The Park Press



APRIL 2016

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Commissioner Stuart's Message



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Rollins CATCH Healthy Habits Program Needs Volunteers

The Rollins College Center for Lifelong Learning (RCLL) CATCH Healthy Habits program received a grant of \$71,686 from the Winter Park Health Foundation (WPHF) to support program operations through August 2017. Funds will be used to continue training teams of older adult volunteers who teach children about healthy eating and physical activity in after-school and summer classes.

Initially supported by a two-year, \$148,268 WPHF grant, CATCH Healthy Habits has trained 51 older adult volunteers who have provided 500 children ages 6-11 with a weekly nutrition lesson, a healthy snack, and 30 minutes of physical activity. The program has resulted in successfully improving youth and seniors' eating habits, increasing levels of participation in physical activities, reducing screen time, and fostering development of positive intergenerational relationships.

CATCH Heathy Habits at Rollins was established in response to the rising rate of childhood obesity in the United States. Central Florida mirrors this epidemic as the 2013 Professional Research Consultants Child & Adolescent Health Needs Assessment conducted on behalf of Nemours Children's Hospital in Orlando found that 26.7 percent of children ages 5 – 17 in Orange County, Florida are overweight or obese.

Adults are not immune to the obesity epidemic. According to the Healthy Central Florida study, The State of Our Health 2015, 26 percent of adults (age 18 and older) in the study's targeted communities of Winter Park, Maitland, and Eatonville, are obese.



At the same time, there are 79 million baby boomers in the United States today who have the capacity to serve as valuable resources to help alleviate the obesity epidemic through volunteerism. In Winter Park there are an estimated 9,361 adults age 55 and over and many have the time, capacity, and resources to serve as volunteers.

According to the US Department of Health and Human Services Healthy People 2020, children and adolescents who are overweight or obese are at increased risk for developing diabetes and heart disease. They are likely to stay overweight or obese into adulthood, placing them at increased risk for serious chronic diseases. The CATCH Healthy Habits program and its team of older adult volunteers is making a very positive impact for both children and older adults on reducing this epidemic and lowering the risk of chronic diseases.

Adults 50 and older interested in volunteering or learning more about CATCH Healthy Habits may call (407) 646-2459 or email htanyhill@rollins.edu.



"Achieving beautiful eyes is key to obtaining a naturally youthful face." // Ruth Hill Yeilding, MD

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Publisher's Message



Rick Cable

For those of you who know me, you know that I have a pretty good sense of humor. I try to look for the comedy within my daily environment, and I don't mind when something is funny at my expense. Having a good sense of

humor is both an inherited and learned trait. I truly didn't learn to use it to my advantage until I honed this craft into a useful and skilled art form when I was in middle school. Middle school for me was without a doubt the most awkward and challenging social time ever in my life, and studies support this is the case for everyone. During this time in my life I would describe myself as a blend of Farmer Ted and Jake Ryan characters from "Sixteen Candles." And I certainly knew of a guy just like Long Duk Dong.

Up until middle school, I was never picked on, however it quickly became a daily occurrence, thanks to a kid who bullied everybody at school. He circled up a few close friends only because it meant he wouldn't bully them. At first, not knowing how to react, I would get quiet and angry but this just welcomed more negative attention. Then I stood up for myself physically. Not easy to do as I was the person who wanted everyone to be

happy, and for everyone to like me. This approach was successful, but short-lived. It instantly gave me the "don't mess with him" reputation, however it would often lead me straight to the principal's office.

After a few weeks the bully somehow forgot that I had given him what he had coming to him, and he and his friends were back to picking on me again. This is when I started to make fun of myself with him. If he made fun of how I looked, or acted, I made fun of it too. Sure, it became a goal for me to use my quick wit. Somehow it became more about being funny than being mean. It also got to the point where I could make fun of him too. As much as I disliked that guy we finally connected, and I accepted that he's just always going to talk smack, and it's just the way that he was raised.

Since we start this month off celebrating April Fools' Day, I encourage everyone remember to use their sense of humor to their advantage. If you laugh along, you can never be laughed at. Think about it, it's true! Having a good sense of humor will not solve all the problems, but it will certainly make dealing with them easier.

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

*Rick*Rick Cable
Founder/Owner

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Track Shack

Wow, What A Ride! By Tricia Cable

Twenty years ago, had you asked me where I saw myself in twenty years, I would have never in a million years imagined the life I live today. I guess at this stage of my life, I would have expected a slower pace; with weeknights spent gardening or redecorating a room in my home and weekends enjoying walks on the avenue and dinner with friends. I might have thought that we would have yielded some high returns on our

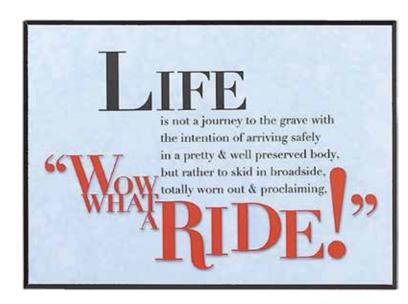
investments which would have afforded me the opportunity to spend my days volunteering at a local animal shelter or lending my time to my favorite nonprofit. I would have predicted a great deal of travel overseas to a few lifestyles of the rich and famous destinations where I would spend days lounging in the sun, toes in the sand with a cocktail in hand...and, I would have been wrong.

John Lennon said it best when he said that life is what happens to you while you are busy making other plans, and that is quite simply, the truth. The unplanned and hardly predictable turns in our lives take us where the real living happens.

Would I have preferred my life played out as I had predicted? I think not. I read a quote recently that said, "When God wants you to grow, he makes you uncomfortable." My interpretation of that is that I best get comfortable, being uncomfortable, because if nothing else, my goal on this planet is to grow. Nothing magical ever happens inside your

comfort zone. You have to take risks, overcome fears, and tackle your greatest challenges in order to learn, get better, and live your best life.

In years to come, when I am bored, with little to nothing on my calendar, I can sit completely still and relax reminiscing about the glory days when I got up at the crack of dawn with the chirping birds, threw a load of laundry in before work, charged full steam ahead into my day running from one



commitment to the next, throwing together whatever I find in the fridge that resembles a meal for my kids because I couldn't squeeze in a Publix stop. Running this one to the ball field and that one to the pool, all while maintaining at least the main part of the house in a manner as to not offend a visitor, and where the question of the day

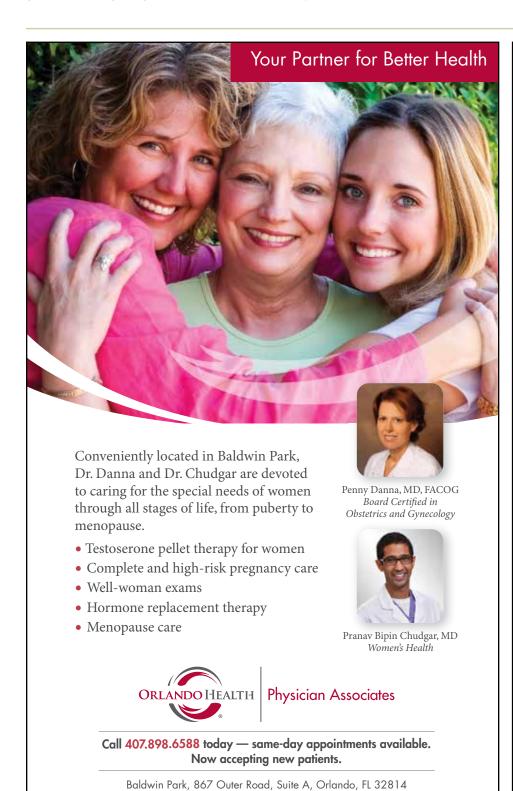
may be do I pack now (at midnight) for my 6 a.m. departure out of MCO for my work trip to LA or just get up really early in the morning...true story.

I am happy to admit that I am not a sit and watch the world go by kind of person. I step up, I over commit, I take on more responsibility than most, and my life is crazy nuts at times (most of the time) because of it. But, this is what keeps me learning, growing, and excited about the journey.

If your goal is to arrive at your grave in a pretty, perfectly preserved body and well-rested, this lifestyle may not be for you. But if you want to skid in broadside, completely worn out, proclaiming, "Wow, what a ride!" then you are my people. We can sleep when we are dead, right?

So, here's the challenge, grab a piece of white paper and a black pen and sit down and write a letter to your future self. Given your path to date, try to predict where you will be and what you will be doing in five, ten, or twenty years. Maybe even make a couple of different versions; one that incorporates the more conservative you and another that lends itself to your wild

side. This exercise will accomplish at least two things. One, you may ink a plan for your future; a little impromptu goal setting never hurt anyone. And, two, you will provide yourself with the option to dream bigger for yourself than you may have ever imagined, dream bolder dreams; what have you got to lose?



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NEWS The Park Press | APRIL 2016

City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



While Green living is becoming a way of life for many in our community, the City wants to help us all remember our environment as we celebrate Earth Month all April long. There are many ways to make a difference this month as the City is hosting many clean up and green up events

around Orlando. On April 16th, we will celebrate Family Earth Day by cleaning and replanting Demetree Park (650 Santiago Avenue) and surrounding areas on Saturday, April 16th from 9 -11:30 a.m. The important wetlands in this park were taken over by invasive species, which have been cleared and now it is time to replant this area with good native plans and we need your help.

Then for those 21 and older, join us at the Park of the Americas (201 Andes Avenue) for an evening Earth Day event sponsored by City Beverages. From 5-8 p.m., help spruce up this park and then celebrate afterward with free food and drinks compliments of the sponsor.

As you may have heard, the City has announced its "One Person, One Tree Initiative" where the City is encouraging every resident to plant a tree with a goal of increasing our tree canopy by 40%. While unfortunately, we sometimes do have to remove dying and diseased trees in our City, especially Laurel Oaks that don't live as long or as hardy lives as other tree species, we work hard to protect as much of our healthy tree canopy as we can, but we need your help in joining us to plant a free tree, maybe in your yard or right-of-way.

To raise awareness about the benefits of trees and all of our tree programs, the City is sponsoring the inaugural Walk For Trees on April 10th at Harbor Park beginning at 9 a.m. Learn more or register at ideasforus.org.

During Earth Month, don't forget our other green initiatives such as our free residential composter program, where we are

continuing to offer a free composter to any good home in the City, as well as free educational materials and classes on how to best take advantage of this in your day to day life.

We are proud of our many natural amenities in our City and what better time than Earth Month to enjoy them?

On Saturday, April 9th, enjoy Leu Gardens as they host a Country' n Blues Stroll beginning at 7 p.m. featuring Patrick Gibson, Daniel Heitz Band and Slickwood. Visit leugardens.org for more information.

