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AUGUST 2016

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INSIDE THE PARK PRESS

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Publisher's Message



Rick Cable

As we enter the month of August 2016, I have a ton of thoughts on my mind. A lot of them are generated by what has been taking place in our country. The Orlando shooting, blue lives matter, black lives matter, all lives matter. And then we are in a

presidential election year, and I love the political process. As it relates to news, I'm traditionally a channel hopper, and a quick reader of many publications. I'm fascinated, and often frustrated, at the liberties that some journalists take in reporting the news. For I think those liberties are often steering with opinion to instill fear in hopes of driving up their own popularity, viewership, and readership. Print journalist, and their publications, are actually the least offender of taking liberties, as it's the easiest to reference, and to hold accountable. Broadcast media is the worst offender, and they are the least consistent with their values as it relates to important situations. Oh, how I miss Walter Cronkite.

This brings me to what I think is perhaps the biggest issue we have going on right now in our nation, and it is trickling down to our youth. It's the lack of accountability, respect, and realization of consequences, and I believe our major broadcast news outlets are to blame.

The media is quite powerful, and is the greatest influence on the people of this great

nation. Freedom of the press is a cherished and wonderful thing, but it should always be handled delicately as privilege. "Breaking News" is always lacking in facts, but the lack of facts should not be filled in with journalistic opinion. Perhaps they don't break the news with just a short video that doesn't show all the context of an event until they gather more facts. I know, that will never happen, as they are all too eager to scoop the other networks. But this is a serious issue. It makes opinions come into play. If someone is shown being thrown to the ground by an officer, and being lit up with a Taser, they should have all the facts that led to this situation. What if the person was asked to put his hands up at least five times or more, and then some random person finally hit record? The video alone is out of context, and without reporting all the facts makes the officer out to be the bad guy. Then they end the breaking news with "the officer is on suspension." I'm friends with a lot of law enforcement officers, and the last thing they want to do is use a weapon or Taser on someone.

Lacking facts in reporting has serious consequences, and my humble opinion it's teaching an entire generation a lack of accountability and respect.

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

Rick

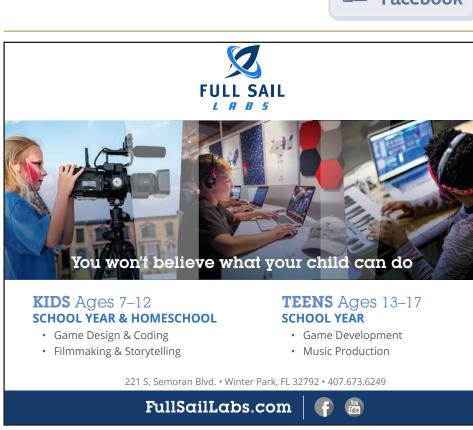
Rick Cable Founder/Owner

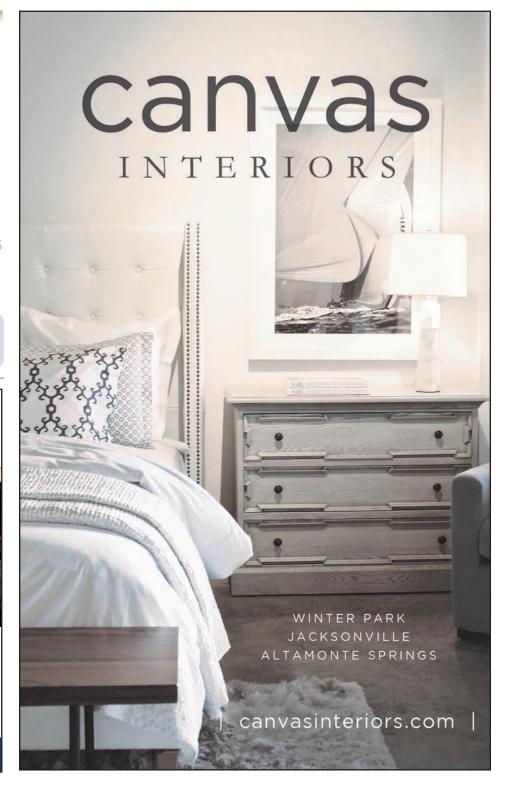
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On Your Mark, Get Set, Go! By Tricia Cable

The countdown to a new school year has begun and I don't know about you, but I am fairly confident that I am not ready. I find myself still looking forward to my summer vacation that as of today,

still eludes me! Fingers crossed, I will be able to find a week this month to disappear and get some much deserved time off the grid and far, far away from the daily grind. Rest, relaxation, and regeneration is my motto this month and a requirement in order to hit the ground running this fall.

Although the end of summer has always been somewhat sad for me, saying goodbye to a more flexible schedule with longer days to get more things done, there is also an almost immeasurable level of excitement with the

start of something new. Although, who am I kidding, we live in the Sunshine State so the end of summer isn't quite what it was growing up in the Midwest and, it has been quite a few years since summertime meant I got three months off. Nonetheless, it remains significant to the marking of an end of what was and a push toward something

new and often times, unfamiliar.

I know most of you don't thrive on change, shoot, I live with a few members of that fan club. I am the last person to understand why I welcome



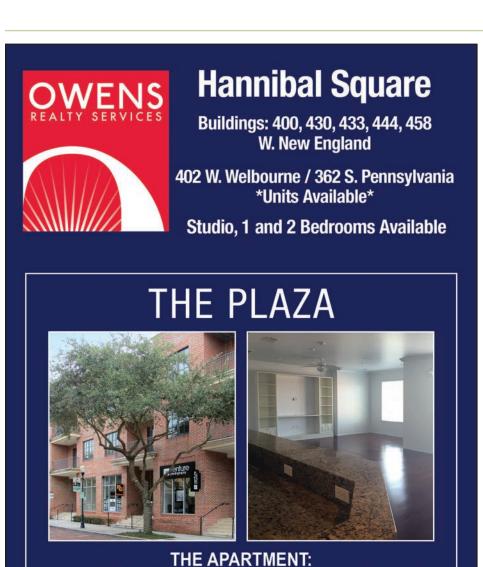
change as much as I do; it has to be my early roots moving around so much as an Air Force brat. No matter the reason, I consider it a gift and one that I have used to my advantage almost my entire life. I never meet a stranger and I have built a pretty incredible career off of my gift of gab. I almost never worry...why bother? If it's out of my control,

then it is out of my control. I have complete faith in whatever will be will be and I am completely certain that whatever it is, my path to date has prepared me for whatever challenge comes next. I

welcome the unknown along this journey, I love learning new things, and contrary to popular belief, you can teach an old dog new tricks...with age, comes wisdom and I thank God for that every day!

So as we bid farewell to the summer of 2016, let's put our best foot forward heading into autumn. Let's commit to focus our precious time on things within our control, or at least attempt to. Let's celebrate all of the new opportunities presented. Let's expand our circle, be open to new adven-

tures, and clear a path in a new direction. Let's be better today and tomorrow than we were yesterday; better friends, better spouses, better parents, better employees, and better employers and better citizens. Let's live in this moment, because before you know it, it will be time for pumpkins, giving thanks and ho, ho, ho!



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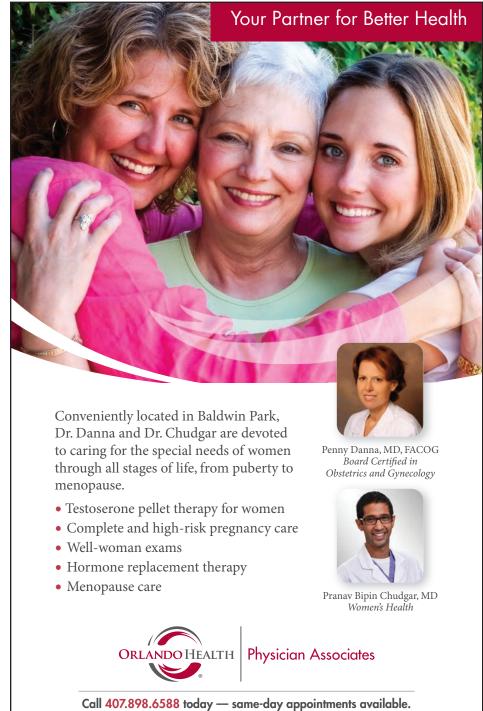
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The Park Press | AUGUST 2016 **NEWS**

City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



While the Orlando Sentinel columnists are the pros, I thought I would provide my own version of running off at the typewriter with some news from the City of Orlando...

