very busy place. Camp attracted many campers and we all kept active and excited about all the new and fun things to do and learn.

We had many July highlights for our younger campers. Handyman Week taught us about safety when using tools and we made key chains and

construction paper tool belts. Brian from Amazing Animals brought a boa constrictor to visit us along other native reptiles plus a tortoise and a turtle. He explained the differences between the tortoise and the turtle while we explored the life cycles of the animals and made clay reptiles to take home. In our Art week, we focused on holding a pencil correctly, we made flowers out of coffee filters, and practiced cutting shapes. Campers were able to take home lots of projects from their July camp days.

Our elementary campers first studied the physics of roller coasters, then built several table-top models, and finally we designed roller coasters on a computer. Campers also studied fuel cells by using salt water and magnesium to create electricity and powered several small vehicles using this power source. Finally, campers built hovercraft and we all had great fun watching these vehicles race through the hallways.

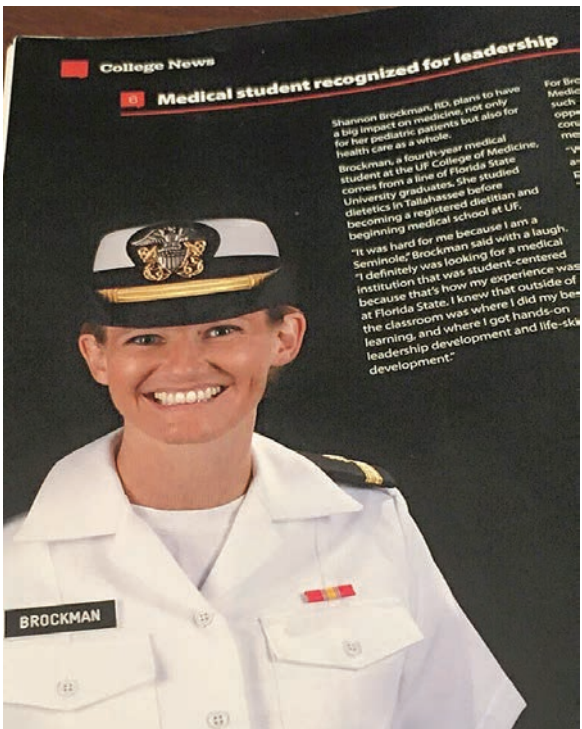


St. James Cathedral School
PRINCIPAL MRS. GERRI GENDALL

St. James Cathedral School was active with summer camps and Vacation Bible School, and we are ready to begin a new year after enjoying the gifts of summertime fun. We welcome the new administration team, led by our

new principal, Mrs. Dawn Helwig, and assistant principals, Mrs. Patricia Cobb and Mr. Anthony Gutierrez. Our school implemented outstanding academic tools, increased the Middle School enrichment classes, and added a dynamic theater program. In addition, thanks to the generosity from our school community, we have completed enhancements to the sound system in the Assembly Hall. We pray for God's guidance as we begin our 87th year here at St. James Cathedral School.

Congratulations, SJCS graduate Dr. Shannon Brockman! We are proud of Dr. Brockman and thank her for her service to our country! Shannon Brockman, RD, MD, a recent graduate of the UF College of Medicine, plans to have a big impact on medicine, not only for her pediatric patients but also for health care as a whole. During her last year of medical school, the Florida Board of Medicine recognized Brockman for her leadership and academic success with its Chairman's Recognition Award. The board encourages medical schools to nominate one medical student for the award. After launching her career in pediatric medicine, Brockman will spend four additional years serving



her country through the U.S. Navy. As a member of the U.S.N. Health Professions Scholarship Program, Shannon Brockman's passion for leadership and advocacy combines well with the military route.

We start every day with a prayer and thank Him for the opportunity to come together to learn and we look forward to each and every new adventure that awaits us. Join us for Open House on Wednesday, October 28 at 8:30 a.m. For further information about our Blue Ribbon School, please call 407-841-4432 or visit our web site www.stjcs.com.