Another great place to enjoy nature in our City, Bill Frederick Park, is hosting some wonderful full day camps this June for our youth ages 9-12. Enjoy themes such as Aquatic Adventures, Junior Outdoor Explorers and Wild Outdoor Explorers where campers will get an opportunity to learn camping skills, fishing, canoeing and more. Check out cityoforlando.net/fpr for details.

> April also brings a wonderful tradition back to another natural wonder, Lake Eola, for the 17th Year. On April 7th, IOA Corporate 5K evening race will be taking place. This great annual event will benefit local charities such as the Parramore Kidz Zone and the Christian Service Center. For more information about

how to sign up for this evening of fun and fitness, check out The Track Shack's website, trackshack.com.

Also on Saturday, April 23rd is the Sixth Annual Kidfest in the Audubon Park Garden District.

This one-of a kind event gives kids (of all



ages) a chance to learn what goes into running the many different businesses in the neighborhood. Do family yoga, learn organic gardening, make mini pizzas and much more. Visit apgardens.com for more information.

Speaking of being green, what better way to reduce your carbon foot print than to get out of your car and on to your bike or your feet? With that in mind, while Bumby Avenue is under construction to address flooding and road surface issues, the City will take advantage of this opportunity to construct a new off-street biking and pedestrian path that will be completed at the same time as the current project in the spring of 2017.

The new path will be asphalt, 10-feet wide in most areas and run along the east side of Bumby Avenue from Rosedale Road to Corrine Drive, providing a safe route and further connecting the neighborhoods and our commercial districts.

As always, thanks for everything you do each day. Whether it is recycling, bringing a reusable coffee cup to work, or bagging your leaves instead of blowing them into the street where they end up in our storm drains impacting our lakes, it all makes a difference!



Artist rendering of Bumby Avenue

Robert F. Stuart, Commissioner, District 3, City of Orlando • 400 S. Orange Avenue, Orlando, Florida, 32801 • 407-246-1003 • Robert.Stuart@CityOfOrlando.net



Winter Park Mayor's Message

🌉 Mayor Steve Leary



I write this note the day after the March 15th election. The turnout was phenomenal with multiple Winter Park precincts reporting over 50 percent and even 60 percent of registered voters participating. Way to go Winter Park!

"process" The

challenging, exhausting, and exhilarating for those seeking office, and rightly so. After all, it is called a "race" for a reason. Democracy is not meant to be an easy thing. Offering yourself for service to your community is a difficult decision to make and anyone stepping forward deserves our appreciation.

Congratulations to long-time resident, and new City Commissioner Pete Weldon and incumbent Caroline Cooper on their wins yesterday. I want to thank local entrepreneur and commission candidate,

Lambrine Macejewski. Even though Lambrine was unsuccessful in her first attempt at elected office, she won many new friends and fans. A special thank you to Tom McMacken. Commissioner McMacken and I have served on the City Commission together for the past five years. In addition to serving on the Commission for two terms, Tom has served on a number of other boards in the city, is a fixture helping to plan the Autumn Art Festival, can be seen anytime that a marching band is in the area, and has been a professional, respected colleague and friend.

Last evening the Library & Events Center Bond Referendum was also approved by a majority of voters. I am thrilled that we now have the ability to create an important new asset that will serve this community for generations. The Library Task Force did a tremendous job working together to come to the commission with a unanimous recommendation, which then received unanimous support from

the City Commission. However, the vote clearly indicates that we have work to do in educating the community to this project. We have heard that some in the community have concerns over the expense, scale, impact, etc.

While it would have been premature to dig too deep into the issue prior to the vote, a key component to now consider when discussing the project is what to do with the existing library site. As the referendum has passed though, we need to begin to discuss the options for the current site and how it will impact the timing, expense and other details of the new project.

A project of this importance needs to be handled deftly. I will be asking City Manager Randy Knight and my fellow commission members to work with me to continue to move the project forward while concurrently reaching back out the community for feedback and ideas. I look forward to sharing more information as we proceed.



Maitland Mayor's Message

Mayor Dale McDonald



Congrats To The **Volunteers Of The Year**

Two individuals recognized for their service on the City's resident boards. Dr. Lewis Earle

the 2015 received Volunteer of the Year Award for his service on the Parks

and Recreation Advisory Board (PRAB). He also serves as the PRAB's liaison to the Lakes Advisory Board. He is on his second term since being appointed in June 2011. He also serves on the PRAB Master Plan Subcommittee.

Dr. Earle is a former member of the Florida House of Representatives, former member of the Orange County Republican Executive Committee, and founding member of the Rotary Club of Orange County East. He has called Central Florida home for over 57 years. He is committed to preserving the beauty and quality of living in Maitland.

Mr. Frank Turner, the second recipient, was recognized for service the Board of Zoning Adjustment. He is the current Chairman of the Board of Zoning Adjustment. He has encouraged residents to participate on the BZA. He has recommended that two residents apply when there were vacancies. In both cases they applied and were selected by Council to serve on this board. He thoughtfully goes through the hardship criteria called in the City Code and meticulously considers the request of the cases presented to the Board.

February 22, 2016, **City Council Meeting** Recap

The City Council met at 6:30 p.m. on February 22, 2016, in the City Hall Chambers. Below is a synopsis of that meeting.

One public hearing scheduled. was approved with conditions:

> • Ordinance - Petition No. 2015-14 (AZ) (PD) 511 Maitland Blvd. (Maitland Concourse North) - Option 1

The Consent Agenda was approved as presented:

- Approval of the City Council Meeting Minutes of February 8, 2016
- Receipt of the Planning & Zoning Commission Meeting Minutes of December 17, 2015
- Receipt of the Parks & Recreation Advisory Board Meeting Minutes of January 6, 2016
- Receipt of 1st Quarter 2016 Financial Snapshot
- Department of Health Grant FD Extrication Gear
- Professional Engineering Services (CPH Inc.) Water Main Improvements, US Hwy. 17-92, Mayo Ave. to Monroe Ave.
- Resolution Local Agency Program Supplemental Agreement No. 1 FDOT -



Pictured from left to right: Dr. Lewis Earle, Mayor Dale McDonald, and Mr. Frank Turner.

Bicycle Wayfinding Signing Project

The following decision item was approved:

 Appointments - Lakes Advisory Board (1); Transportation Advisory Board (1)

The following item was discussed:

• Federal Priority List

Screen on the Green Returns in April & May

The return of spring brings with it the return of Screen on the Green at the Maitland Middle School Soccer Field at 1901 Choctaw Trail. Save the dates:

Saturday, April 2: Minions (Showtime: 8:00 p.m.) Saturday, May 14: Inside Out (Showtime: 8:00 p.m.)

You bring the blankets and chairs and we'll bring you the stars.



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County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



Ted B. Edwards

Or ange County residents are blessed with many great choices for higher education. As the County Commissioner for District 5, I am

privileged to represent many of these institutions. From the Valencia College to Barry University School of Law to Rollins College to the University of Central Florida, prospective students in District 5 have many options to choose from when looking for the right college experience. The University of Central Florida, far and away the largest university in Florida, is of particular note. From its humble beginnings in the early 1960s, UCF's expansion has always been indicative of the growth and development of the greater community it serves. This month, I would like to give you a brief overview on UCF's history, growth, and future plans for this impressive university.

On June 10, 1963, the State of Florida created a new university in Eastern Central Florida. At the time, a large demand existed for workers

trained in engineering, electronics, and other technological disciplines to support the budding U.S. space and missiles programs. In 1964, state officials acquired the site of the main campus in East Orange County and, in 1967, broke ground on the newly named Florida Technical University. Classes began the next year with 1,948 students enrolled in 55 degree programs supported by 90 instructors and 150 staff members. The University opened its first satellite campuses that year in Daytona and Cocoa.

In 1978, Governor Ruben Askew signed legislation changing FTU's name to the University of Central Florida. In the 1980s, UCF's growth led to the establishment of its first doctoral programs as well as the incredible public-private partnership in the Central Florida Research Park. Growth at UCF has only increased in speed in the years since. As of 2015, UCF had over 63,000 students enrolled in 208 bachelors, masters, and doctoral programs, making it the second largest university in the nation. The size of UCF's faculty and staff has kept pace with

its student population; over 11,000 faculty and staff ensure the university continues to operate smoothly. The number of UCF regional campuses has also grown to 10 today including campuses in Altamonte Springs, Leesburg, Ocala, Palm Bay, Clermont, and Kissimmee.

Exciting things are on the horizon for UCF thanks to the efforts of UCF, the City of Orlando and many community partners. UCF has plans to build a Downtown Orlando campus to serve and house 7,700 students in digital entertainment and communication, healthcare technology and administration, and public service programs. UCF will partner with Valencia College to share space and teaching staff to keep costs down for both institutions. Approximately 70 percent of the Downtown campus' student body will be UCF students with the remainder coming from Valencia College. As you may have read, UCF was recently awarded \$20 million in state funding toward this project. This state funding, combined with a \$20 million contribution from UCF and \$20 million from community partners, including \$3 million from Orange County Government, will fund this important project. Most importantly, the City of Orlando approved a \$75 million contribution toward the project, including land and infrastructure improvements. The location of this campus will provide easy access to Downtownarea internship opportunities for students, particularly those living on or near the campus.

As an Orange County Commissioner, I am proud to have UCF home grown in our community. I look forward to UCF continuing to train future generations of engineers, scientists, doctors, teachers, hospitality workers, and many other important professions. As always, if you have any questions about Orange County's commitment to supporting the University of Central Florida or any other county issue, please do not hesitate to contact me or my aide, Edgar Robinson. We can be reached at 407-836-7350 or by email and district5@ocfl.net.



The Winter Park Police Department's Police Explorer Program is for youths 14-21 years of age who are of good moral character, maintain a minimum 2.0 grade point average, and have an interest in Law Enforcement. Police Exploring is a division of the Boy Scouts of America and promotes character development, citizenship, training and personal fitness through law enforcement training and fun community service. Community events include parades, festivals, and other events throughout the city. Explorers

have the opportunity to earn community service hours for their participation. The Winter Park Police Explorers meet every other Monday evening during the school year, from 6:00-9:00 p.m. Meeting locations may vary depending on the training topic. During these meetings, the Explorers are exposed to safe, structured law enforcement training to include classroom principles and hands-on practice on topics such as patrol procedures, first aid, crime

prevention, and physical fitness. The Explorers are monitored by full-time police officers. Explorers who demonstrate competence and maturity can attain rank within the post. Questions regarding the Winter Park Police Explorers should be directed to Officer Kaitlin Gonzalez with the Community Policing Unit at kgonzalez@cityofwinterpark.org or 407-599-3507. If your child is interested in becoming a Winter Park Police Explorer, you can log on to www.wppd.org and complete the application.