• I am humbled to report that the One Orlando fund has garnered more than \$20

million in donations. Kenneth R. Feinberg, administrator of the OneOrlando Fund, released a draft protocol that outlines the proposed process for the distribution of the OneOrlando funds directly to victims' families and survivors. In addition to feedback from Equality Florida and the

> National Center for Victims of Crime/National Compassion Fund, the OneOrlando Fund Board is encouraging input from victims' families and survivors of the

Pulse tragedy as well as #OrlandoUnited the Orlando community as a whole. Two town hall meet-

ings will be held to get feedback from the public on Thursday, August 4, 2016 at 12:30 p.m. and 6:30 p.m. at the Amway Center.

• I am glad to report that we had our budget workshop in July and our City is very healthy financially. While the final vote on next year's budget will

be September 26th, I can report that the mayor has asked that the city council vote to keep our city's millage rate the same as it has been the past two years, at 6.65. For more information on the City's budget, visit cityoforlando.net/budget or feel free to attend one of the two budget public hearings taking place at 5 p.m. on Thursday, September 15th and Monday, September 26th in the City Council Chambers.

 As we all try to fit in a few more fun family activities before summer comes to an end, consider visiting our city's signature park, Lake Eola. If you missed our 4th of July festivities, check out Movieola on the East Lawn of the park. This fun, outdoor family movie night will take place on August 26th with

an 8:15 p.m. showing of "Minions." Check out cityoforlando.net for details.

 August is a very special month this year because we have twelve days of Summer Olympics

in Rio to enjoy! I don't believe that there is much that unites our country more than this amazing global event. While we all will be cheering on Team USA, check out our local Olympic heroes, such as Katelin Snyder, a graduate of Winter Park High School and a member of the Olympic Rowing Team. Marvin Bracy, a graduate of Boone High School will be competing in Track and Field and another Orlando resident, Laura Graves, will be competing in Equestrian.

 As you are probably aware, many sidewalks are being completed throughout our city, with a second phase of funding from a federal transportation grant. The City is committed to a safe, comfortable pedestrian system. Check out cityoforlando.net/orlandowalks for more information

> We are also excited to continue the expansion of our trail system through the City. Since its opening in

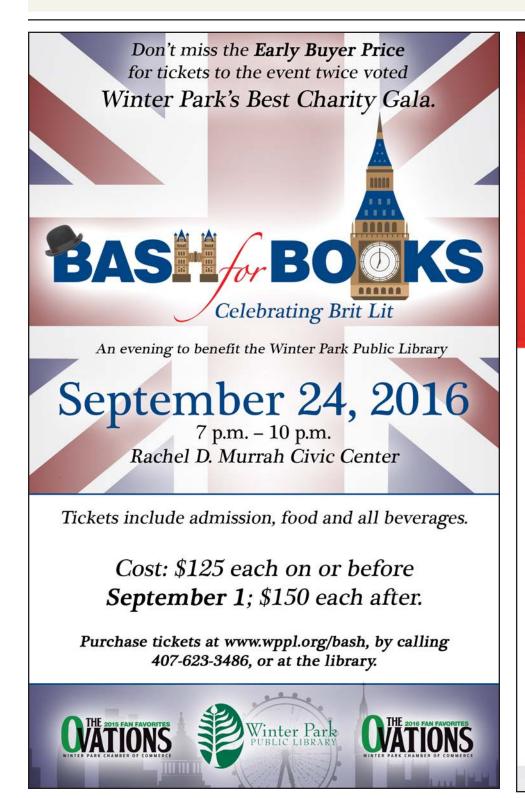
> > 2012, the Urban Trail has been a great connector and the Lake Baldwin and Cady Way Trails are constantly busy with resi-

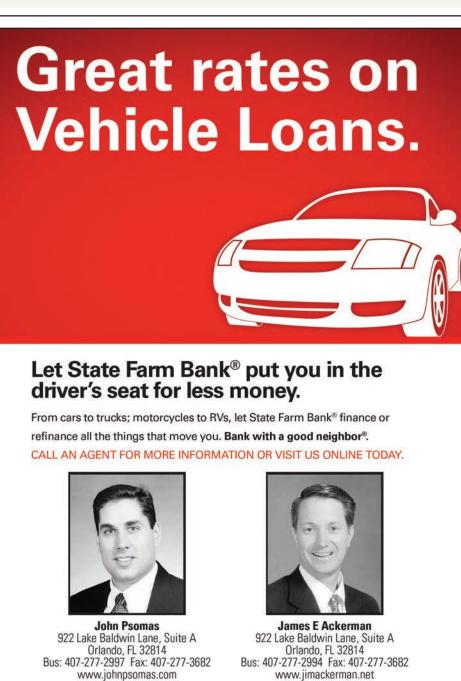
dents, which is great to see! We are excited that while Bumby Avenue is under construction to address flooding and road surface issues, the City will take advantage of this opportunity to construct a new off-street, shared-use path in the right-of-way for biking and walking that will be completed at the same time as the current project, in the spring of 2017. The new path will consist of 10-feet-wide asphalt pavement 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 neighborhoods.

Continued Page 8.

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

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The Park Press | AUGUST 2016 NEWS

Winter Park Mayor's Message

Mayor Steve Leary



Recently our larger community has had the eyes of the world upon us, and rightly so. The loss that we have suffered is difficult to comprehend. A talented 22-year-old singer slayed as she signed autographs. Then 49 friends and neighbors taken from

us while many of us slept. A two-year-old boy, snatched from his father's hands by a predator at water's edge.

These incidents do not define us. Rather our response to these losses exposes our character that has long since been established and on a daily basis quietly defines our region.

The loss of live is staggering and not easily explainable to a younger generation. But what they can get, what they already get, is how our community cares for one another. The same community that supports Purple Lemonade Stands to support a little girl with a disease that hardly anyone had ever heard of is the same community that hangs purple ribbons along roadways to show a family support for their high school senior who suffered a crippling illness.

We rally in support of our own. Our response to the Pulse tragedy:

An entire professional soccer stadium pauses at the 49th minute of a league match for a moment of silence to pay tribute to the 49 lives taken.

Approximately 50,000 people show up for a vigil around Lake Eola, a rallying point to show the world that we are one. A local restauranteur opens his doors on a Sunday to serve the community with all proceeds going to the foundation to benefit the victims and their families, and thousands come and wait in line in the pouring rain to show the world that we will not be broken.

In the Mask of Command, author John Keegan profiles commanders who deeply influenced the course of history. He covers the three primary approaches to leadership: from the front, middle and rear. Your local leaders, as supported by state and national

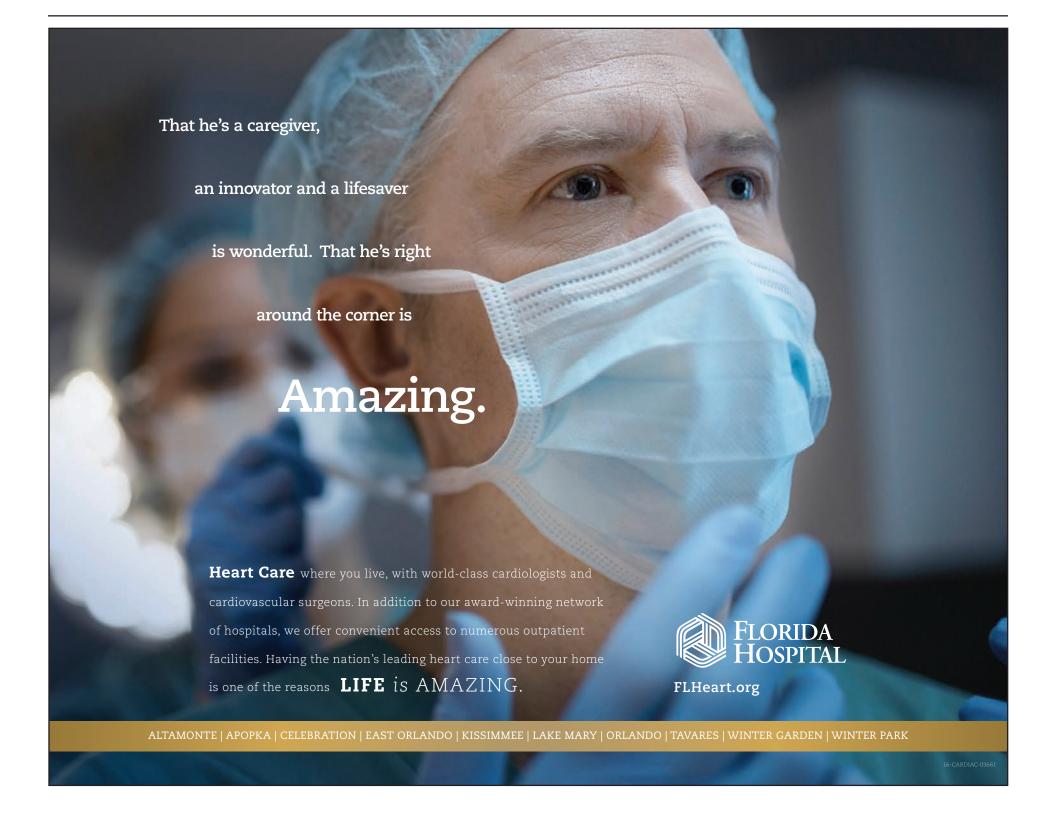




leader, have worked together and made available resources while leading from the middle surrounded by the community. It is comparatively easy to lead when times are good. Adverse times do not define character, they expose it. Well done Mayor Dyer. Well done Mayor Jacobs. Your region, state and national partners appreciate your compassion and

> your commitment to maintain focus on the victims, their families and the community at large.

