# The Park Press



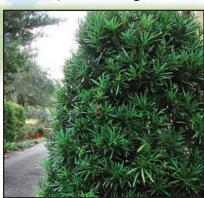
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# Striving To Produce Environmentally Responsible Events



Track Shack and OUC- The Reliable One announced a plan to achieve green event certification for the 2016 OUC Orlando Half Marathon and Track Shack Lake Eola 5k. The certification process is applied for and verified by the Council for Responsible Sport (CRS), an Oregon based 501(c)(3) nonprofit that supports and certifies events that are working to improve their social and environmental, responsibility practices. The 40th running of the event is December 3, 2016.

"We unite with OUC to produce this distinguished race as a celebration of fitness, human achievement, and community. Under the leadership of OUC and aligning with their Green Initiatives, we have the ability to conduct the OUC Orlando Half Marathon responsibly and minimize the event's impact on the environment," says Jon Hughes, race director and co-owner of Track Shack Events, the event producer.

"In four years or 40 years we envision this as a world class race for runners and walkers of all abilities that is working toward 100% waste diversion, an electric powered fleet and solar powered generators, easily accessible locally grown fruit provided for all, 100% paperless, and the material generated would be 100% recyclable and/or compostable."

One of the key components of the event's sustainability plan is that the hometown utility OUC-The Reliable One has been supplying runners race day water from 10 hydrants along the 13.1 mile route since 1999. The five-point plan includes:

Continued on page 8.



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# Publisher's Message



I'm a huge sports fan, and an extremely proud American. So for me, there is nothing that brings these two things together quite like the Olympics. It truly a unique situation in which global divide, and countries with tremendous political

and religious differences, can come together in one place to let their finest athletes compete. It's actually one of those few things that I'd call amazing.

During my lifetime, I've witnessed some really memorable Olympic moments. Mark Spitz earning seven gold medals in swimming in 1972. Bruce Jenner winning gold in the decathlon in 1976. We all wanted to be that guy. So much so, we held our own neighborhood decathlon, but had to substitute those well-made metal lawn darts for the javelin. Eric Heiden winning five gold medals in speed skating in 1980, and the miracle on ice as the U.S. Men's Hockey Team won gold. Kerri Strug having to do a second vault after injuring her ankle to help the U.S. Women's Gymnastics team earn gold. And then Michael Phelps. Seriously, this guy's picture should be included in the Webster Dictionary along with the definition of the word amazing. Over five Olympics he's earned TWENTY-THREE gold medals in swimming. Add in three silver

and two bronze to round out his collector set, and prove he's slightly human.

Winning is great, but my favorite things about the Olympics Games have nothing to do with winning gold. It's the display of pride that is show by those who represent their respective countries. It's the chants of, "USA, USA, USA!" It's seeing our nation's flag being waved in the stands, and that it's the first thing each of our athletes looked for after their event. It's the respect that is shown by the athletes to their fellow competitors, like when the U.S.'s Abbey D'Agostino and New Zealand's Nikki Hamblin tripped during the semifinal of the 5,000-meter race, and then helped each other finish the race. Or when Sam Kendrick was flying down the runway on a qualifying pole vault attempt and came to an abrupt stop, dropped his pole and stood at attention when he heard the start of our national anthem. If you haven't seen this, it is totally worth pulling up on the Internet.

The Olympics are more than just a sporting event. These games always remind me of how great it feels to be united, and how proud I am to be an American.

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

Rick Rick Cable Founder/Owner

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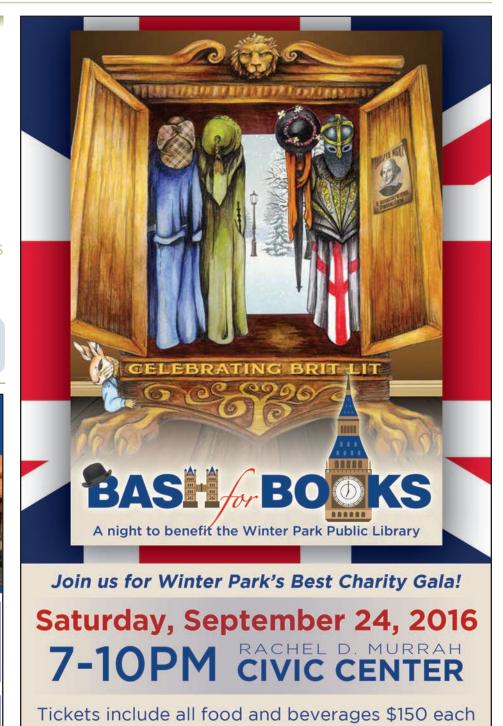