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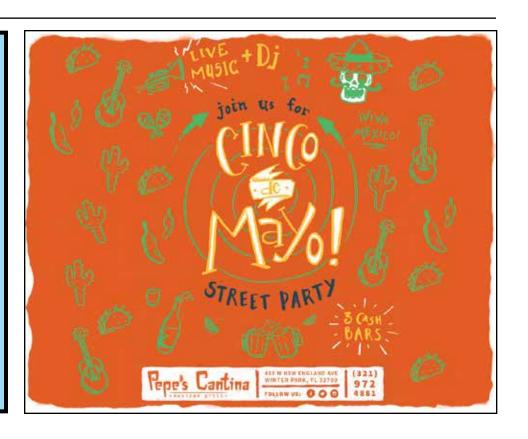
For A Good Read "Understanding The Consequences of Marijuana" www.winterparkrecoverycenter.com/smoking-cessation/

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Mobile Fresh Market To Serve Those In Need

RDV Sportsplex supports access to fresh produce in food desert communities by hosting The Fresh Stop Bus, a mobile farmer's market, in the RDV Sportsplex Parking Lot, Monday mornings 9 a.m. - noon. The Fresh Stop Bus is a local non-profit reliant on grants and charitable funding in order to visit a dozen neighborhoods each month providing access to fresh fruits and vegetables. With more than one million visitors annually, RDV Sportsplex is helping to generate much needed revenue to help support this access to fresh produce in local communities, bringing hope and better nutrition to some of the areas hardest hit by generational poverty.

In Central Florida more than 90,000 of our neighbors live in food deserts, areas without easy access to fresh, nutritional foods. Limited food choices often result in poor nutrition as families rely on fast food or processed foods sold by neighborhood convenience stores. Families are forced to substitute foods usually high in fat, sugar and salt, which in turn leads to increased rates for diabetes, higher blood pressure and other diet related diseases.

By providing expanded food options to targeted communities, Fresh Stop will drive positive health outcomes and create a road map for generational change for families hardest hit by diabetes and heart disease.

As envisioned by Hebni Nutrition Consultants, the Fresh Stop bus is a mobile farmers market created to serve these in-need neighborhoods. The program offers fresh fruits and vegetables in



Hebni Nutrition Consultants, Inc. has created a mobile farmers' market that serves in-need neighborhoods. Below, Founding Partner and Executive Director Roniece Weaver, MS, RD, LD (left) and Fabiola Gaines, RD, LD, Founding Partner

community centered locations and at budget-friendly prices. Hebni Nutrition Consultants is a Central Florida-based, not-forprofit agency formed in 1995 to educate populations who are at risk for obesity, heart disease, diabetes and hypertension.

The mission of RDV Sportsplex is to enhance the lives of individuals

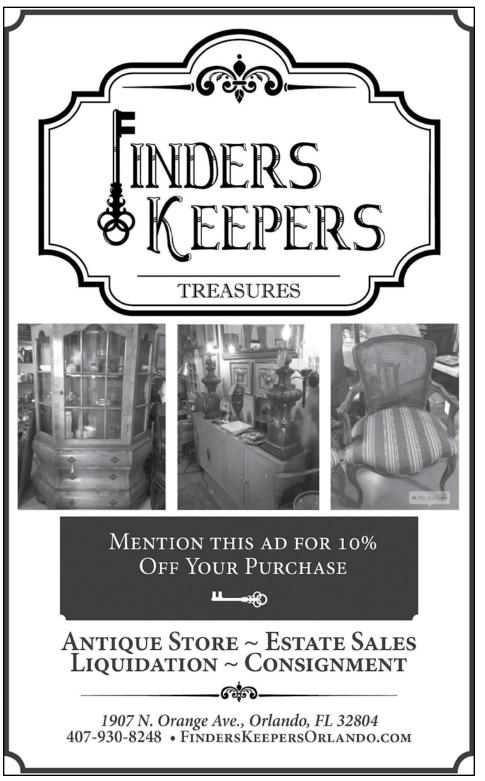
and families in our communities through exercise, sports and recreation, by providing worldclass service, facilities and programs all within an or visit RDVSportsplex.com.



environment of active fun.

For more information, please call 407-916-2442





Will You Be One Of Brogan's Heroes?

On November 4, 2015, a local family from Winter Park received devastating news... their four-year-old son, Brogan, was diagnosed with Acute Lymphoblastic Leukemia. Within days of the diagnosis, Brogan and his mommy were living at the St. Jude's Children's Hospital in Memphis, Tennessee. At the same time, Brogan's daddy was at home in Winter Park, alone, with Brogan's three other siblings (ages 8, 6 and 2). Brogan's daddy is self-employed but has been unable to work in over a month since the initial diagnosis. The family is having to live apart for the most part for the next 4-6 months. Daddy will have to be a single dad to three little kids who need him.

Brogan was attending Park Maitland School up until the diagnosis. He has been undergoing intense chemotherapy in Tennessee. It has taken its toll on his little body. When the treatments began, he didn't smile or speak; he was in pain all the time. The chemo caused nerve damage and at times he couldn't even walk or use his hands. Despite this toll on his body, within a few weeks Brogan will have to begin his third round of chemo treatments.

St. Jude Children's Research Hospital has been amazing and is paying for the treatment that Brogan is receiving. However, the family has extensive bills from the first hospital, additional medical expenses, and many other upcoming costs over Brogan's three year leukemia treatment.

The Brogan's Heroes Fundraiser is being held April 16, 2016 at the Winter Park Community Center Ballroom. The entire Park Maitland school is being invited (600 families). The Fundraising Committee is asking for help from the community in the form of donations for a silent auction to be held during the evening fundraiser, with all funds raised going to Brogan's family to assist with the enormous costs they are facing from this devastating diagnosis.

The Committee thanks you for your generous donation and for being one of Brogan's Heroes.

For more information, please feel free to contact to the committee chair, Abigail Hegarty, at aheagartyhouse@gmail.com.

Emerson Howell Earns Rank Of Eagle Scout

Boy Scout Troop 62, sponsored by St. Margaret Mary, is pleased to announce that Emerson Howell has earned the rank of Eagle on February 9, 2016. Emerson is the son of Joe Howell and Letitia Wood and lives in Orlando, Florida. Emerson is 18 and a senior at Winter Park High School. Emerson became the 130th Eagle for Troop 62 since 1958.

Boy Scout Troop 62 has been sponsored by St. Margaret Mary Catholic Church since 1958. Troop 62 has a proud history of values-based youth development organizations. The BSA provides a program for young people that builds character, trains them in the responsibilities of participating citizenship,

and develops personal fitness.

The Boy Scouts of America believes — and, through over a century of experience, knows - that helping youth is a key to building a more conscientious,

responsible, and



"Walk A Mile In Her Shoes" Continues To Make A Difference

Nearly 350 local leaders and community advocates took to downtown Orlando in high heels on Thursday, March 3 to raise awareness – and funds - during the 4th Annual Walk a Mile in Her Shoes Orlando benefiting Harbor House of Central Florida. This was the largest event to date, which generated nearly \$42,000 for the programs for survivors of domestic abuse by Harbor House.

"We are thrilled to see the number of businesses and individuals who know the importance of Harbor House's work in Orange County," said Ellen Siler, interim CEO of Harbor House of Central Florida. "That this year's event was our biggest, most successful ever is a true testament of our community's stance of not tolerating domestic abuse."

Walk a Mile in Her Shoes is an international event signified by a men's march in heels. Harbor House welcomed men, women and children to participate in a fun-filled evening to raise awareness about domestic abuse in Central Florida. Prizes were also awarded for most money raised, most creative shoe and largest team at the event.

"Each year, we've been able to grow the event; and I'm elated that 44 teams registered to particievent chair and vice chair of the Harbor House board of directors. "Our community is showing more of an intolerance to this epidemic and

the support especially from local businesses shows that."

Walk a Mile in Her Shoes Orlando is presented by Verizon. Other 2016 event sponsors included Bank of America, Florida Hospital, Massey Services, SeaWorld Parks & Resorts Orlando, Wells Fargo and Clear Channel Outdoor.

For more information about Walk a Mile in Her Shoes Orlando and Harbor House of Central Florida, please www.harborvisit

pate," said Tony Cardoza, Walk a Mile in Her Shoes housefl.com. If you or anyone you know might be experiencing domestic abuse, call the 24-hour, confidential crisis hotline at (407) 886-2856 or 800-500-1119 (Florida).

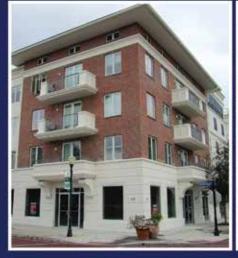


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Mayor Jacobs' Fifth Youth Leadership Conference

Mayor Teresa Jacobs of Orange County recently hosted her fifth annual Youth Leadership Conference at Rollins College in Winter Park. The conference welcomed more than 200 high school student leaders from 23 Orange County Public Schools (OCPS) and the non-profit teen group Family & Friends United, Inc.

The half-day event taught students about the functions of local county government, how to better participate in community initiatives, and how to strengthen their leadership skills.

"This conference showcases the many facets of local government and how our students can get involved at any age," Mayor Jacobs said. "From meeting with government and community leaders to participating in mock hearings, students learned about their local government and how decisions are made in a real-world setting."

Isaiah Rutledge, an 18-year-old senior at Boone

High School, participated as a witness in a mock Code Enforcement Board case involving the alleged discovery of illegal substances at a local residence.

"I thoroughly enjoyed Mayor Jacobs' Youth Leadership Conference," Rutledge said. "I learned that Code Enforcement is a multi-faceted job and they have to deal with very serious issues and crimes. I'm excited about getting involved in my local government. Now that I am registered to vote this year, I want to volunteer as a poll worker in the local elections."

Students also participated in a Youth Issues Forum led by Mayor Jacobs; the Orange County School Board vice chairman, Nancy Robbinson; and the OCPS chief academic officer, Dr. Scott Fritz, where they discussed topics of importance to this generation. The top issues of concern that were presented included literacy, the effects of standardized testing, cyber bullying and negative peer pressure.

This generation is so much more aware of how government can affect your lives and how you can make a difference in your community.

Mayor Jacobs of Orange County

"The choices will be yours, and the decisions about using our resources and tax dollars to create a community in which you will want to live and raise your families will be yours one day," Mayor Jacobs said during her closing remarks. "This generation is so much more aware of how government can affect your lives and how you can make a difference in your community."

The Youth Leadership Conference was founded by Mayor Jacobs in 2011 to connect students with their local government. About 1,000 local student leaders have participated in the program since its inception.