> There will always be predators at the water's edge. There will be those who seek to create a divide, and those who see an opportunity in a void. But they will not succeed in overcoming our oneness. Love is greater than hate. Cohesion is greater than divide. Those who seek to create a divide, and those who see an opportunity in a void will not overcome our unity. We will pause, we will mourn, but we will not forget. We will rally. We will rally in respect and remembrance to those who are gone too soon.



NEWS The Park Press | AUGUST 2016



Recap Of Last Week's Downtown Master **Plan Update Sessions**

Earlier this month, the City hosted a three-day Downtown Master Plan Update Design Workshop, led by City contractor GAI Community Solutions Group.

- Day 1: GAI and City staff sketched out a draft map of future development in the downtown corridor.
- Day 2: The general public and the Steering Committee reviewed the sketch.
- Day 3: GAI presented to the public the first draft of the Downtown Master Plan Update. Residents asked questions and provided feed back to the draft's authors.

GAI will refine the draft over the next month in advance of review by the resident advisory boards in August, followed by the City Council in September. See the schedule and the map on www.itsmymaitland.com and look for the black link titled "Downtown Master Plan Update - Our Town Maitland." Check out the Facebook page, @ itsmymaitland, for a video of the meeting.

We're Looking for **Committee Members**

I-4 Ultimate's construction partner, SGL Constructors, has dedicated \$1.5 million dollars for public art projects in 13 communities along the I-4 corridor that is under construction.

The City is seeking resident applications for the Public Art Ad Hoc Committee. Candidates with a background in fine art, art history, landscape architecture, engineering, planning or some other closely related field are preferred.

If you are interested in being considered, please contact the City Clerk at 407-539-6219 or mwaldrop@itsmymaitland.com for an application.

Save The Dates: Screen On The Green Returns In The Fall

Screen on the Green returns to the Maitland Middle School Soccer Field at 1901 Choctaw Trail later this year. Save the dates:

- October 1, 7:30 p.m. The Good Dinosaur
- November 5, 7:00 p.m. Zootopia
- December 17, 6:00 p.m. *Frozen*

See you there. Remember, you bring the blankets and chairs and we will bring you the stars (and free popcorn).

We're Hiring!

Have a passion to serve others? Have you considered working for an organization in the public sector with a great work culture, stability, and benefits? We're hiring! If you need a part-time opportunity close to home, the School Crossing Guard may be for you. Follow the link to complete an application and view more information: http://www.itsmymaitland.com/employment_openings.aspx

and graduate degrees in a variety of

areas, including education, health,

communications, business, and arts

and sciences. Rollins offers Masters

of Business Administration degrees

through its renowned Crummer

Graduate School of Business which

has been recently ranked as hosting

the best MBA program in Florida

by BusinessWeek Magazine. Located

just blocks from campus on the

in 2013. The hotel provides jobs for

Rollins students and net profits

from hotel operations directly fund

an endowment dedicated to student

scholarships. The Alfond is ranked

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County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



Ted B. Edwards

Over the past few months, I written have about District 5's abundance of public higher education. Both University of Central

Florida and Valencia are great centers of innovation, jobs,

and provide crucial training for our increasingly highworkforce. tech However, UCF and

Valencia are not the only two options for higher education in District 5. This month, I will highlight three private universities in District 5 and the unique benefits each institution brings to our community.

Rollins College

Winter Park is the region's premier Top 20 Hotels in Florida. Rollins is private liberal arts college. The Congregational Church founded Rollins in 1885 to provide high quality, coeducational instruction on the shores of Lake Virginia. Its first two students, Ida May Missildine and Clara Louise Guild, graduated with bachelor's degrees five years later in 1890. Since then, the grounds have grown to a scenic 80-acre campus known for its Spanish-Mediterranean architecture. Rollins offers undergraduate

dedicated to fostering the arts both among its student body and in the community at large. Rollins promotes the arts by displaying works at both the Cornell Fine Art Museum and the Alfond Inn. In addition, the campus is home to the Annie Russell Theatre, the longest continually operating theater in Florida. The Bach Festival Society of Winter Park, founded in 1935 to commemorate the 250th anniversary of composer Johann Sabastian Bach's birth, stages performances of Bach's works on campus at the Knowles Memo-

> Full Sail University specializes in training students for careers in the in-demand fields

of entertainment, media, arts, and technology. Full Sail was founded in 1979 as an audio recording workshop in Dayton, Ohio dedicated to teaching students the music production process. Its current site on the corner of Semo-

ran Boulevard and University Boulevard has been Full Sail's home since 1989. Full Sail offers its 15,000 students their choice of 78 degree programs

including graduate degrees in fields such as entertainment business, film production, and game design as well as undergraduate degrees in computer animation, simulation, and music production. Many Full Sail graduates have gone on to successful careers in the film, music, and entertainment industries. They have worked on award winning projects such as The Walking Dead, Star Wars, The Force Awakens, and *Guardians of the Galaxy.* Full Sail has also received accolades from many industry publications, including being named School/College of the Year by the Florida Association of Postsecondary Schools & Colleges in 2011 and 2014.

Barry University operates one of two major law schools in Orange County. Barry University is a Catholic institution founded in 1940 and

based in Miami Shores. In 1999, Barry University acquired property

East Colonial Drive which became what is today known as the Dwayne O. Andreas School of Law. The first attorneys graduated from the school just a year later. In 2007, the school received full accreditation

IVERSITY

from the American Bar Association. The Andreas School of Law offers numerous opportunities for further study and practical experience. The Juvenile

Justice Center trains students to navigate Florida's juvenile delinquency system while the Center for Advanced Study of Environmental and Earth Law and the Center for Earth Jurisprudence offer training in environmental ethics as well as environmental law.

Students considering pursuing higher education have many great options to choose from in District 5. Our colleges are ideal for students wanting to enter industry after graduation for those in pursuit of or pursue advanced degrees. I am proud District 5 is home to so many great universities. As always, if you have any questions about any 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 at district5@ocfl.net.

Barry University Dwayne O. Andreas | School of Law





Protection And Service

The Winter Park Police Department

Back To School Safety

Time flies when you're having fun! This month, the kids go back to school. After a summer of fun and relaxation, the Winter Park Police Department would like you to remember a few safety tips.

- Put together a family safety plan in the event of an emergency (to include "safe" words or code words).
- If your child rides the bus to school:
 - o Make sure they are following bus rules at
 - o Make sure to remind them to get off at their designated stop only

- If your child rides their bike to school:
 - o Make sure your child wears a helmet (must do so until they are over 16 years of
 - o Teach your child the rules of the road
 - o Have them come to a complete stop before crossing the road
- If your child walks to school:
 - o Remind them to walk on the sidewalk if one is available
 - o Remind them to look left, right, and left again before crossing
 - o Cross streets at crosswalks if possible
 - o Travel directly to and from school without making any stops without notifying you

- o Do not talk to strangers or give out any personal information
- Make sure to be extra vigilant while driving and be aware of distractions such as texting, talking on the phone, eating, or changing the music while driving.
- Make sure your child knows who can pick them up from school and after school care (safe
- Please be aware that officers will be looking out for drivers speeding in school zones, not wearing their seat belts, unbuckled children, and drivers passing school buses when/where prohibited.

BE SAFE AND HAVE A WONDERFUL SCHOOL YEAR!