St. James Cathedral School
Nationally Recognized Blue Ribbon School

Open House

Wednesday, October 28 8:30 - 10:30 am
Sunday, January 31 10:30 am - 1:00 pm
Wednesday, April 20 8:30 - 10:30 am


Come to Learn - Leave to Serve

- * 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



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

A Catholic Community




SCHOOL OF ROCK
LIFE LESSON
NO 2

YOU DON'T HAVE TO USE A BAT TO KNOCK IT OUT OF THE PARK

School of Rock offers an alternative to mainstream activities and a truly unique approach to teaching. Join our community today, and you'll see it's more than music instruction. **It's life lessons.**


NOW ENROLLING FALL PROGRAMS:
LED ZEPPELIN, FLEETWOOD MAC, PUNK ROCK
PINK FLOYD: DARK SIDE OF THE MOON



(407) 706-3900

OVIEDO.SCHOOLOFROCK.COM

Conveniently located on Aloma Ave. @ Hwy 417



LEARN TO ROCK YOUR WORLD

schoo**ls**



Winter Park High School

PRINCIPAL TIM SMITH

At Winter Park High School, our vision is to be the top producer of successful students in the nation. To further define our vision, we focus on the term “successful.” How is that term viewed in this vision? We define successful students as those who graduate from high school prepared to be helpful and productive citizens. For that to happen, students need to learn and build knowledge, thinking skills, and academic skills. Students also need to learn about the concept of community which encompasses working with others, leading people, and making a positive difference.

Our successful Wildcat students will graduate and go to college, join the military, attend a trade school, or enter the work place. Eventually, graduates will become family leaders, co-workers, bosses, volunteers, community leaders, and much more. Winter Park High School is excited about the 2015-2016 year! Together as a school and a community, we will prepare students to be helpful and productive citizens.

Our 9th-12th grade high school students had a “blast” at their first annual Pool Party. Next, we sponsored our annual Family Bar-B-Q and Campus Clean-Up Service Project. With team work we together whipped our campus playground and walkways in ship shape to welcome the beginning of school. The first day of school on August 17th was a huge success. At our August 21st, Back-to-School Family Dinner-Dance all associated with CE@WA had a great time dancing the night away. Our amazing long-time enrolled student and current student body president, Aaron Holladay, orchestrated his newly-created band to play for our entertainment. Each family brought a covered dish to the dinner-dance. In the spirit of generosity, families additionally donated \$25 per family or \$5 per person, toward funding the coming high school prom, March 2016. Our last August adventure of the month was a field trip and service project designed with the intent of steering the participants away from mostly thoughts of self. Our service-minded 3rd-12th grade students, teachers, and interested parents caravanned to a designated Florida beach. There we supervised students and enjoyed a back-to-nature field trip and service project collecting fishing lines, cans, and other wasteful debris harmful to birds and all of nature. One and all look forward to continuing an exciting school year on our five acre Winter Park campus, located at the Winter Park Christian Church.



Woodruff Academy

DIRECTOR'S MESSAGE FROM
JUNE WOODRUFF SULLIVAN

Things are back in full swing with Christian Education at Woodruff Academy (CE@WA). Our new 2015-2016 school year began with a splash.




To advertise your business, and cost-effectively reach over 60,000 readers in the next issue of The Park Press, please contact Jan at 321-422-8974, or email jan@theparkpress.com.

From page 16

built between 1902 and 1905, was arguably the designer’s greatest work of art. The Museum’s permanent exhibition of art and architectural elements from Laurelton Hall includes the restored Daffodil Terrace and more than 200 objects from important rooms. The installation, which opened in 2011, features two dozen leaded-glass windows, as well as lamps, art glass, and furnishings in galleries that suggest their context in Tiffany’s original design for the mansion.

The Morse Museum is open 9:30 a.m. to 4 p.m. Tuesday through Saturday and 1 p.m. to 4 p.m., Sunday. From November through April, the galleries are open until 8 p.m. on Fridays. Admission is \$5 for adults, \$4 for seniors, \$1 for students, free for children under 12, and from November through April, free for all visitors after 4 p.m. on Fridays. For more information about the Morse, please visit www.morsemuseum.org.