City Of Orlando Summer Camp Options

With summer quickly approaching, now is the time to start thinking about activities for the kids. Part of its efforts to provide activities to residents of all ages, the City of Orlando offers fun and affordable summer camp options.

Choices include nine-week recreation camps at 16 community centers located across the city. The camps feature a variety of recreational activities including swimming, crafts, indoor and outdoor activities, computer labs, special events, and optional field trips to Orlando theme parks for children ages 5-14, starting at \$60 per week for City residents. Registration for the recreation camps starts April 2.

Bill Frederick Park at Turkey Lake's one-week camps allow children ages 9-12 to explore the wilderness, try camping, farming and birding, and go on aquatic adventures for \$200 a week for City residents. Registration for the Bill Frederick Park camps is currently open.

The City's Pottery Studio offers children ages 6-13 the opportunity to learn more about clay and other art mediums during its two-week session camps starting at \$45 per session for City residents. Registration for the Pottery Studio camps begins April 2.

For more information to register, visit cityoforlando.net/summercamps





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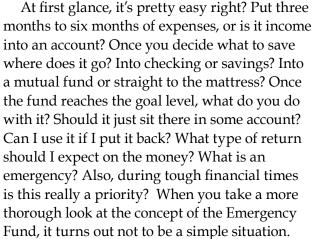
fiscal fitness by John Gill

The Emergency Fund

the one financial concept that most everyone is familiar with although most people

with although most p don't have one.

The Emergency Fund is



Generally speaking it is a simple concept. Set aside money to cover the unexpected curveballs that life throws at you. What qualifies as an emergency? Loss of employment, short term illness, major vehicle repair, large medical bills, major home repair, you get the point. If you were to experience an event like those mentioned above and could just write a check instead of borrowing, the stress of figuring out how to cover the issue

would be eliminated. More importantly, you pay for it when it happens and move on. A couple of things to consider, if money is borrowed for an emergency, the actual cost of the event increases because of the added interest paid over time, or if the problem is covered by liquidating investments there is the loss of income caused by the costs associated with liquidating the investments plus lost investment income.

Regarding how much should be set aside, strive for three to six months of expenses. If you are able to, three to six months of income is even better since it is a larger cushion. Of course one size does not necessarily fit all. If you have a large family or a large number of obligations, a larger fund may be necessary. Considering today's times, a more practical approach may be to set aside several months of rent or mortgage

payments coupled with a like number of car payments to start the fund and build on that.

For most people, building an Emergency Fund will take time, but that does not mean you should not strive for it. Having a couple hundred bucks set aside for this purpose can be a good place to start while adding \$50 to \$100 each month until you reach your goal. The assumption when building such a fund is that you are reducing/eliminating debt. If you have a \$3,000 emergency fund on your way to \$6,000, but have \$5,000 in credit card debt, you may want to pay down a portion of the debt, say \$1,500 in this example, while continuing to build the fund.

The next thing to consider is where to stash the fund. Checking, savings, and money market accounts are great places to start. Some may protest that the interest rates are low on these accounts. I would argue that the accounts are safe and the goal is not to generate spectacular returns. The account should not be easily

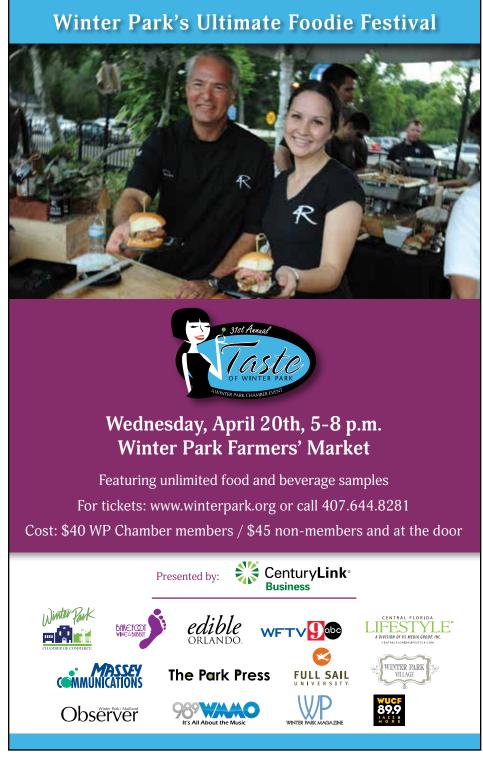
accessible, no ATM or debit card access.

Another idea is to place the fund in an account at a bank in another part of the city that is not your primary bank. This will require some thinking before withdrawing and reduce the chance that the funds are used for non-emergencies.

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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.





amily business perspective

Succession Planning: A Tool To Build Business Value



Often times the term "succession planning"

creates a negative feeling for business owners. The reality is, the stigma tied around

the word "succession" is too closely aligned with "death" and "retirement." In addition, the natural anxiety and emotions that come with the thought of exiting the business can, and do, often prevent owners from planning for the future. Entrepreneurs simply do not want to plan for a time that means they are no longer building a business. The reality, however, is that succession planning has a direct impact on the value of the business.

The value of your business is not solely determined by the amount of current cash. When the day comes that the owner looks to transition away, the potential buyer or successor will value the business based on what future earnings look like, key leadership and management that is involved (i.e. knowledge and experience), and contributing family dynamics. Outlined here are four areas where planning can have an impact on the value of your business, and your future.

Future Earnings

Business success and succession are dependent on financial success. Standard operating processes lay the foundation upon which a business can build long-term sustainability. Ensuring your business's products or services are relevant and of high demand, regardless of changes in markets, generational interests and technology, confirms business value. Creating standard operating processes today and strategies to adjust to customer needs ensures proper organizational structure and capacity for the future.

Leadership and Management

A great deal of business value is locked into the management team and your organization's approach to teamwork. The depth of leadership and management bench strength is essential as every position experiences turn-over for a variety of reasons. It is inevitable that key leaders will look to step out, whether due to retirement, looking to change paths, or simply just to get out. The succession planning process positions you to take advantage of opportunities to develop recruiting, leadership development and retention programs to grow your competitive advantage your people!

Successor Development

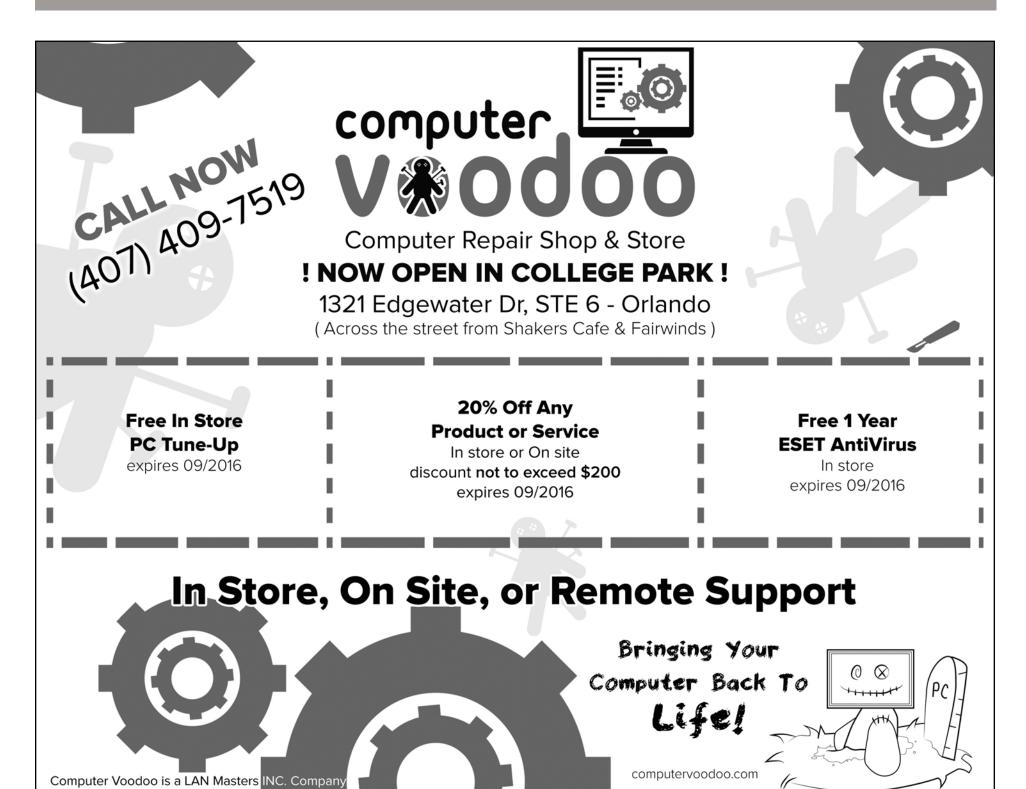
Building a business that will succeed through multiple generations while continuing to build value requires a focus on successor identification and development. Whether you are looking to sell the business, or transition to a key manager or family member, banks and buyers are interested in who can carry the baton through the transition. Successor Development is not just about who has the best business savvy or best rapport with employees. Developing the next leader of the business ensures that the goals and objectives are met and sets a path for future growth.

Family Dynamics and Governance

Family and business issues can become at odds and directly impact the sustainability of the business. The relationships you have with those in your formal and informal family have a positive or negative impact on the achievement of your business goals and vision. Intra-family matters can and will distract and weaken the focus and commitment of the management team, including you as the business owner. Establish forums and processes to promote effective intra-family communications.

Establishing a succession plan early and visiting it often ensures that business owners, family members, and key leaders of the business are not blindsided with problems. Understanding these issues empowers a succession planning team to proactively avoid issues in the present and build business value.

Kendall Rawls knows and understands the challenges that impact the success of a family owned business. Her unique perspective comes not only from her educational background; but, more importantly, from her experience as a second generation family member employee of The Rawls Group.



Business In The Parks

Orlando Health has named Thibaut van Marcke, senior vice president, Orlando Health and president, Dr. P. Phillips Hospital. Mr. van Marcke most recently served as vice president and



Thibaut van Marcke

ating officer for HCA -North Florida Regional Medical Center in Gainesville. During his 15-year healthcare career, Mr.

chief oper-

van Marcke has also served as chief operating officer of Medical Center of Trinity in New Port Richey, Florida, and associate administrator at The Medical Center of Aurora in Aurora, Colorado. He has worked closely with the American Heart Association and previously served on the Advisory Board for the YMCA of the Suncoast. He holds a bachelor's degree from the University of Richmond and a master's of health administration from Virginia Commonwealth University. He will officially assume his position April 20.