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8 NEWS The Park Press | AUGUST 2016

Florida's Hospitality Industry Raises More Than \$750,000 For Victims Of Orlando Tragedy

The Florida Restaurant and Lodging Association (FRLA) is honored to announce that the hospitality industry raised more than \$750,000 to support the victims of the recent tragedy in Orlando. The funds were collected during Dine Out for Orlando United, a fundraising event led by the FRLA in partnership with VISIT FLORIDA, that took place on June 30, 2016. Nearly 1,500 restaurant locations across the state participated and their contributions were submitted directly to the OneOrlando Fund.

During the event, guests dined at participating restaurants and made direct donations. Restaurateurs donated a percentage of their daily receipts, from 10 percent to 100 percent, to the Fund. Employees worked a shift, volunteered their time, or donated a portion of their tips. Businesses raised awareness by promoting, organizing or donating

directly to the OneOrlando Fund. Local establishments reported lines out the door throughout the day, specifically for the Dine Out for Orlando United effort.

"I am in awe of our friends, family and colleagues in hospitality, who offered their help and hearts to ensure our Sunshine State remains strong," said Carol Dover, president and CEO of

Some of the local restaurants that collected funds for the Dine Out for Orlando United event included Beefy King (bottom left), Hawkers Asian Street Faire (top) and Buffalo Wild Wings (bottom right). Photos courtesy of the Florida Restaurant and Lodging Association. the Florida Restaurant and Lodging Association. "Thank you to Orlando Mayor Buddy Dyer and Florida Governor Rick Scott for dining with us on Thursday, and their steadfast support of Dine Out for Orlando United. We are incredibly proud

to take part in Orlando's healing, grateful for those who contributed to this effort and are continuing to pray for the victims, their families and our community."

As a number of restaurants continue to report their contributions in the coming weeks, the final donation amount is expected to grow. The One-Orlando Fund is a project of Strengthen Orlando, Inc., a 501(c)(3) nonprofit corporation created for

the purpose of supporting and starting projects to strength the Orlando community. Funds received into the OneOrlando Fund are directly distributed to victims' families and survivors in an open, transparent and fair manner.

For more information on the Florida Restaurant and Lodging Association please visit www.FRLA.org.





From Page 1.

The ever-popular creator, writer, and star of the long-running NPR series A Prairie Home Companion and host of *The Writer's Almanac* will charm the audience with his eclectic oneman show *An Evening With Garrison Keillor*.

Joel Sartore, with Thane Maynard

– National Geographic Photo Ark
October 13, 2016, 7:30 p.m.
Knowles Memorial Chapel, Rollins College

National Geographic Fellow and Photographer Joel Sartore specializes in documenting vulnerable species and landscapes in order to show a world worth saving. Sartore is the founder of the National Geographic Photo Ark, a multi-year effort to create intimate portraits of every animal under human care, while also funding on-the-ground conservation projects focused



Joel Sartore, photographer.

on those species in most critical need of protection. During his visit, he will engage with Rollins alum and fellow wildlife conservator Thane Maynard, director of the Cincinnati Zoo.

Billy Collins – The Rain in Portugal: A Reading and Discussion November 16, 2016, 7:30 p.m. Tiedtke Concert Hall, Rollins College

Described as "one of the most respected and familiar poets" in America, our adopted home-

town bard Billy Collins will read selections from *The Rain in Portugal*, his latest collection of poems touching on all the usual themes and ranging in tone from the whimsical to the elegiac.

Parking is available in the SunTrust parking garage at

166 East Lyman Avenue. For more information, visit www.winterparkinstitute.org, call 407-691-1995 or email winterparkinstitute@rollins.edu.



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- ★ 1st Vice Chair and Board Member of Community Health Centers, Inc.
- ★ Board Member of the Homeless Services Network
- ★ Member of the Homelessness & CourtsCommittee of the Central Florida commission on Homelessness

Community Issues

- ★ Economic Opportunity
- ★ Transportation
- ★ Quality Affordable Housing

Infrastructure ★ Public Safety ★ Addressing Homelessness Healthcare Sustainability

Timothy McKinney strongly believes in solving problems at the root source.

Vote **Tim McKinney** for Orange County Commission District 5

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Community Champion:

Tim has been recognized locally and nationally for his work in the nonprofit sector:

- ★ NOVA Award for Community Service Presented by the American Hospital Association
- ★ Roadmaps to Health Action Award presented by County Health Rankings & Robert Wood Johnson Foundation
- ★ Citizen of the Year award presented by Orange County Commissioner District 5
- ★ Honored as one of the 50 Most Powerful People by Orlando Magazine
- ★ Honored as *Nonprofit COO of the Year* by the Orlando Business Journal
- ★ Honored as Central Floridian of the Year, Runner-Up by the Orlando Sentinel
- ★ Don Quixote Community Champion Award
- * Runner-up by the Greater Orlando Hispanic Chamber of Commerce/Hispanic Business **Initiative Fund**
- ★ Honered as *Hometown Hero* by Bank of America Honary member of *Rotary and Kiwanis Clubs*

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Local 5-Year-Old Finishes 12th At 2016 World Putting Championships

Winter Park resident Michael Ott recently competed in the Future Champions Golf World Putting Championships held July 9th at the Stadium Golf Center in San Diego, CA. At 5-years-old, Michael was the youngest in the 8-and-under division, and

finished a solid 12th out of the 18 competitors from around the globe. His highlights included hole in ones on #3, #8, and #9, and he finished only seven strokes behind the older winner.

Michael's parents, Rich and Gabriella, noticed early on that he had a natural talent when it came to his eye and hand coordination. Rich started taking Michael over to the Winter Park Country Club, and

he immediately became passionate about playing the game. Justin Ingram, the general manager and head golf professional at Winter Park Country Club, took notice of his talent and passion; and he reached out to former PGA player and golf instruc-

tor Wally Armstrong to have him make a set of clubs for Michael. It's interesting to note that Wally also made current PGA great Matt Kutcher's first set of clubs.

His most recent success prior to the World Put-

ting Championships, was placing second in the 5-6-year-old division at the North Florida PGA Championships.

"Putting is the area of his game where he really seems to excel," Rich says, "He just steps up and seems to know how hard to hit the ball, the speed, and the angle. He just gets it. Unlike most adults, he doesn't think about it that much. He just walks up and knocks it in."

Michael and his older sister Julia attends St. Margaret Mary Catholic School. Julia gave golf a try, but didn't really take to it. She's focusing her efforts to learn the athletic performing art of aerial silk at the Legacy Gymnastic Center in Maitland.





Orange County Citizens Honored At 2016 Community Conference

Mayor Teresa Jacobs of Orange County and the board of county commissioners recognized several "Community Champions" and the Distinguished Citizen of the Year at the 21st Annual Community Conference held July 9.

Lizette Valarino was honored with Mayor Jacobs' 2016 Distinguished Citizen of the Year award. Valarino served as a special assistant to the previous mayor of Orange County, Rich Crotty, and Mel Martinez, and is an advocate for the Hispanic community in Orange County.

Valarino founded the Hispanic Heritage Committee of Greater Orange County, which coordinates Orange County's Hispanic Heritage Celebration held annually from September 15 through October 15. The event encourages the community to learn about Hispanic history and culture. Valarino also established the Hispanic Heritage Scholarship Fund of Metro Orlando in 2000. The fund has provided more than \$1 million in scholarships to more than 270 local Hispanic students.

"Because of Lizette's leadership and advocacy for education, many young people in our community had the opportunity to not only attend college, but also transform their lives and bring their dreams to fruition. A chance they may not otherwise have had," said Mayor Jacobs. "Through countless hours of community service and dedication to improving the lives of others, Lizette has embraced what it means to be a good neighbor."

Valarino is also an active supporter of the Orlando Ballet, the Dr. Phillips Center for the Performing Arts, the Florida Opera Theater and local arts.

Continued on Page 11.

From Page 4

• Another great reason to get on one of our trails is to walk or bike to one of our many delicious restaurants, especially those participating in the 2016 Main Streets Restaurant Week (#afoodiething), which runs through August 13th. Restaurant Week encourages restaurant members to offer a select prix fixe menu with established price points of \$5,

\$10, \$20 and \$30 depending upon lunch or dinner, and the restaurant's normal price point. No tickets or passes are required. Food lovers may simply dine out at

as many participating restaurants as they like. Visit orlandomainstreets.com for more details as well as a list of participating establishments.