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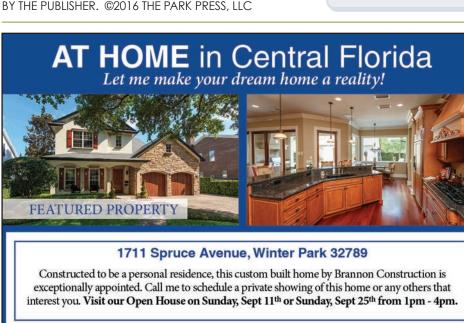
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### Sticks And Stones By Tricia Cable

As a mom of two girls, all effort is made to prepare them for all things life may throw at them; the good, the bad and the ugly. While all the while, you work to prevent as much needless pain and suffering as possible and focus on the positive

that life has to offer, inevitably they will face unexpected obstacles and challenges that they will most certainly have to overcome.

At first, as a parent, our hours are committed to keeping them physically safe, working incredibly hard to steer them out of harm's way; teaching them how to navigate their way cautiously with as few bumps and bruises as possible. However, once they grow and become outwardly durable and somewhat confi-

dent with their vehicle, the real work as a parent begins- mentally.

Kids are kids and sadly, the "mean girl" concept is real and thriving; no beating around the bush...it sucks. Our kids inherit our traits and like it or not, if we haven't worked out our issues prior to raising children, our children carry on our characteristics-both bad ones and good ones. The individual in-

securities can sometimes manifest themselves in a very ugly way. The tearing down of another human being for the sole purpose of a laugh or a futile attempt to make yourself feel better, or worse yet, look better to a group of peers, is bullying at its core.

The way people treat you, is a statement about who they are as a human being. It is not a statement about you.

We have a saying in our house: when someone is mean to you or treats you poorly, it says everything about them and nothing about you. It doesn't make the nastiness any easier to stomach, but at least they realize that it's not about them, not one little bit. The mean and nasty people of the world are hurting in some way and only know one way to deal with their pain, to lash out at others. Although it's not our job

to make excuses for their behavior, it surely helps to attempt to understand it.

Open communication with your kids is key to helping them face some of their challenges head on; if you don't know about the problem, you can't

> really help them navigate their way. So keeping the line of communication open with them is the first step to helping with conflict resolution. The sooner our children learn that no two people think alike, no two paths are the same, and to agree to disagree, the better. Not everyone needs to agree with you in order to be friends. You can completely dislike someone and still be cordial. And additionally, the sooner they realize that not everyone is going to like them and want to be their friend- and that that is okay- the happier lives they will lead.

So as the new school year begins and as this crazy election season ramps up, let's all take a lesson from two of my favs, Maya and Aristotle: "It is the mark of an educated mind to be able to entertain a thought without excepting it" and "I note the obvious differences between each sort and type, but we are more alike, my friends, than we are unalike. We are more alike, my friends, than we are unalike."



The Park Press | SEPTEMBER 2016 **NEWS** 

# City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



a new school year, the start of football season and the beginning a great fall, I wanted to take a moment to update you on some things happening around our city.

Sporting events provide us many opportunities to celebrate with family and friends,

what better way to support your local community than by attending some high school football games and other sporting events? Both Edgewater and Winter Park High Schools offer family and individual sports passes that allow entry into all home games on their campuses. For more information, visit ehs.ocps.net or wphs.ocps.net.

Speaking of football, this will be an exciting season here in Orlando at Camping World Stadium (aka The Citrus Bowl), with Ole Miss and Florida State meeting for the Inaugural Camping World Kickoff on Monday, September 5th at 8 p.m., along with a free kickoff concert featuring Brad Paisley, on the evening of September 4th downtown in front of City Hall. And this new tradition will continue with Alabama and Louisville meeting for the 2018 season kickoff, while the Gators and Hurricanes will meet in 2019.

This year's season continues with the annual

As we celebrate the start of Florida Classic on November 19th, the Auto Nation Cure Bowl on December 17th, the Russell Athletic Bowl on December 31st and culminating with the 2017 NFL Pro Bowl on January 29th.

> Golf is another great activity we can all enjoy as the weather cools off. Our city's own Dubsdread Golf Course not only offers open play, but adult and junior clinics as well as leagues for all age levels.

> For our nature lovers, head out to our annual National Public Lands Day celebration taking place on Saturday, September 24th from 9 a.m. to 1 p.m. at Bill Frederick Park at Turkey Lake. Entry to the park is free and there will be many great activities for the whole family.

> As we commemorate the 15th anniversary of 9/11 this month, join the Orlando Fire Department and the Camaraderie Foundation for a special ceremony at 6 a.m. on Sunday, September 11th. Flags will be planted in remembrance outside the Dr. Phillips Center for Performing Arts followed by a moment of silence at 8:46 a.m.