Adam Jones, Vice President of Quality Assurance for Massey Services, was recently inducted as President of the Florida Pest Management Association (FPMA). Jones has served for four years on the FPMA's Executive Committee and his main role as



to continue effectively improve the administration and supportservices for the state association.

president is

Owens Realty Capital is proud to welcome Michael Clary as executive vice president. Mr. Clary, a licensed broker, will help implement the company's growth strategy that includes investment and acquisition throughout the United States. Additionally, he will work with the company's facility



Michael Clary

vision, Owens Realty Services, to expand company presence by targeting new Commercial Real Estate and Facility

services di-

Management Services opportunities along the Eastern Seaboard. Prior to his employment at Owens Realty Capital, Mr. Clary worked for Tavistock Group, an international private investment organization. Crossman & Company, one of the largest retail leasing, management and investment sales firms in the Southeast, recently promoted Jennifer Jackson to research manager. John Crossman, president of Crossman & Company, said Jackson is a University of Florida graduate who joined the firm two years ago as



Jennifer Jackson

coordinator. As research manager Jackson will plan, coordinate and execute research projects.

a research

Rollins College is pleased to announced the appointment of Susan **Singer** as the College's new vice president for academic affairs and provost. Singer will join the Rollins



Susan Singer

community August 1. Singer currently directs the Division of Undergraduate Education at the National

Science

Foundation (NSF), leading a team of 50 with a budget of more than \$300 million annually to catalyze transformation in undergraduate learning and success across the nation. With her leadership, 14 federal agencies are collaborating to increase their collective impact on improving undergraduate science, technology, engineering, and mathematics education. Singer has also been a member of the Carleton College faculty since 1986, where her experience includes directing the Perlman Learning and Teaching Center and co-directing the Carleton Interdisciplinary Science and Math Initiative. She earned B.S., M.S., and Ph.D. degrees from Rensselaer Polytechnic Institute.

Suzanne Graham, the director of government affairs for Massey Ser-



recently honored with the Florida Pest Management Association (FPMA)Doug Vander

vices, was

Suzanne Graham Poest Extra Mile Award. This award was given to Graham in recognition of her exemplary leadership and dedication to co-chairing the FPMA's Governmental Affairs and Political Action Committees in 2015.

Winter Park Odyssey Of The Mind **Team Continues Winning Tradition**

The Winter Park world finalist Odyssey of the Mind team has enthusiastically returned for the 2016 competition season. This close-knit group of creative students is enjoying a milestone season before team captain and coach, Will Hornbeck, heads off to college next fall.

The team began at Glenridge Middle in 2010 and has competed every year in the Magic Center Region. Years of hard work paid off last year, resulting in a sixth-place finish (with honorable mention) at the 2015 World Finals in Michigan last May.

Teammates are currently working toward a repeat victory this year, aiming for the 2016 World Finals in Iowa. They are off to a winning start, placing first in all three categories

(long term, spontaneous and style) at the Regional competition held on February 27. February scores were a team best and exemplify how far the problem-solving skills have come since the team's formation in seventh grade. The next stop is Florida State Competition at UCF on April 9, 2016.

The team was pleased to see two new teams from Glenridge compete this year at the Regional competition, as well. Many of the younger students sat in audience of Team #32540's first place long-term show at Edgewater High. The veteran students, now all in high school, are thrilled that their legacy of creative problem solving is being met with enthusiastic and promising new students in our local school district.



2016 Team #32540 (from left to right): Delaney Kristofek, Rachel Loughman, James Robinson, Rosa Shuman, Will Hornbeck and Greg Hornbeck



Pictured above: Anna Long, director of the Magic Center Region, awards Will Hornbeck one of two regional Senior Scholarships presented on February 27 at Edgewater High.



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in the

in the garden by Stephen and Kristin Pategas

Here Comes The Sun



Stephen & Kristin Pategas

The day with the fewest hours of sunlight here in the northern hemisphere is well behind us – December 22nd if you didn't notice. Now, the eternal yearly journey to the summer solstice on

June 20th is well underway (note these dates vary slightly from year to year). While the tracking of the sun's journey has inspired the creation of mystical antiquities such as Stonehenge, it also has consequences for people and plants. The increased daylight has psychological effects on us, but what does it mean for plants and gardeners? Well, a heck of a lot since there are more hours of sunlight, at greater intensity as the earth has shifted the sun's position higher in the sky.

Just as increased length and intensity on our skin is harmful, it is also true for plants that perform best in shade or semi-shade locations. While a few more hours of sunlight are beneficial for herbs, vegetables and many

other plants, more sun will stress many "shade loving" plants that evolved growing under the canopy of a forest of trees. Sometimes, the stress of more sun is counteracted with additional watering - consider that as a last resort. In other cases, the plant's foliage will actually scorch and even new emerging foliage will look bleached since it cannot adjust. We saw this on many properties after the trio of hurricanes in 2004 ravaged Central Florida. Canopy trees overturned and gardens went from shade to sun within seconds.

An interesting phenomenon of the changing positions of the sun through the year is the change in the resulting shade patterns. At the winter solstice, the sun rises and sets in the

south very low in the sky. Then, as it is doing now in April, it is creeping towards its highest point in the sky. While the north sides of structures are bathed in shade in late-December, by mid-June the sun kisses them.

When we visit a property, we take these seasonal changes into account and calculate where the sun will strike the plants throughout the year. Structures and trees will affect where the shade is located at various times of the year and we select plants accordingly.

When doing research on plants and their needs, always look for their light level requirements. We find that the most useful plants are what we call "transition plants." They take sun, shade or light levels somewhere in-between and can handle a change in light conditions.

Plants do not care whether it is Daylight Savings Time or Eastern Standard Time. While it upsets our sleep and eating schedules, they get the same hours of daylight whether we move the clocks ahead or back. As we move forward, find June 20th on the calendar and add a note: "Take photo of north side" and label that image "summer solstice." Then note December 21st to look at the same scene. The difference will be enlightening. It may also answer the question as to why some plants in the garden are struggling.



Above: Winter solstice with shade (note same birdbath at north wall on right).

Middle photo: Zamia pumila-coontie, a great sun or shade plant. Bottom: Summer solstice with full sun on north side (note birdbath).

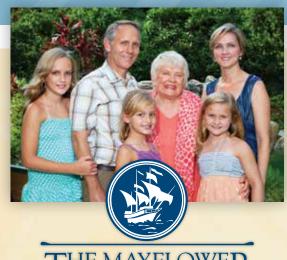


Photos by Stephen G. Pategas/Hortus Oasis.

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

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

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

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real estate in the parks by Scott Hillman

Exploring College Park

As part of our continuing series rediscovering some of Orlando's best neighborhoods, we head to College Park. College Park is one of those special neighborhoods that mar-

ries urban sophistication with small town charm, with a mix of updated bungalows, luxury homes and condominiums, many with spectacular views of Lake Ivanhoe and Lake Adair. Its street names are derived from many top educational institutions, such as Harvard, Princeton, Smith, and Vassar. The proximity to Downtown Orlando makes it a favorite neighborhood for working professionals. It's not unusual to spot Mayor Buddy Dyer of Orlando out and about in the community he calls home.

The laid-back atmosphere along Edgewater Drive blends favorite local eateries, boutique shops, and antique stores where owners welcome customers like family, offering personal turnkey service. Adding to the appeal of College Park are several festivals, like the Jazz Festival and Dancing on the Drive Street Party. Dubsdread Golf Course, Orlando's oldest course since 1924, is a popular wedding location and a frequent gathering spot after playing 18 holes.

Real estate sales figures confirm the popularity of College Park as one of the top selling zip codes. According to the Orlando Regional Realtors Association, the median sale price in the 32804 zip code was \$254,375 in 2015. That's up 13% over the previous year.

While demand traditionally increases during the spring season, I forecast that College Park will continue to remain robust in sales. If you're considering buying a new home, take a weekend and rediscover the charm of this treasured neighborhood.

Friday Night

Start your weekend at one of the most renowned dining spots, K Restaurant on Edgewater Drive. The restaurant hosts Friday Night Flights, where you can enjoy 5-6 wines plus appetizers and live music.

Saturday Morning

Early risers in College Park know the best way to start the day is with a walk or bike ride around Lake Ivanhoe. After working up an appetite, cool down with a flavored tea from **Infusion Tea**, voted the "Best Place to Get A Healthy Meal" and "Best Locally Owned Business" by the College Park Press. Indulge your sweet tooth with French pastries, crepes, and freshly baked croissants from Les Petit Pleasures.

Saturday Afternoon

Specialty shops on Edgewater Drive offer everything from bicycles to furniture and are popular with antique shoppers. A must-stop is **Dechoes Resale**, a place for the fashion-obsessed, with a mix

of vintage and discounted designer fashions from names like Prada and Louis Vuitton.

Saturday Night

The lively Paxia Alta Cocina Mexicana is the place to be for dinner. Popular for its fresh and vibrant menu, the restaurant's Tequila Lounge is also a must-see, offering 80 different varieties!

Sunday Morning

Enjoy a leisurely brunch at Santiago's Bodega located in the Ivanhoe Village. This indoor/outdoor eatery has earned rave reviews for its selection of tapas, including many vegetarian options.

Sunday Afternoon

No visit to College Park would be complete without an afternoon of art and culture in Loch Haven Cultural Park. Experience the **Orlando Museum of Art** and the **Mennullo Museum of Modern Art**, both displaying permanent works from renowned artists. For theater buffs, the **Orlando Shakespeare** Theater presents a year-round calendar of aweinspiring performances, along with the Orlando Repertory Theater. The Orlando Science Center appeals to kids both young and old!

With continued low-interest rates and rising prices for sales, both demand and consumer confidence will continue to be the driving forces this season.

Scott Hillman is president of Fannie Hillman + Associates, a 35-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.

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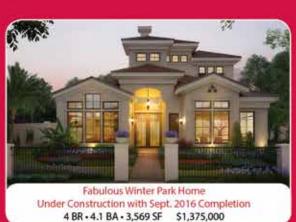
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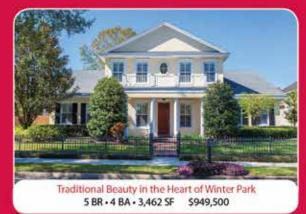
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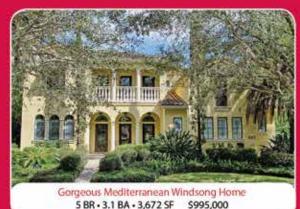












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live meaningfully by Ayesha G. Bullock, M.A.



Open The Door

When everything feels all over When everybody seems unkind I'll give you a four leaf clover Take all the worry out of your mind Let My Love Open the Door...

Pete Townsend may not have been the world's most profound lyricist, but the song sure does stick with you.

I choose it for a few reasons this month (most of which make me a bit of a nerd).