• August means back to school for many youth and families in our community. I want to congratulate all of our local schools for continuing their high standards of student achievement.

Part of what makes all of these schools special is their high level of community involvement. Please consider learning more about what each of these schools does and getting personally involved. Also, for those who are shopping,

the Back to School Sales Tax Holiday

will take place this year August 5th through the 7th. For more information about what is covered, visit dor.myflorida.com.

• If you are a member of any sort of group, through your business, church, civic organization, or other, please consider signing up for our Take Heart Orlando Hands Only CPR Training. To schedule a Free Hands-Only CPR for your group e-mail handsonlycpr@cityoforlando.net or call 407-246-4CPR. Also, we are encouraging citizens to check out the PulsePoint app through our Orlando Fire Department, which provides life-saving tips in case of an emergency. Visit cityoforlando.net/fire for more information.





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From Page 10.

Additionally, Orange County's Board of County Commissioners each recognized a citizen in their district as Citizen of the Year:

District 1 - A resident of Williamsburg for more than 30 years, Donna Finklestein is an active leader in her community. Her interactive approach toward communication has resulted in traffic improvements that will positively impact Williamsburg residents. She strives to keep communication channels open and assists the District 1 office in disseminating information within the community.

District 2 - Debbie Turner founded a Cancer Care and Resource Center in 2007. By working with the American Cancer Society, she has been able to

lobby in Tallahassee and Washington, D.C. for cancer legislation, funding and research. Her organization provides educational services, transportation, counseling and support services. Turner is a retired Orange County Public Schools teacher and a volunteer and counselor for First United Methodist Church of Apopka.

District 3 – Jo'An Rice served as president of the Pine Castle Safe Neighborhood Association. She spearheads efforts to solicit interest and motivate community members to join

her in creating activities that promote safety and enhance the visibility of Pine Castle. She is also an active volunteer on many boards that promote unity within the community and throughout Pine Castle.

District 4 - Lisa Franchina serves on the board of trustees for the Orange County Library System and the board of directors for Orange County Animal Services, League of Women Voters of Ortional Association of Women Business Owners, Back to Nature Wildlife Refuge, Cypress Springs Homeowner's Association, and the East Orlando Chamber of Commerce. She is a member of several other chambers of commerce. Franchina is considered a strong leader in both the residential and business communities.

District 5 - President and CEO of the Winter Park Chamber of Commerce, Patrick Chapin, advocates on behalf of Winter Park residents, business owners and visitors. Each summer, the Chamber hosts a youth leadership program for high school students to encourage active citizenship and to help them develop new leader-



Orange County Mayor Teresa Jacobs and the Board of County Commissioners honor Community Champions at the 2016 Orange County Community Conference.

ship skills. Chapin is also dedicated to increasing awareness and research for Sanfilippo syndrome, a rare metabolism disorder. Through several Ironman triathlons, he waves a purple "Courage" flag for his niece, who is affected by the disease. One of his most recent contributions was his decision to donate a kidney to a friend in need.

District 6 - A resident of Holden Heights, Dedra ange County, Central Florida Chapter of the Na- Jenkins helped create the Holden Heights Neigh-

borhood Watch Program and Holden Heights Neighborhood Association. As a result, the community has witnessed improvements such as new community signs, a community park, streetlights, sidewalks, sewer lines with a new drainage system and a new community center.

The annual conference strives to educate and assist citizens on how to revitalize their neighborhoods and make them the best possible places to live. Citizens, community leaders, homeowner's association leaders and nonprofit organizations came together during this event to share ideas about improvements that can be made in their counties.

> "There are so many things that make our community a great place to live, work and raise a family - the slices of life, if you will, that make us who we are," Mayor Jacobs said. "But to ensure that generations to come will enjoy this same quality of life, we must create a livable community that sustains our wonderful natural and economic resources; a community in which people of all ages, races, religions and ethnicities feel welcome and enjoy that same sense of belonging."

The 2016 Community Conference is hosted by Orange County's Neighborhood Preservation and Revitalization Division. The annual conference provides valuable information about County services and programs that can help neighborhoods thrive and prosper. Workshop topics included information on neighborhood grant opportunities, code enforcement and social media.







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Florida Hospital In Need Of Volunteers

Whether you're a pianist or a book lover, a college student or a retiree, an introvert or an extrovert, there are countless opportunities for you to share your time and

talent at Florida Hospital.

Florida Hospital is in need of volunteers. Despite the roughly 2,000 volunteers spread across our campuses, there are still

requests from more than 140 departments in Orlando alone for people willing and eager to lend a hand and help their community.

"One of the greatest ways we can give back to our community is by sharing our time, tal-

ents and treasure with those who need it most," said Yamile Luna, assistant vice president of Florida Hospital Community Impact and Volunteer Services.

"Our patients, who are often amid the most difficult time in their life, are so apprecia-**HOSPITAL** tive of our volunteers," Luna said. "Volunteers' simple acts of kindness –

such as bringing a book mobile to our pediatric patients, teaching others to paint watercolors, playing peaceful tunes on the lobby piano, or greeting visitors with a warm smile - lift everyone's spirits."

The areas most in need of volunteers:

- Artists who are willing share their talent by bringing art to the bedside
- Avid readers who would be willing to read to patients or help them choose a story
- Pianists who share their love of music with patients, employees, and visitors
- Volunteers in customer service in our **Emergency Departments and surgical** waiting rooms

Volunteers typically assist in four-hour intervals. If you are interested in volunteering, contact Volunteer Services at FH. Volunteer. Services@flhosp.org or 407-303-6938.

Orlando Magic's Community Service Impact

FLORIDA

The Magic Volunteer Program (MVP) contributed 6,945 hours of community service for the 2015-16 Magic season, surpassing the goal of 6,000 hours

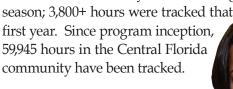
as an organization for the 10th straight year. More than 220 employees (full time, part time, interns, players, and coaches) participated in numerous events throughout the year with a large focus on the Magic's three areas of interest-education, hunger,

and health/wellness. The events included full staff food packing and distribution event with United-Healthcare benefiting Second Harvest Food Bank, Magic Fit Fun Day at Rock Lake Elementary School,

a Magic FIT kid chef celebrity showdown, Thanksgiving at the Coalition for the Homeless, Black Tie and Tennies Gala benefiting the Orlando Magic Youth Foundation (OMYF), OMYF Open charity golf tournament, Magic and Pepsi youth holiday shopping spree, Hoops for Hunger Love Pantry, and Habitat for Humanity, among others. This past season, the Magic had 32 staff members serve on a total of 56 different local boards including Habitat for Human-

> ity, Second Harvest Food Bank of Central Florida and United Arts of Central Florida, to name a few.

> The MVP was developed to encourage Orlando Magic employees to get out and get involved in the community. The program began in July of 2006 with the goal of performing 2,000 hours of community service during the 2006-07





Above, Orlando Magic staff members (including Magic player Evan Fournier) participate in a full staff food packing service project with employees from UnitedHealthcare. At left and below, Magic staff members serve lunch to local residents through the Christian Service Center's Daily Bread Program. All photos by Gary Bassing.

The MVP is unique in that it allows employees to volunteer during work hours. As an added incentive, employees who reach a certain level of volunteer hours in the community will be rewarded and receive a monetary donation to a charity of their choice. There is also an annual award given to the Magic staff member who contributes the most hours in the community.

In addition, through the MVP, employees are assisted with board placement in the community, opportunities to volunteer at all Magic-sponsored community events, OMYF sponsored projects and other nonprofit organizations while matching employees



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see the hurt and confusion taking over friends

and neighbors in need and almost immediately

funds from all corners start piling in to show

compassion and help meet immediate needs.

But what happens once the news trucks go

That's where the work to rebuild begins. We're talking about the long-term repair and healing of our community. This includes things like mental health counseling for those that are living with the grim effects of trauma, increasing our cultural competency in a diverse and vibrant community, organizing and facilitating community conversations between groups that usually don't talk to each other - all of these important pieces come together to make a commu-

That is the human response.

nity stronger than before.

home and the bright lights turn off?

planned giving by Rachel Calderon



Why Does Philanthropy Matter In A Tragedy?

When a natural disasfamilies? What are the underlying causes of this ter strikes or a tragedy hits event (not related to advocacy or policy)? How can home, it's a part of our inall of the affected communities begin to talk to stinct to rush in to help our each other, maybe even for the first time, to build community in need. We a strong and collaborative response? And, what if can thrive.