> Also, please join us in the City Hall Rotunda on Friday, September 16th at 11 a.m. for the mayor's annual POW/MIA Ceremony. It is a time where we can all remember those soldiers who are missing in action and reflect on our commitment to continue working together to bring them home to their families.

I'm so excited that for the first time, our city's

annual National Night Out event is taking place in the fall, rather than the summer. So goodbye to stifling heat and a high probability of showers and hello to National Night out on the evening of Tuesday, October 4th! National Night Out is one evening where neighbors host some sort of get together on their street or in their community so that they can get a chance to not only interact with each other, but also with the police officers and other first responders who patrol and cover their area, in order to build a cohesive network that can help prevent crime in our community.

If you have never been to or hosted a National Night Out event on your street or in your neighborhood, there is no better time to start. With everything going on in our world, now more than ever, we can be the torch bearers for how police/ community relations can and should be.

For more information on how to host a party, visit cityoforlando.net/police. Also, please join us for the city-wide National Night Out kickoff party at the SODO shopping area on Monday, October 3rd from 6-8:30 p.m. Enjoy free food, live entertainment and a chance to visit with all of our different OPD divisions while learning more about the Neighborhood Watch program.

As always, thanks for your support of our great City! I look forward to seeing you around town this fall enjoying one of our great local amenities.

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



Your city staff has been working with city advisory boards as well as an appointed Task Force to make revisions to the city's Comprehensive Plan. The Comp Plan is an important document that guides city policy related to transportation,

utilities, land use, recreation, and housing, to name a few. Florida State Statutes 163 requires all local governments to regularly review and make adjustments to their Comp Plan.

The Comp Plan works with the Land Development Code and the Florida Building Codes to ensure the charm and quality of Winter Park remains. In 2012, the city engaged Wallace, Roberts & Todd (WRT), a national collaborative practice fice us."- Ralph Waldo Emerson of city and regional planners, urban designers, landscape architects and architects, to review our existing Comp Plan. WRT spent months working with city staff, interviewing stakeholders, and reviewing our processes and procedures related to development. The WRT report listed the core issues as a "Lack of agreement on the role and purpose of the Comprehensive Plan vs. Land Development Code... Absence of a shared consensus on community vision...Perceived conflict with the notions of growth and preservation...using a 'one size fits all' approach... Disagreement on adopting a traditional vs. form based zoning approach...Lack of clear long-term economic development goals in the Comprehensive Plan."

The City Commission recently accepted and approved Vision Winter Park, which was one of the WRT study recommendations. I am hopeful that recommendations from the WRT study, as well as the information gleaned during the 16-month visioning process, will inform our Comp Plan.

Regardless of hyperbole, the Comp Plan is not a "sacred document," nor is it the city's "bible." Comp Plans are guide books. Roadmaps. They provide direction for a community from a planning perspective. They are amended quite often as one would be naïve to believe that a single document can perfectly guide a city's growth, especially given the rapidly changing environment that we find ourselves in today. New technologies. Shifting demographics. Mass transit. All of these can and will impact how communities evolve. Comp Plans and all community strategic "plans" must be flexible enough to not only allow for, but to actually plan for, evolving market dynamics, transformative concepts, diverse tastes, etc.

"A few strong instincts and a few plain rules suf-

Many are familiar with Greeneda Court on

Park Avenue which houses Barnie's CoffeeKitchen and many other shops and offices. Greeneda Court could not be built again today under the current Comp Plan. Indeed much of Park Avenue, one of our most valuable and visible public assets, could not be rebuilt under the current Comp Plan. This is a problem. Our current Comp Plan does not allow us to maintain the unique, quaint character of our downtown. In addition, as you drive through Winter Park, look at the eclectic nature of our home. Some may not like an individual home or building, but overall the diversity of styles is one of the most appealing aspects of Winter Park. We must not be so convinced of our own tastes and preferences that we create regulations so prescriptive that they subvert individuality. There are beautiful communities nationwide, as well as locally, that restrict individual tastes and design. However, that has never been Winter Park, nor was that ever the plan of the founders.

The Comp Plan is just one of many items that your elected officials, city staff and appointed board members tackle on a regular basis to ensure the long-term relevance of Winter Park. We look forward to receiving your feedback and input at the many public opportunities that are available to you. For the most updated schedule for these public Comp Plan discussions, please visit cityofwinterpark.org/comp-plan.



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# Maitland Mayor's Message Mayor Dale McDonald

# State of the Lakes Celebrating 20 Years of Proactive Lakes Management

In 1996, the very first Stormwater Lakes Management Plan (SLMP) was published. The SLMP documents water-quality trends in Maitland's lakes and provides guidance on programs and infrastructure to improve the quality of lakes.