- 1) I just can't help but tap my foot as it plays.
- 2) I kinda like the wink and nod to the previous months' merriments...
 - (Feburary:Love / March:Four Leaf Clovers)
- 3) April actually is derived from the Latin word 'to open.'
- 4) And most importantly, I've recently been touched by a number of hurting hearts. And, I believe, it stands to reason that though ill-fated love may have been the force by which the door closed, perhaps love may also be the power by which it in this unsuspecting manner throughout the years, swings wide open again as well.

There seem to be a whole lot of "April Showers" in these parts, of late. Psychologically speaking, spring has not quite sprung with the rebirth of all things new and hopeful as of yet. People do some pretty hurtful things to one another when they're not in the right space and recently love has had a way of delivering the swiftest blows to many of those for whom I care a great deal.

In the midst of just your average Tuesday, reality can turn a different shade of grey altogether. You can find yourself in a flat spin in a matter of moments- the ground recedes, your senses flood and



the world becomes chaotic and disorienting. Those faces closest to you become unrecognizable and the words from their mouths merely eerie echoes.

No matter what life changers have caught you most of us have experienced at least one of these moments. An incident on which we can look back (or perhaps in the midst of which we find ourselves right at this moment) that changes absolutely everything about life as we know it... in the blink of an eye.

12:09, the sky is blue, the birds are chirping, the breeze is wafting a gentle fragrance across your countenance...

tick

tock

tick

12:10, the heavens open up and thunderous reality makes its way across your path and into your life. Loss, windfall, death, birth, grief, renewal, betrayal,

emergence... there are moments in time that seem etched so deeply in our psyches that they pummel us with the magnitude of a thousand waves.

Of course, literally, things don't change in the matter of a minute as there are often precursing factors... a conflicted marriage, a blocked artery, years of hard work, a long-awaited pregnancy. But one of the most interesting things about existence is that life can literally turn on a dime and what was 'normal' one moment can be almost unrecognizable in the next.

I say all of this not to impart a fearful feeling of impermanence in the world or a looming hypervigilance, but rather the contrary. If you happen to be one of those people who find yourself in the tailspin of stability and familiarity recently having been pulled from beneath you... Remember the celerity with which it changed and understand that the human condition exists in equal parts on both sides of the scales. Life is fleeting and the only thing absolutely assured is that change will always come.

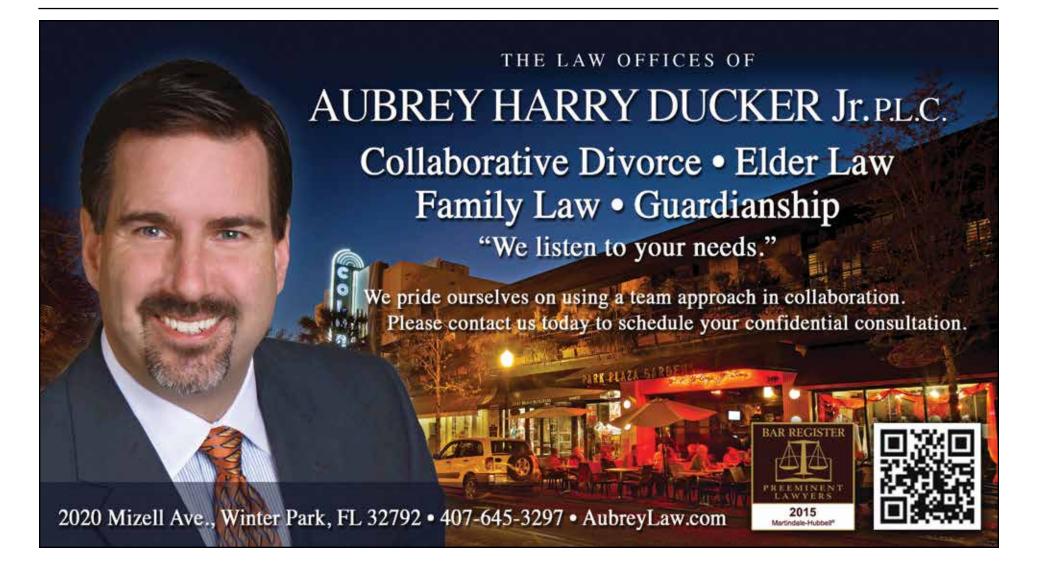
So, center yourself. Put both feet on the ground, breathe deeply, take the controls with both hands and begin to navigate as calmly as you can through this moment to the 'next right thing.' Do one thing at a time and remain mindful that you only have control over your responses, your behaviors and your perspective.

The 'next right thing' may be having a difficult conversation, choosing vulnerability, taking responsibility, making the hard choice, forgiving, accepting, exercising gratitude or asking for what you need. But it's there-just waiting for you to engage.

There is a new day dawning around the corner and the existential seconds tick on. Have faith, remain open, know that 'this too shall pass' and, even against all odds... let love open the door.

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.



ARTS & ENTERTAINMENT The Park Press | APRIL 2016

pop culture detours by George McGowan

A Springtime Potpourri Of Outdoorsy Pop Culture

ommendations this month must be consumed "out of doors" for maximum her voice with a bevy of interesting benefit. Luckily, each can be.

16

First - in my world, spring means baseball! Major League Baseball opening day falls on my birthday this year so it is extra special. So I will head downtown to see Orlando City take on the MLS Champion Portland Timbers in soccer. Wait,

what? Well, until we get our collective act together and get a major league baseball team in Orlando, I will have to just keep buying season tickets to the "beautiful game" and enjoying the spring weather near a soccer pitch. Let's get on our acquiring our professional baseball team, powers that be! I already have several names ready to go: Lakesiders, Red(tailed)Hawks, Magnolias, Oaks, or (my current favorite) Internationals. Say it with me: ladies and gentlemen, introducing your Orlando Internationals!

Second - How about some new music to play on your patio or porch, or in your ears as you stroll around town, or in the car with the top down? In order of listening methodology, I suggest the following: Julia Holter -"Have You in My Wilderness," Various Artists - "Southern Family," and

Spring has sprung so all of my rec- Lucius - "Good Grief." Julia Holter is a mesmerizing vocalist who combines sounds and textures; her mu-

sic is begging to be shared at your next cozy dinner party on your patio or porch. "Southern Family" is a concept album spearheaded by Grammy-winning producer, Dave Cobb, who pulled together twelve unique

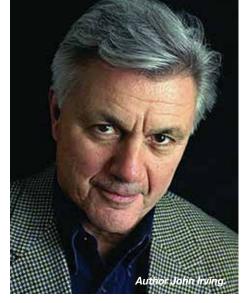
singer/songwriters from both the center and the edges of the Nashville music scene and asked them to create songs that invoked the feelings of family - it is perfect for your

the southern weather. Lucius simply makes some of the best "synthpop" available today; I expect to catch you driving and singing along with their catchy tunes as you make your way around town with the top down. Third - for the more quiet mo-

ear buds as you stroll along and enjoy

ments of the day, maybe while swinging in a hammock or floating on a lounge chair in the pool, I suggest cracking open a book by my favorite American author, John Irving. Mr. Irving is an acquired taste, I will admit, but his diverse output of novels over the years have been a wonderful, eclectic, and mysterious look into the unseen edges of human behav-

> ior. Not beach reading, by any stretch, challenging, thought-provoking, and (yes) sometimes infuriating. As well put by a New York Times reviewer, Irving "... believes that a novel should be more compelling after 300 pages than after 30 pages." While I have read all thirteen them over the many years of



his output, I would recommend these as Irving's top five novels as: A Prayer for Owen Meany (1989), The World According to Garp (1978), The Cider House Rules (1985), Last Night in Twisted River (2009) and A Widow for One Year (1998). But at all costs, avoid A Son of the Circus (1994) - I've tried

to read it on at least three occasions. It is simply not good. But 12 for 13 for a career isn't bad at all. I'd take that winning centage for the Orlando Internationals any day!



theater in the parks by Barbara Solomon

EUREKA!

The Moment When Art And Science Combine

Once a year we are treated to a wonderful art show at The City Arts Factory by Art For All Spaces. This year is the best so far, filled with high quality work by 23 local artists. As always, the artists must adhere to a theme, this show being "Eureka! The Moment When Art and Science Combine."

As I do not have the space to share all 23 artist's interpretations with you, my readers, I have to highlight a few I found most impressive. One of my favorite sculptors is Richard Munster. His pretty ceramic piece Horizon/Red Winter adheres to a geology theme. Marsha DeBroske's sculpture highlights an ancient chemical process. Peter Forster presents three sculptures about the science of anatomy--an amazing marble with a wonderful polychromal patina, a bronze, and a more modern stainless steel.

I loved the test tube interpretation by Parker Sketch, always one of my favorite painters in the show. Right up there at the highest level is Patricia Byron's DNA, an abstract with small amounts of collage. The sheen seems to be achieved with interference medium, using different types of varnishes. Always wildly interesting is any work by Bonnie Sprung. This year it represents chemistry, achieved by applying acid to styrofoam, then applying the paint. Bonnie tells me this painting took her a month, and the large amount of work is certainly reflected in the character of the painting. It struck me as Jackson Pollock in the jungle. This year we have a gorgeous acrylic scientific study of light by T. Scott Frazier, a new contributor to the show.

More traditional paintings are those of Doris Smart and Judy Batterson. Doris' Birth of the Moon wows us with its vibrant colors. I especially liked the way the paint was applied. Judy Batterson painted a striking Fibonacci spiral. It was a reinterpretation of Hokusai's the great wave.

I can't leave out two new promising artists. The Tree of Life by Brian Barnett is a creative look at astronomy, having great conceptual power. It is a montage of carbon slide studies from NASA. And last but not least, in the student room we find Nicole Golden's interpretation of the circulatory system, done with microscopic precision.

Don't miss this wonderful show! The diverse exhibit runs through April 16th at The City Arts Factory, corner of Orange and Pine in downtown Orlando.

Showtunes Can Nourish You

There is so much wonderful theatre in town that I have to combine several reviews into one column this month. What's better than show tunes? Not much...love, food, sleep, in that order. But show tunes can also nourish you, as Chris Leavy, the musical director at The Winter Park Playhouse, clearly pointed out to me opening night of "Showtune - Celebrating the Words & Music of Jerry Herman." This musical review features six excellent voices belting out some of our favorite Herman tunes, including numbers from "Hello, Dolly," "Mame," "La Cage Aux Folles," and "Mack and Mabel."