> That's where philanthropy comes in. It takes more than just money to build stronger communities. It takes community leaders and those who envision a stronger community to join in with helping hands. As we move out of the chaotic crisis stage of the this event, we will start

issues pop-up that we had no clue even existed?

to see people in need of safe places to come together, evolving partnerships to help the healing continue, and clear visioning around how all the communities involved and the survivors

A response to any disaster must always include immediate relief and it must always include long term solutions. Philanthropy steps in to facilitate the tough discussions, help disconnected communities connect, talk and collaborate. This is all important work to ensure that as we heal, we heal to be stronger than before.



The questions come up: How we can be better than before? What are the gaps in services that nonprofits are providing to survivors and their

can carry on for years after the event.

These pieces include long terms needs that

Rachel Calderon is the Marketing & Communications Manager of the Central Florida Foundation.

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fiscal fitness by John Gill

College Funding – Where Do I Start?

August is the month of numerous beginnings. August is the start of school and the return of sanity for

and the return of sanity for the parents charged with organizing summer activities for school refugees. August is also the start of college football and the associated craziness that goes with it August is

August is also the start of college football and the associated craziness that goes with it. August is also the milestone month that will see numerous students across our community and country begin their college career.

As many parents with college-aged children know, the transition began last year with college open houses, trips, and other activities to sort through the possibilities and available options. If college is in the immediate future (one to two years) of the students in your life, then now is the time to begin assembling your funding.

Ideally, if your child is going to college in the next couple of years, college funding should have begun 16 or 17 years ago. The use of a tax advantaged 529 plan or the purchase of a Prepaid Tuition Savings plan would have been the start of a strong college funding foundation. Add to that foundation a mix of grants, scholarships, and loans and the student would be on their way. Of course, as simple as this sounds, the fact of the matter is that life gets in the way of the best-laid plans.

So, your student is a year or two from arriving on campus and the full funding picture is not complete. What should you do?

First, decide what school or schools fit the budget. To determine this you must gain an understanding of the true cost of attendance so that a comparison can be made on an apple-to-apple basis between schools. This comparison is called the net price. The net price includes all of the costs associated with college attendance.

According to the College Board, the net price is a college's full cost of attendance minus the grants and scholarships you may receive. The cost of attendance includes tuition, fees, and housing as well as other important costs like books, supplies, and transportation. The net price you pay for a particular college is specific to you because it's based on your personal circumstances and the college's financial aid policies.

Once an understanding of the cost is gained, funding must be secured. This starts with the completion of the Free Application for Federal Student Aid, FAFSA or the CSS/Financial Aid Profile. The FAFSA is the most widely completed financial aid application and is used by most colleges and universities. The CSS/Financial Aid Profile is used by approximately 400 private colleges and universities. Chances are both will have to

be completed. These financial aid instruments calculate an Expected Family Contribution, EFC. According to the Adventures in Education website, the EFC a measure of how much the family or student will be able to contribute toward college expenses for one academic year.

With an understanding of the Net Price and Expected Family Contribution, the next step is to collect the funds. Between the money saved in a 529 plan and/or prepaid tuition and other contributions, there will probably be a need for additional funds. Based on the results of the FAFSA and the Profile, the college or university may provide scholarships and loans. You may also want to seek out other sources too.

Fastweb (Fastweb.com) is an online site that provides one-stop shopping for loans,

grants, and scholarships. There are other online tools as well and the student's high school might have a college resource center that has information on college scholarships and other funding opportunities.

For a general overview of the college funding process check out this website:

http://money.cnn.com/magazines/moneymag/money101/lesson11/index.htm.

Smart college funding will keep you sane on the path to fiscal fitness.



family business perspective by Jeff Faulkner

Pass The Baton

Developing a successor is paramount to sustainable business success. It requires empowering your successor to step up to the challenge, while holding them accountable to strategic goals. For a period of time there are multiple hands on the baton. If this delicate transition is not done properly there can be a demotivating tug of war experience - if you run past the disqualification line before the hand off is completed, or even worse, if the baton falls.

Learning how to pass the baton in a smooth, seamless manner involves four main strategies: leadership team bench strength/buy-in, business owner support, developing financial independence, and finding a third-party perspective to validate you're on the right track.

Your key management team is critical to providing experience and leadership perspective, and can help you successfully recruit for the future. Your successor will eventually need their own team who is loyal to them, therefore working with them to recruit the right talent for the future helps to grow the business in the direction that you planned together. At some point, you will need to let your successor make some hiring and firing mistakes, essentially migrating to a position of offering your opinion and input, but then backing off and letting your successor make the decision.

Because your key management is driving the dayto-day operations, leadership support also requires them to partner with your successor. They likely have experience beyond your successor's years, and will have the opportunity to teach and mentor your successor. Fathers/Mothers are typically poor

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mentors of their own children. They are either too hard or too soft. Consideration should always be given to the development of a non-family management mentor team that would oversee the devel-

opment and growth of your family successor. If you don't have managers that you feel are strong enough to play such a role, then you may have some additional evaluation of your own leadership style.

One of the more important aspects of successor development and passing the baton smoothly is taking the time to create leadership space by redefining your roles and responsibilities. This often gets emotional for business owners who love their work and have nothing else in their lives vying for their attention. I recently met with a 72-year-old business owner who expressed these feelings and said when he turned 70 he began to consider succession for the first time and came to the conclusion that he wanted the next decade to be his most gratifying and impactful years. Another retired at 70, walked away from the business without defining what he was retiring to, and quickly became depressed and lacking a sense of purpose.

Understanding the emotional, financial and managerial influences impacting the transition process allows you, as the business owner, to define your purpose and develop strong leaders; providing you the opportunity to slowly let go of the baton and build confidence in your successor.



in the garden by Stephen and Kristin Pategas

Stephen & Kristin Pategas

Faithful Foliage

Colorful blossoms certainly make an attractive garden, but blossoms on many plants are fair-weather

friends. They arrive and depart based on the seasons, their bloom period, a heavy rain, or a strong wind. Some flowering sessions may last less than a week. While that may be more than long enough to have visitors bunking at your home, it is a short visit

for flower color in a garden. To add year 'round punch to the garden think of the foliage as the friends that stick around, while the flowers are the acquaintances that come and go - seemingly on a whim.

Foliage is the backbone of the plants' contribution to the design of the garden. Blossoms rarely cover a plant thus hiding the foliage; the leaves are always there, visible as a backdrop to the seasonal glory of the bloom. So, focus on the foliage and when selecting plants, think of the leaves first. What color, size, and texture are they? Within a garden setting, the larger leaves provide the coarse texture and the smaller ones are the fine texture and voila - contrast is created.

Of course size is relative, so look for plants with leaves that have dramatically different sizes from each other. When viewed up close (from the walkway instead of the street), a small leaf

could be coarse compared to neighboring teeny tiny leaved plants.

Here in Central Florida we have mostly evergreen plants with leaves that stick around throughout the year. Whether it is hot and humid or cold and windy, they hang in there. Here are successful foliage pairings with coarse and fine textures – remember that leaf shapes and colors also contribute to the visual contrast. These companions will grow together in the same soil and light conditions and are best buddies in a garden. Nurture long lasting relationships and select plant friends first by their foliage, that's what stays true day in and day out.

Photos by Stephen G. Pategas/Hortus Oasis.

Shade (coarse/fine)

- cast iron plant and autumn fern
- holly fern and mondo grass
- Japanese fatsia and/or lady palm and/or autumn fern
- oakleaf hydrangea and camellia

Part sun (coarse/fine)

- Xanadu philodendron and lily of the Nile
- yellow anise and dwarf Walter's viburnum
- saw palmetto and coontie
- Beautyberry and yaupon holly

Sun (coarse/fine)

- dwarf burford holly and dwarf nandina
- cow's tongue/paddle plant and Mexican feather grass
- cardboard plant and dwarf Asian jasmine
- basil and thyme
- century plant and bulbine
- African iris and muhly grass
- orange bird of paradise and liriope





Top left: A garden of textures (design by Hortus Oasis). Top right: The succulent cow's tongue/**Kalanchoe thyrsiflora** 'Fantastic' and Mexican feather grass. Bottom left: Sculptural cardboard plant with dwarf Asian jasmine. Bottom right: Fatsia and autumn fern soften a fence.