ARE YOU CONFUSED? BROKEN HEARTED?

407.248.0004
PSYCHICCHRISTINA333@YAHOO.COM
8000 INTERNATIONAL DRIVE



Doctors to Your Home,
Office, or by Phone.

mend Easy Appointments

Call 1-800-490-2788
Email BestService@mendfamily.com
Chat mendfamily.com
Text 407-456-7805

Download mend Today!





SAT & ACT TUTORING

REDUCE STRESS.
START PREPARING NOW!

For more than 30 years, Huntington’s tutoring method has been proven to help significantly raise SAT/PSAT and ACT scores for thousands of students.

Make your own schedule for tutoring!



Huntington.
Your Tutoring Solution

1 800 CAN LEARN® • HuntingtonHelps.com

1997 ALOMA AVE., WINTER PARK, FL • 407-644-0456



Present This Ad for **FREE** Travel Fee, \$99 Value

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.

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 Tuesday and Thursday **Crazy 8's** - 1:00 p.m. at the Edgewater Branch Library located at 5049 Edgewater Dr. Crazy 8's is a mathematical development series that introduce hands-on games that get kids fired up about math. For more information please call 407-835-7306.

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 Friday **Professional Presenters Entertain, Educate and Inspire Kids** – 11:00 a.m. at the Edgewater Branch Library located at 5049 Edgewater Dr. Activities include: Rainforest animals, magic shows, clowns, kids concerts and more. For more information please call 407-835-7306.

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

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

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

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

September 3 **The Orange County Retired Educators Meeting** - Noon at College Park United Methodist Church located at 644 W. Princeton St. The featured program is "Come Grow With Us: An Introduction to OCREA" - a welcome reception for new retirees and returning members. Cost is \$14 per person. For reservations please call 407-677-0446. Anyone who has worked in education is invited to join.

September 13 **Fittpalooza 5K** - 8:00 a.m. at Osceola Heritage Park located at 1875 Silver Spur Lane, Kissimmee, FL 34744. Proceeds for this event benefit the Orlando Magic Youth Foundation. For more information and to register as an individual or a group, visit www.fittpalooza5k.com/.

September 24-27 **The 25th Annual Southern Women's Show** - Thursday through Saturday, 10:00 a.m. - 7:00 p.m. Sunday 10:00 a.m. to 5:00 p.m. at the Orange County Convention Center, North Concourse, Hall B located at 9400 Universal Blvd. For more information please call 800-849-0248 or visit www.SouthernWomensShows.com

Maitland Events

Ongoing Events

Every Sunday **Maitland Farmers' Market** at Lake Lily

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

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.

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 Tuesday and Thursday **Curator Tours of Louis Comfort Tiffany's Laurelton Hall** – At 11:00 a.m. and 2:30 p.m. at the Charles Hosmer Morse Museum of American Art located at 445 N. Park Ave. Space is limited and free with museum admission. To learn more about this event with Curator Donna Climenhage please call 407-645-5311 or visit www.morsemuseum.org.

Every Wednesday **Mills50 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 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 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 welcome! Enjoy music, make new friends and get exercise at the same time! 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 5 - First Time Homebuyer and Veteran Education Workshop - 9:00 a.m. to 4:00 p.m. at the Winter Park Community Center located at 721 W. New England Ave. For more information please call 407-643-9111.

September 6 **Annual Rummage Sale** – 9:00 a.m. to 4:00 p.m. at the Woman's Club of Winter Park located at 419 S. Interlachen Ave. All proceeds will be used for charitable giving. For more information please call 407-644-2237.

September 6 **Opera In The Park** – 2:00 p.m. at the University Club of Winter Park located at 841 N. Park Ave. This concert is presented by Florida Opera Theatre featuring Maria Laetitia with accompanist, Robin Stamper. For tickets and more information please call 407-718-4365.

September 10 **Winter Park Sip, Shop & Stroll** – 5:00 p.m. to 8:00 p.m. along Park Ave. For tickets and more information please visit www.winterpark.org.