Although all six voices were strong, I thought Benjamin Ptashinsky stood out, not only for his resonant voice, but also his comedic talent. One of my favorite songs from Dolly, "Put On Your Sunday Clothes," was presented by the whole company. And the highlight of the evening was the tap number in Act II, "Tap Your Troubles Away," performed by Joshua Kolb and Kayla Kelsay-Morales. Michael Edwards' direction was evident in the adorable antics of Michael Colavolpe in Act Two, Scene 1, from Mack and Mabel, "Movies Were Movies."

I really liked that they didn't do snippets from the songs, but sang the entire number. All in all, a very pleasant evening of musical theatre at The Winter Park Playhouse, 711 North Orange Avenue, Winter Park. Playing through April 23.

UCF is doing one of my favorite musicals, "She Loves Me," where every tune is a gem. The students did an amazing job--excellent singing, dancing, and acting. Although everyone in the cast was great, I thought Joe D'Ambrosi stood out as Sipos, both for his presentation and comedic timing. Kudos also to Terry Farley as Georg, Allyson Rosenblum as Ilona, and Jarrett Poore as Maraczek. My only criticism was that although Amelia (Sunny Gay) could really sing, she was not charming, and her character really needs to be charming as well as quirky. This was the best performance I've seen of "She Loves Me" outside of the one on Broadway in the sixties.

Switching from show tunes to drama, Mad Cow is doing the heavy drama "Long Day's Journey Into Night." Be forewarned, this is an extremely long play, and much of it is repetitive. The ennui was saved by the stellar performances of all five actors. Particularly outstanding was Peg O'Keef as Mary, a lonely woman who turns to morphine as her savior. Actually, the entire family is dysfunctional, for all besides Mary are alcoholics. And they get vicious when drunk. Well directed by Mark Edward Smith, it's worth seeing for the performances. Playing through April 17 at The Mad Cow Theatre, 54 West Church Street.

BARB'S BEST BETS FOR APRIL: THEATRE DOWNTOWN'S "PSYCHO BEACH PARTY" AT THE VENUE, FRINGE PREVIEW AT ORLANDO SHAKES, AND "VANYA AND SONIA AND MASHA AND SPIKE" AT ORLANDO SHAKES.

schools



Aloma Elementary PRINCIPAL DR. JENNIFER K. SANDERS

Spring has sprung at Aloma Elementary. We have begun full participation in Project Lead the Way (PLTW) in all grade levels this past month. PLTW provides a comprehensive approach to STEM education through activity-, project- and problem-based curriculum. In order to maximize the effectiveness of this program, every classroom has received iPads to go along with their curriculum. Find out more about PLTW at https://www.pltw.org/.

Aloma Elementary will also be hosting Camp Invention from June 20-23. Camp Invention is a nationally recognized program, backed by the Nation Inventors Hall of Fame. For more information, please visit http://campinvention.org/ or see our digital newsletter which is located on our school webpage. In the words of Thomas Edison, "The greatest invention in the world is the mind of a child."



Audubon Park Elementary held their annual Field Day in March. This year each grade level was designated a particular day where students participated in several games and activities during the morning hours. The P.E. coaches organize the events and have taught the students all of the games throughout the year during Specials time. Some of the events included relays, a bean bag toss, and tug of war. Field Day promotes a healthy lifestyle by learning about various physical activities and good sportsmanship. Students compete against each other and they learn how to celebrate the success of others and work through disappointment in a positive way.

Parents were as supportive as always by cheering on their loved ones and by providing shade and snacks for the students. The teachers are always appreciative of this help and Field Day wouldn't be the success that it is without a team effort. Field Day is an event that students look forward to each year and it is successful because of all the teachers and volunteers who make it great!



Happy April...the sun is surely shining at Lake Silver!

Multiplication Madness was in full effect in March. Third, fourth, and fifth-grade students who participated in a math fact contest sparked by our math coach, Tricia Rowe, were invited to the celebration. The celebration was spread campus-wide. Students who learned ALL of their facts enjoyed time on Orlando's Game Truck! We had over 250 students pass all of their math facts!! Way to go 3rd-5th -grade scholars!

Lake Silver's 3rd, 4th and 5th grade students participated in an Egg Drop Science Olympiad Qualifying Contest in March. Led by their science coach, Brandon Shivers, students had 65 days to build and design a device that would support an egg and land on target. Top qualifiers will lead our Science Olympiad team to the district contest held in May.

First graders were so excited when Mad Science visited Lake Silver in March. Students were involved in an interactive science lesson working with polymers. They were especially excited when they got to create slime. Thank you to the Ford family for providing this awesome opportunity for our students!

Our Lake Silver Foundation has awarded our school the first elementary school Macintosh Computer Lab in Orange County. This lab will be dedicated to student projects, including digital bulletin boards, student-generated educational programming, websites and other creative digital projects. Thank you to our wonderful Foundation comprised of Lake Silver parents!

We are so proud of our Lake Silver Chess Team who won a local competition against many other schools. Thanks to LSE teacher, Christen Pedigo, for working and coaching these students!



(Written by Lisa Huddleston, Gifted Resource Teacher)

You think YOU'VE got problems? Lakemont's got students who can help solve them. Recently, several of our brightest fourth and fifth grade students (Caleb Abbott, Jackie Beattie, Max Berger, Patley Bernard, Rebecca Bernhardt, Rylee Blosser, Delaney Brinton, Wes Caldwell, Persia Charles, Omar Chehab, Claire Clark, Owen Clark, Sarah Clark, Helena Finaev, Sonja Finaev, Sarah Finfrock, Janelle Gidus, Ethan Guillem, Josh Hoeckendorf, Macy Hoeksema, Andrea Ignjatic, Theo Jones, Austin Kelsey, Chloe Loy, Arden Manos, Aldo Mastrapa, Mackenzie McDaniel, Nia Parrilla, Coleman Preisser, Tyler Player, Danielle Saffer-Mastando, Jack Sullivan, Daniel Van Valkenburgh, Joey Wasman, and Dean Yuknavage) competed at Florida's Future Problem Solving Program Competition. The Future Problem Solving Program International (FPSPI) is a research-based academic program teaching problem solving strategies, collaboration, critical/creative thinking, and effective communication across the curriculum. The program's goal is to inspire creativity in students and encourage them to develop a positive vision for the future. It empowers students to solve global challenges. This year's topics were Disappearing Languages, Recovering from Natural Disasters,

and The Global Workplace.

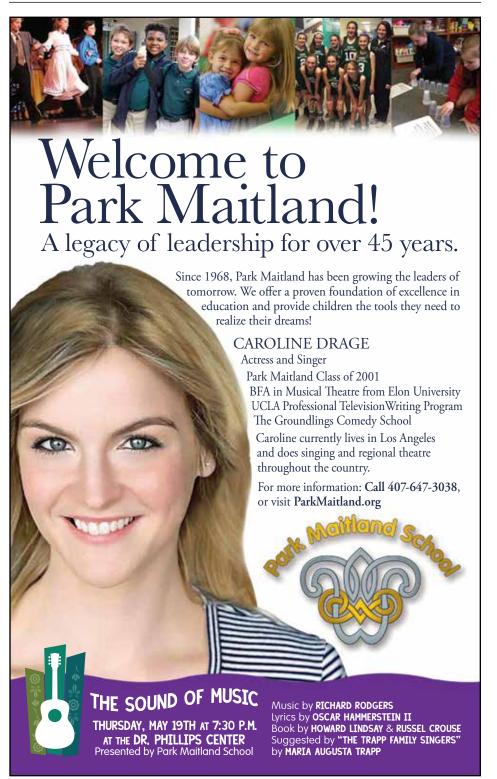


Lakemont Elementary fourth and fifth grade students: Caleb Abbott, Jackie Beattie, Max Berger, Patley Bernard, Rebecca Bernhardt, Rylee Blosser, Delaney Brinton, Wes Caldwell, Persia Charles, Omar Chehab, Claire Clark, Owen Clark, Sarah Clark, Helena Finaev, Sonja Finaev, Sarah Finfrock, Janelle Gidus, Ethan Guillem, Josh Hoeckendorf, Macy Hoeksema, Andrea Ignjatic, Theo Jones, Austin Kelsey, Chloe Loy, Arden Manos, Aldo Mastrapa, Mackenzie McDaniel, Nia Parrilla, Coleman Preisser, Tyler Player, Danielle Saffer-Mastando, Jack Sullivan, Daniel Van Valkenburgh, Joey Wasman, and Dean Yuknavage.

Coached over the course of several weeks by Gifted Resource Teacher, Mrs. Lisa Huddleston, eight teams from Lakemont were represented at the district competition in February (held at the Orlando Science Center). These students worked diligently to read a future scene, identify challenges, focus on one underlying problem, produce solution ideas, and develop an action plan. After they had written their booklet, students wrote a skit, created props and costumes using limited materials, and

then performed their skit outlining their plan to a large audience. Congratulations to our many winners! Lakemont placed first, second, third, and fifth in Skits/Action Plan Presentations. Additionally, four teams placed in the top group and advanced to the State Competition at the end of March.

Lakemont is proud to continue this academic competition tradition which empowers today's students to solve the problems of the future. Our future is in good hands with Lakemont Leopards!



schools



The Maitland Hawks have had a lot of great activities happening on campus this past month. Our orchestra was invited to perform at the American String Teachers' Association conference in Tampa. Ms. Clowers' SECME team won an award for Best Technical Drawing at the Regional Competition held at UCF. In addition, nineteen of Dr. Albright's sixth-grade science students participated in the Dr. Nelson Ying Orange County Science Exposition with impressive results, including two students who will advance to the Florida State Science and Engineering Fair in Lakeland. Maitland students also had the opportunity to hear from STEM professionals as the guests on campus shared their jobs with students during National Engineering Week.

Students have been able to participate in the Brown Bag Lunch Book Club through the Winter Park Library in our media center. The College & Career Club has been very productive as well during the YMCA After School Zone. The club conducts lessons on character traits such as perseverance which is led by Learning for Life. The lessons and games guide students into great decision making in real world applications that they will encounter as they grow to become productive citizens in our society. Lastly, our girls and boys basketball teams made it to the OCPS middle school playoffs and the boys have advanced into the semi-final rounds. Good luck Hawks!



As a child and teenager growing up, evening dinners were a sacred time for us. I remember making sure that I was at the table and fully engaged in discussion. Anything less than that would have been disrespectful. Over homemade spaghetti and meatballs, meatloaf

and mashed potatoes, or more elaborate Italian or Lebanese dished prepared by my mother, we would talk through the day's events. Although I was involved in extracurricular activities, I somehow made it home for this ritual.

As a parent, however, I must admit finding the time for a family meal during the school week was more difficult. With two children, both involved in sports activities or clubs, we found ourselves on many nights eating on the run or separately. Those all-important get-togethers became less and less frequent. If I could go back and do it over, I would look long and hard on how to change this.