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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The Park Press | AUGUST 2016 16 REAL ESTATE

real estate in the parks by Scott Hillman and Katherine Ferrara



A Look At The Existing Home Market

through the year and I like to look back and see how we compare to last year in the existing home market. Look-

ing at numbers in eight local zip codes - Orlando, 32801, 32803, 32804, 32806, and 32814, Winter Park, 32789 and 32792, and Maitland, 32751 - I found that since last year, the number of sales have gone down slightly (2.6%), while prices went up 9.6% to \$255,000.

Appreciation values are also climbing. In four of the zip codes in Winter Park, Downtown Orlando and Colonialtown - 32789, 32792, 32803, and 32806 - we saw a double-digit appreciation in prices. In Maitland, 32751, College Park, 32804 and Baldwin Park, 32814, we saw modest gains in pricing - about 1-5% from a year ago. Although that appreciation value is still considered average, I anticipate driving and sales will continue to rise over the next year to 18 months.

Lastly, Downtown Orlando - 32801- saw a loss of 8.1%, which is a reflection of a high num-

We're now half way ber of condo sales. However, I do anticipate that these figures will improve, as many of these sales were lower-priced condominiums and the inventory is shrinking.

> One trend I bring up often and have been following for years are distressed properties in the market. This year, they make up only 6.4% of the market, compared to last year's hefty 15%.

> This is great news and I believe getting the number of distressed properties below 3% by

year's end is very realistic.

The one consistent number that hits me is the sales price to list price

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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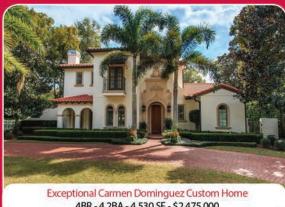
ratio at 97%, which throws water at the notion, "I need to have a big negotiating cushion." Over-

pricing your home for negotiation purposes can,

and normally does, work against you. Consulting with a realtor to develop the best marketing

strategy will ensure that your home sells quickly

- and at the best price.



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POP CUITURE detours by George McGowan

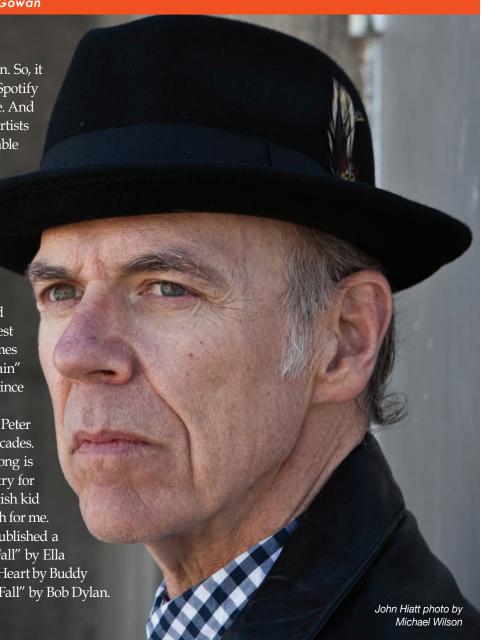
Songs For A Rainy Day

The month of August in Florida makes me think of two things – sun and rain. So, it got me to thinking – what are the best songs about rain? Thanks to my trusty Spotify subscription I was able to search for the songs that have the word "rain" in the title. And once I started to find my favorites, I also discovered several songs by favorite artists about rain that I didn't know and now love. Unfortunately, not every song is available on Spotify, so I wasn't able to listen to two colorful favorites – "Red Rain" by Peter Gabriel and "Purple Rain" by Prince. But, I was still able to compile a list of over three hours of rain songs at the following playlist: https://goo.gl/6ZS0ew.

Now, the hard part. What would I name as my top ten "Rain Songs"? A tough task. The top five came to me very quickly: 1) "I Think It's Going to Rain Today" by Randy Newman – maybe the saddest song ever written. 2) "I Can't Stand the Rain" by Ann Peebles – best vocal, best opening notes, which evoke the sound of rain on a window pane through being played on the electric timbale, and best groove. 3) "Purple Rain" by Prince - uh duh, best guitar solo! 4) "Feels Like Rain" by John Hiatt – best lyrics – such as: "Love comes outta nowhere baby, just like a hurricane, and it feels like rain." 5) "So. Central Rain" by R.E.M. - which is better known by my wife's title for the song – "I'm Sorry" – since that is the repeating chorus.

The remainder of the top ten are: 6) "Rain" by the Beatles. 7) "Red Rain" by Peter Gabriel. 8) "Dry the Rain" by the Beta Band. 9) "Rhythm of the Rain" by the Cascades. 10) "Love Reign O'er Me" by the Who. Yes, I cheated on the last one. But that song is too good to leave off the list! And in my defense, according to the Wikipedia entry for the Quadrophenia album on which it appears, it is supposedly about a sullen British kid stuck on a rock in the middle of the ocean during a rain storm, so it is close enough for me.

Of course, my list is only my opinion. The British newspaper *The Telegraph* published a list of 30 songs about rain and their top five is: "Into Each Life Some Rain Must Fall" by Ella Fitzgerald and the Inkspots, "Singin' In The Rain" by Gene Kelly, "Raining In My Heart by Buddy Holly, "Come Rain or Come Shine" by Ray Charles and "A Hard Rain's a-Gonna Fall" by Bob Dylan. A much more distinguished list. So, what are your favorite rain songs?



theater in the parks by Barbara Solomon

How Lucky Can You Get

THE WORLD GOES 'ROUND MUSIC BY KANDER & EBB, DIRECTED BY MAYME PAUL FEATURING HAYLEY SCOTT, LAUREN ABEL, JENNY TOTCKY, BENJAMIN WALTON, AND NICK DRIVAS

The students at UCF always do a great job, and this show is no exception. It features the songs of Kander & Ebb, the team responsible for such hit musicals as "Cabaret" and "Chicago." Over their 50 year career they wrote the songs for 20 shows. Their works fall basically into two categories – humerous and romantic.

"Coffee In A Cardboard Cup,"
"Sara Lee" and "Ring Those Bells"

MUSIC BY

LYRICS BY

JOHN KANDER

FRED EBB

CONCEIVED BY

SCOTT ELLIS, SUSAN STROMAN, DAVID THOMPSON

have very clever funny lyrics. "Colored Lights" has a lovely melody as does "I Can't Remember You." The highlight of the evening was "Round The Rink," where the cast was actually tap dancing on roller skates.

All five voices blended well together. Hayley had the strongest, and she was quite lively as well. Jenny's singing came in a close second and it was obvious she had some ballet training. But the best female dancer was Lauren-too bad her voice was so annoying. As for the guys, they were capable but not outstanding. I found out these were lower classmen performing, since the upper classmen were off to summer stock. So they did not have all that much experience under their roller skates; we therefore have to applaud them for their efforts.

All in all, it was a very enjoyable show due to the wonderful songs presented. It highlighted the ups and downs of life in song, my favorite type of theater.

Playing through August 28 at Theatre UCF. For more information, call 407-823-1500 or visit theatreucf.edu.



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



Avesha G. Bulloc

Lost Boys...

I find myself watching a movie full of fantasy and fairy on this stormy summer night. The days are long and the nights are steamy and all

around is the wonder and wizardry of a child-like cognizance. I can't help but feel just a bit nostalgic for all of those days and nights, weeks and

years that have become but merely reminiscent reverie. It wasn't all that long ago that the end of the dock was the end of the world and the sun literally rose and set in our parents' arms.

How is it then that we find ourselves raising our own children, making our own mistakes, paying our own bills and signing our own loans? How is it that we now fill our pre-slumber thoughts with retirement and responsibility in the place of confections and creations?

Most of the adults I know still recognize themselves as the young'n that used to see the world through saucer-sized eyes as opposed to the wizened hooded lids of today's mirrors. Most of us, if we're being very hon-

est, still find ourselves responding and reacting as our inner children instead of the self-aware adults we pretend to be. And yet, day after day, night after night we don our adult hats and go once more into the fray in order to be a better version of ourselves than we were the night before.

The countenance before us may age - the hair becoming greyer and the joints achier- but how are

we really growing each day? What are we doing in order to be a more mature, emotionally responsive, and resilient version of ourselves? Where do we find the strength and the inspiration to be more than we were yesterday?

We choose it. We intentionally reflect, assess and set out to grow, to actualize, to honor the adult self we want from others. And we stretch to the



furthermost vulnerable and self-honest places that our hearts can bear... And then we leap even a little beyond that.

We leap into the arms of an unsuspecting spouse or sibling or friend; we look to be accepted as we are instead of as we have protectively pretended to be. We extend a cautious foot onto each board of the rickety suspension bridge that

connects our former selves and our aspirational selves and we trust the footing even in the haze and the fog of life and disappointments and maladaptive histories.