September 10 **Popcorn Flicks In The Park** – 8:00 to 10:00 p.m. in the Central Park featuring the showing of "Strangers on a Train."

September 17 **Winter Park Outlook** – 11:30 a.m. at the Alford Inn located at 300 E. New England Ave. This event is presented by Orlando Health and Rollins College, and will feature an in-depth conversation among a panel of local experts moderated by Dick Batchelor. Cost is \$35 for Winter Park Chamber members and \$0 for non-members. For more information please visit www.winterpark.org.

September 17 **Business After Hours** – 5:30 p.m. at Park Plaza Gardens. Cost is \$5 for Winter Park Chamber members and \$15 for non-members at the door. For more information please visit www.winterpark.org.

HIGHLIGHTS



MUSIC AT CASA FELIZ
Sunday, September 6 - 12:00 - 3:00 p.m. Rev. Garvey is a musician, singer and songwriter. He has performed with Livingston Taylor, Mary Fahl, Rick Elias, and has opened for Marshall Crenshaw. This event is free, but donations are gladly accepted. Children are welcome.



BACKYARD BIODIVERSITY DAY
October 24, 9:00 - 4:00 p.m. at Mead Gardens located at 1500 South Denning Drive. This free event includes key speakers, workshops, informational hikes and a native plant sale.

September 17 **Rehabilitating Birds of Prey** – 7:00 to 9:00 p.m. at Leu Gardens located at 1920 N. Forest Ave. This free program is hosted by the Orange Audubon Society and no reservations are necessary. For more information please call 407-637-2525.

September 26 **Household Hazardous Waste Disposal** – 8:00 a.m. to noon at the Public Works Compound located at 1409 Howell Branch Road. Free disposal for City of Winter Park residents only; proof of city residency (driver's license or utility bill statement) required. For more information please call 407-599-3364.

September 26 **Fall Bird Walks** – 8:00 a.m. at Mead Botanical Garden located at 1500 S. Denning Dr. Each walk will be led by an experienced birder and is open to the public. No pre-registration is necessary. For more information please call 407-647-5834.

September 30 **Coffee Talk** – 8:00 to 9:00 a.m. featuring Commissioner Carolyn Cooper at the Welcome Center located at 151 W. Lyman Ave.

October 1 **Central Florida Women Explore Balance Tips for Wellness** – 5:30 p.m. at Casa Feliz located at 656 N. Park Ave. This is a mini wellness retreat that includes stations hosted by area experts that include: meal planning, nutrition coaching, emotional life balance, yoga and chair massage. Pre-registration is required. For more information and tickets visit womenofwellness.wordpress.com

October 24 **Backyard Biodiversity Day** – 9:00 a.m. to 4:00 p.m. at Mead Gardens located at 1500 South Denning Dr. This free event includes key speakers, workshops, informational hikes and a native plant sale. For more information please visit www.meadgardens.org.

The Park Press

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

CHECK OUT OUR
PRINTER-FRIENDLY CALENDAR AND MORE...

www.TheParkPress.com

WHO HAS THE MOST SOLE?

WALK AND WIN CASH!

Bring your school, church, nonprofit or business out for a
FREE healthy walk – and win great prizes!

Saturday, October 24, 2015

7:30 – 8:30 am Registration

8:30 am Walk

Quinn Strong Park

345. S. Maitland Avenue
Maitland, FL 32751

- **FREE T-SHIRTS**
- **FREE PEDOMETERS**
- **WIN CASH**
- **WIN FITBITS**

Special Thanks to Our Partners:

Florida Hospital, Winter Park Health Foundation, City of Maitland,
City of Winter Park, Town of Eatonville, Einstein Bros Bagels
of Maitland, Planet Smoothie and Track Shack.



WINTER PARK • MAITLAND • EATONVILLE

REGISTER @ HealthyCentralFlorida.org OR call 407-644-2300, Ext. 241



Brought to you by Healthy Central Florida, a community-based partnership, founded by Florida Hospital and the Winter Park Health Foundation.