Why "Evenings at Home" Matter Today:

Children today have a tremendous array of evening activities outside the home available to them, all because of easy access to lighting and transportation. The number of activities, along with access to a wide variety of electronic devices that also take children's attention away from home and family, suggest that "Evenings at Home" have a different priority for parents today.

Current research makes a convincing argument for spending evenings at home together. According to statistics reported by author Barbara Unell, one of the greatest predictors of good behavior and academic achievement in school is the family dinner. Children who eat dinner with the family at least three times a week are better behaved and achieve at a higher level than those who don't.



Connecting with the Community & More - St. Charles Borromeo Catholic School

There have been many happenings at St. Charles Borromeo Catholic School that have connected the students and families with not only each other but the surrounding communities.

Our annual Father Daughter Dance and Mother Son Putt Putt nights were a huge success. Both parent and child enjoyed exclusive time together in addition to being with other SCBCS families.

The National Junior Honor Society students spent a day giving back to the

community by volunteering at Second Harvest Food Bank. This opportunity is one of the many ways our students are called to serve others.

During the season of Lent, the school hosted a Friday Night Fish Fry for families and parishioners. The sold out seating was a time of fellowship and at the end of the night, no one wanted to leave.

The Indian Springs School Concert Choir performed for the SCBCS & Morning Star students. Led by Dr. Tim Thomas, this astonishing group sang a range of choral music, including Baroque, Classical, Spirituals and traditional folk songs.

St. Charles students have also been recognized this past month for their academic and artistic achievements. Over 85 students in grades 3-8 achieved Honor Roll. At the annual Diocesan Art Show, Ekenedilinna Onyia and Andrea Bannatyne placed in the artistic drawing category.

With the last few months of school coming to an end, 2016-17 open enrollment and preschool classes filling quickly, it's a busy time at ST. Charles Borromeo Catholic School.



The Celebration of The Christ School's 20th year continues, and in March, we celebrated our alumni. Since The Christ School (TCS) opened its doors in 1996, hundreds of students have completed their K-8 journey at our school. Their experience at TCS has helped them to grow in knowledge, confidence and maturity as The Christ School community has encouraged and celebrated them throughout their years at our school. They have gone on to shine as leaders in high school and in institutions of higher learning. Our alumni are now serving as teachers, military personnel, missionaries, doctors, nurses, lawyers, and in various professional roles.

On Friday, March 4, we welcomed many alumni to campus at our 20th celebration alumni chapel and reception. Founding Principal Tim Porter returned to help us welcome our guests. Alumni led our chapel service, including a heartwarming message by Joel Hall, class of 2004. Our chestra, and chorus representations representations are chestra, and chorus representations representations. The school exceedingly well superior ratings in their sic festivals. Drama perfections provides the provided and the school exceedingly well superior ratings in their sic festivals. Drama perfections are chestra, and chorus representations are chestra, and chorus representations are chestra, and chorus representations are chestra, and chorus representations.

students and guests were moved by his words as he reflected on his time at The Christ School. Our alumni enjoyed catching up with one another, visiting with their former teachers, looking at old yearbooks together, and touring the school to see how it has grown since their time here. Many of them stayed all day! I was pleased to witness the special connection our students still share; one that was formed during these most important foundational years of life.

It is a blessing to see our TCS alumni living our mission and portrait of a graduate. They are performing with distinction in high school, college, and in their professions. They are compassionate, others-oriented and are devoted to glorifying God. We are proud to celebrate our alumni!

Winter Park High School PRINCIPAL TIM SMITH

As we work to be the top producers of successful students in the nation, we define success as students graduating and going forth to be helpful and productive citizens. We see that success taking place with students as they learn, develop thinking skills, strengthen academic skills, and increase knowledge. This is also seen through our students' engagement with community service projects. With our class officers recently leading the Dance Marathon, \$10,950 was raised for the Children's Miracle Network. It is inspiring to see students, staff, and parents working hard to be helpful and productive citizens.

Winter Park High School has had many accomplishments recently. Wildcat Cheerleaders won their fifth consecutive State Championship and another World Championship. The boys soccer team won the State Runner-Up trophy, and the boys basketball team reached the State Final Four. Take 7, girls a cappella, earned a Southeast Region Runner-Up prize in their recent competition. Band, orchestra, and chorus represented our school exceedingly well with many superior ratings in their recent music festivals. Drama performed The Hobbit fantastically well, guitar programs continue to thrive, and we look forward to Night on Broadway



Call to Register 407-628-5989

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COMMUNITY CALENDAR

Audubon Park Garden District Events

Ongoing Events

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

Now - April 15 Harry P. Leu Gardens presents David Rogers' Big Bugs — The exhibit will feature 10 larger than life insects made from all natural materials such as wood, bark and twigs. Harry P. Leu Gardens is located at 1920 N. Forest Avenue. For more information please contact the Leu Gardens at 407-246-2620 or visit www.leugardens.org.

April 9 County 'n Blue Stroll – 7:00 p.m. - 10:00 p.m. at Leu Gardens. Musical guests include Central Florida's very own Patrick Gibson, Daniel Heitz Band, and Slickwood. For more information and to purchase tickets visit www.leugardens.org.

April 23 6th Annual Paws for Peace Walk – 8:00 a.m. at Blue Jacket Park located at 2501 General Rees Avenue. Proceeds support Animal Survivors of Domestic Abuse. For more information, or to register please visit www.harborhousefl.com

May 6 Date Night at Leu Gardens – 8:30 p.m. featuring the showing of "MI: Rogue Nation." For more information, please contact Leu Gardens at 407-246-2620 and visit leugardens.org.

Baldwin Park, College Park and Orlando Area Events

Ongoing Events

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

Every Wednesday Mills50 MidWeek Group Runs – 6:00 p.m. at Track Shack located at 1104 N. Mills Avenue. This event is free to runners of all abilities. For more information, please visit www.TrackShack.com.

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 Your Adult Club Socials (Y.A.C.S.) Dance – 7:00 p.m. to 9:30 p.m. at the Marks Street Recreation Center, 99 E. Marks St., Orlando, FL. Admission is \$4.00 for members and \$5.00 for guests. Dress code of no jeans, tennis shoes, or tee-shirts. Singles and couples are welcome. For more information, please call Joan at 407-339-5393.

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.

April 7 The Orange County Retired Educators Meeting – 10:00 a.m. at College Park United Methodist Church, 644 W. Princeton St. Anyone who has worked in education is invited to join. For more information, please call 407-677-0446.

April 7 10A Corporate 5k – 6:45 p.m. at Lake Eola. Registration required. Run to TrackShack.com

April 9 Ask a Florida Hospital Physical Therapist – 11:00 a.m. to 1:00 p.m. at Track Shack. Run to TrackShack.com

April 11 Run for the Trees 5k – 7:30 a.m. at Showalter Field. Registration required. Run to TrackShack.com.

April 25 "Fighting Back on Acid Reflux" – 1:30 p.m. hosted by Florida Hospital and Dr. Ahmad Idris at the Oviedo YMCA. Space is limited. Please call 407-359-3606 to RSVP

April 27 Introduction to the Orange County Master Gardner Program 8:45 a.m. to 11:30 a.m. at the Orange County/UF-IFAS Extension Education Center located at 6012 S. Conway Road. For more information, please call 407-254-9200.

May 7 The Orange County Retired Educators Meeting – Noon at the College Park United Methodist Church, 644 W. Princeton St. Anyone who has worked in education is invited to join. For more information, please call 407-677-0446.

May 9 Healthy Living Series: Healthy Woman – 6:00 p.m. at Track Shack located at 1104 N. Mills Avenue. Registration required by calling 407-898-1313.

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 – 9:30-10:30 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, Wednesday and Thursday through April 14 Free Tax Assistance – 11:30 a.m. to 3:30 p.m. at the Winter Park Library.

Every Tuesday and Thursday "Hands-on Gardening" – 9:30 a.m. – noon at the Albin Polasek Museum and 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 Tuesday, Wednesday and Thursday through April 14 Income Tax Assistance – 11:30 a.m. to 3:30 p.m. at the Winter Park Public Library located at 460 E. New England Avenue. For more information, please call 407-623-3300

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

Every Friday - Now through April 29 Friday Nights At The Morse - Free admission 4:00 to 8:00 p.m. at The Charles Hosmer Morse Museum of American Art located at 445 N. Park Ave. For more information please visit www.morsemuseum.org.

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

Every Saturday and Sunday Line Dance Class – 10:00 a.m. Saturday for beginners at the Winter Park Community Center located at 721 W. New England Avenue. Enjoy music, make new friends, and get some fun 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.

APRIL HIGHLIGHT



Curator Tours of Louis Comfort Tiffany's Laurelton Hall take place every Tuesday and Thursday at 11:00 a.m. to 2:30 p.m. at the Charles Hosmer Morse Museum of American Art, located at 445 N. Park Avenue. Please call 407-645-5311 or visit www.morse-museum.org for more info.

April 9 AAUW Meeting and Special Program – 9:00 a.m. breakfast at the First Congregational Church Fellowship Hall, 225 S. Interlachen Avenue, followed by a presentation by Sue Aboul-hosn, Regional Human Trafficking Coordinator. Admission is \$15, including breakfast. For more information, call 407-488-4163.

April 10 Earth Day in The Park – 11:00 a.m. to 3:00 p.m. in Central Park. For more information, please visit www.cityofwinterpark.org.

April 12 Popcorn Flicks in The Park – 8:00 p.m. to 10:00 p.m. For more information, please visit www.cityofwinterpark.org

April 14 Coffee Talk – 8:00 a.m. to 9:00 a.m. featuring Planning & Community Development at the Winter Park Welcome Center. For more information, please visit www.cityofwinterpark.org.

April 20 Taste of Winter Park – 5:00 p.m. to 8:00 p.m. at the Winter Park Farmers' Market located at 200 W. New England Avenue. Cost is \$40 for Winter Park Chamber members in advance. \$45 for non-members and all at the door. Tickets online at www. winterpark.org.

April 24-30 Winter Park Paint Out 2015 – The Albin Polasek Museum and Sculpture Gardens is free and open to the public all week. Plain air artists will be creating original works throughout the city of Winter Park. For more information, please visit www.polasek.org. or call 407-647-6294.

May 4 Lakemont Elementary 60th Anniversary Birthday Celebration – 4:30 p.m. to 5:30 p.m. Past students and the community are welcome to this open house and reception.

May 21 10th Annual James Gamble Rogers II Colloquium on Historic Preservation – 9:30 a.m. to 3:30 p.m. at Tiedtke Concert Concert Hall at Rollins. For ticket information, please call 407-628-8196 or visit www.casafeliz.us.