We grab the rope and swing into the Neverland of our discoveries and trust ourselves that no matter what may lay on the other side, it is worth the risk of being the full spectrum of our true selves.

How do we do this? We rise to the challenge and grab the gauntlet of our desired life. Of the relationship we want, of the career about which we've always dreamt, of the sense of belonging we believe possible even if not ever yet felt. We shed our prickly exteriors and we ask, with as humble a heart as we can, for that thing which most excites and terrifies us. We ask those who have proven themselves worthy, to gently and tenderly hold our hearts and our hopes and our fears and not save us from them, but rather sit with us in the reality of them and witness our triumph in, amongst and over them. We ask for the love we deserve and we dare to offer the love we are capable of giving.

So this month, in the glow of the summer lightning, take stock of those around you and choose to sprinkle a little pixie dust in your life... There's no telling what marvels may bloom in your own Kensington Garden.

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.

schools





Dommerich Welcomes Karen Verano As New Principal

Dommerich Elementary is pleased to announce the appointment of Mrs. Karen Verano as principal, effective June 13, 2016. Mrs. Verano joins Dommerich after serving as assistant principal at Engelwood Elementary for three years where she worked with their leadership team to attain the school's first "A" rating.

She has over 10 years of class-room teaching experience in a variety of grade levels and schools in both Seminole and Orange County. Following her years of teaching in the classroom, Mrs. Verano served as the curriculum resource teacher and instructional coach at Aloma Elementary for five years before her appointment as assistant principal to Englewood Elementary.

Verano describes her new position at Dommerich as her dream job and is committed to the students, teachers and the Dommerich community. "Together, we will support the students so they can have wonderful memories of elementary school and also the foundation needed to achieve great things."

Mrs. Verano is familiar with the Winter Park/Maitland community. She has two children who are Winter Park High School graduates and feels the education received throughout their school-aged years provided them the tools to be successful in college and beyond.

"In a way, I feel like I've come home."

school care to the students in first through eighth grade. The Pre-Kindergarten and Kindergarten students will also have care under the supervision of school staff. The YMCA employees are qualified professionals and maintain a 1:18 ratio. Hiring requirements include the following:

Level II background screening (done through the Diocese of Orlando) Drug screening

CPR/First Aid training
Child Abuse training
Bloodborne Pathogen training
40 hours of program training
annually or teaching certificate

St. Charles Borromeo Catholic School offers dedicated spaces for the Aftercare Programs which allows a safe, positive environment for students, where they can be involved in comfortable and enriching activities. The program provides the following elements within a common framework: 21st century skills, college and career exploration, service-learning, arts education, leadership development, health and wellness, global learning, and family engagement. If you are interested in more information about SCBCS, please call 407-293-7691.



St. Charles Borromeo Catholic School Partners with the YMCA

This summer the YMCA provided a full-filled Summer Day Camp at SCBCS for students in grades 1-6. The camp incorporated a wide range of activities such as games, sports, arts, drama, science, reading, and some amazing field trips. Each week campers enjoyed a different theme from Ancient Wonders to Wildlife Expedition. The YMCA focused on teaching character-values and helping reduce summer learning loss.

Next school year, the YMCA will continue to be a presence on the St. Charles campus by providing after-



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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.

Baldwin Park, College Park and Orlando Area Events

Ongoing Events

Every Monday (August 29-October 24) Take Charge Of Your Diabetes - 10:00 a.m. to noon at the Orange County Extension. The cost for this nine-week program is \$20. For more information or to register, please visit www.oclivingwell.eventbrite.com. (Be sure to choose the class located at Orange County Extension.)

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.

August 13 Orlando Shakespeare Theater Open House

– 10:00 a.m. to 2:00 p.m. at the John and Rita Lowndes Shakespeare Center located at 812 E. Rollins Street. This family-friendly event is free to the public and includes creative demonstrations from the Theater's production staff, crafts and coloring for the little ones, story time with princesses, and an Artistic Q&A Panel with Orlando Shakes artists. For more information, please call 407-447-1700, or visit www.orlandoshakes/org/openhouse.

September 1 The Orange County Retired Educators Association Meeting – 10:00 a.m. at the College Park United Methodist Church, 644 W. Princeton Street, Orlando. Anyone who has worked in education is invited to join. For more information, please call 407-677-0446.

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily.

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

Now-August 14 Summer Workshops – Summer brings a full schedule of 1 and 2-day workshops for adults of all skill levels. Workshops include: Painting:

Poetics of Place - An Exploration of Abstraction; Mark-Making, and Mixed Media (July 9-10); Chain-Making: Make a Bracelet (July 10); Capturing Time on Paper: A Natural Printmaking Method (July 23); Printmaking: The Ancient Art of Gyotaku (July 30); Flush-Set Pendants (August 14). Pre-registration required at www.artandhistory.org.

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 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 Thursday "Walk With A Doc" – Enjoy a rejuvenating 45-minute walk with Florida Hospital physicians. This free event is held at 5:30 to 6:30 p.m. at the Crosby YMCA. For more information, or to reserve your spot, please call 407-303-1700.

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

Every Saturday and Sunday Line Dance Class – 10:00 a.m. Saturday for experienced dancers, and 3:00 p.m. Sunday 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 Winter Park Running Group– 7:00 at Park Avenue and Welbourne. New participants are welcome to join. For more information, please email jackgallagher@gmail.com.

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.

August 4, 11 and 25 Free Back-To-School Physicals For Uninsured Children – 6:00 - 9:00 p.m. at the Dr. Diebel Jr. Memorial Shepherd's Hope Health Center located at 2008 N. Goldenrod Road. For more information, please visit www.shepherdshope.org or call 407-876-6699, ext. 221.

August 11 Coffee Talk – 8:00 to 9:00 a.m. featuring Commissioner Greg Seidel at the Winter Park Welcome Center located at 151 W. Lyman Ave. For more information, please call 407-644-8281.

August 11 Popcorn Flicks – 8:00 to 10:00 p.m. featuring the showing of "Toy Story 2" at the Central Park Main Stage located at Park Avenue and Garfield Avenue. For more information, please call 407-629-0054.

August 12 Good Morning Winter Park – 7:45 a.m. at the Winter Park Welcome Center located at 151 W. Lyman Avenue. Event includes complimentary continental breakfast and is free and open to the public. For more information, please visit www. winterpark.org.

AUGUST HIGHLIGHT



SHAKESPEARE THEATER IN PARTNERSHIP WITH UCF

SATURDAY, AUGUST 13

Orlando Shakespeare Theater Open House - 10:00 a.m. to 2:00 p.m. at the John and Rita Lowndes Shakespeare Center, 812 E. Rollins Street. This event is free to the public and includes creative demonstrations from the Theater's production staff, crafts, coloring, story time and more. Call 407-447-1700, or visit www.orlandoshakes/org/openhouse.

August 13 4th Annual Luau by the Pool – 1:00 to 4:00 p.m. at the Winter Park Community Center. For more information, please visit www.cityofwinterpark.org.

August 24 The Hot Seat – Noon at the Winter Park Welcome Center located at 151 W. Lyman Avenue. Hear from Central Florida's top entrepreneurs as they take on the hot seat and tell their story about building a successful business. Cost is \$10 to Winter Park Chamber members, and \$15 for nonmembers. Register online at www.winterpark.org.

August 24 Winter Park Business Showcase & Member Mixer – 4:00 p.m. at the Orlando Science Center located at 777 E. Princeton Street. The event is free and open to the public. Register online at www.winterpark.org.

September 1 Market To Park – 4:30 to 6:30 p.m. at the Shady Park located at the corner of Pennsylvania and New England Avenues. This program was started with a grant from Healthy Central Florida to increase access to fresh vegetables in our community. For more information, please call 407-599-3334.

September 3 Annual Rummage Sale – 9:00 a.m. to 4:00 p.m. hosted by the Woman's Club of Winter Park at 419 S. Interlachen Avenue. for more information, please call 407-644-2237.

September 8 Popcorn Flicks – 8:00 to 10:00 p.m. at the Central Park Main Stage. This event is presented by the Winter Park CRA and produced by the Enzian Theater. For more information, please call 407-629-0054.

September 9 "Let's Hang On!" A Musical Tribute To Frankie Valli And The Four Seasons – 7:30 p.m. at the Winter Park Playhouse. For more information and tickets, please visit www.winterparkplayhouse.org, or call 407-646-2145.





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