Nitrogen, phosphorus, chlorophyll, and clarity of each lake is measured. The data is plugged into a formula and derives the Trophic State Index (TSI). The lower the value, the better the quality of the lake. There are four trophic states: oligotrophic (below 50), mesotrophic (50 - 61), eutrophic (61 - 70), and hypereutrophic (greater than 70).

For example, in 1993, Lake Lily was hypereutrophic with a TSI value of 71. Fast forward 22 years, and Lake Lily's TSI value is 40 – a dramatic difference – and none of Maitland's lakes are eutrophic or hypereutrophic. To learn more, download the SLMP at www.itsmymaitland.com.

The City remains committed to its lakes. Retention ponds, nutrient-separating baffle boxes, stormwater collection systems, and drainage improvements have positively impacted the quality of Maitland's lakes. Created in 2008, the Stormwater Environmental Utility Special Revenue Fund funds these important lakes projects.

- 22: Number of lakes within the City proper
- 3: Number of lakes out of 18 studied in 1996 with TSI values over 61
- 0: Number of lakes with TSI values greater than 61



### How Can You Help Protect Our Great Lakes?

- Don't allow grass, leaves, and trash into storm drains
- Clean up and properly dispose of pet waste
- Avoid or reduce use of pesticides and fertilizers
- Install rain barrels to catch stormwater
- Wash your car over the lawn
- Adjust irrigation to cover lawn

### **Budget Season is Underway**

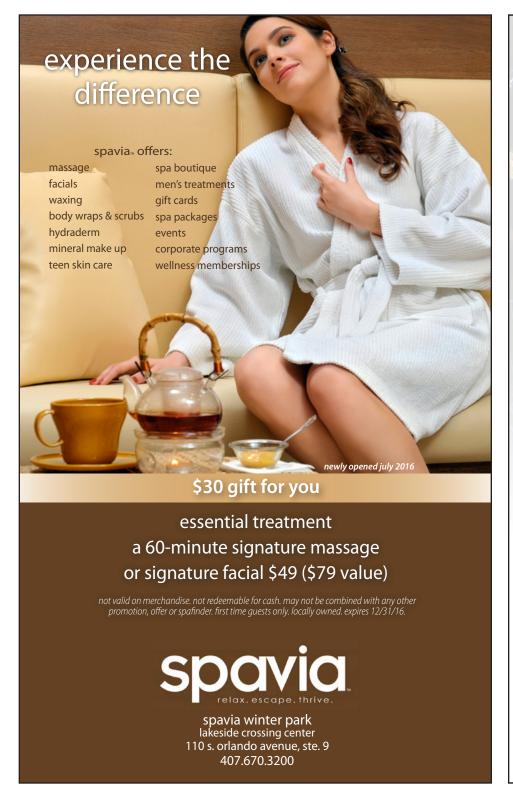
The millage rate sets the amount of money to be collected based on the total taxable value of each property established by the Orange County Appraiser's Office. On Monday, July 25, 2016, the City

Council set the tentative Truth-in-Millage (TRIM or millage) rate to 4.7.

Every summer the Orange County Appraiser's Office mails TRIM notices to Orange County residents. When you see your TRIM notice in the mail, keep in mind that it is a placeholder and not the final set millage rate. The City Council will set the proposed millage rate in the first September meeting and adopt the final millage rate at the last meeting in September.

The next budget meeting is on Monday, August 22, 2016, when the City Council will set the stormwater rate.

On Monday, August 1, 2016, the City Council hosted a workshop to discuss the CRA, Stormwater, Water & Sewer, and Solid Waste funds. Listen to the audio on the City's website at www.itsmymaitland.com.





# **County Commissioner's Message**

Commissioner Ted B. Edwards, Orange County, District 5



proud to consistently vote for fiscally responsible budgets during my time as a member of the Board of County Com-

missioners. This year's proposed \$3.6 billion budget is no exception. Although our population has grown by 200,000 over the past decade, county staffing levels in 2017 will be smaller than they were in 2007

Orange County receives revenue through a variety of sources. The primary source of county revenue is property taxes. The taxable value of property within Orange County will increase by an estimated 9% over the next fiscal year, from \$448 million in the current year to \$485 for the upcoming year. This increase in value is driven by post-recession new construction and primarily funds public safety, health and social programs, public transportation, parks and recreation, and infrastructure improvements.

Another important source of revenue is local option sales tax. This tax funds a variety of services including Mayor Jacobs' \$300 million INVEST

I have been In Our Home For Life initiative. This initiative will overhaul county infrastructure and fund \$200 million in roadway improvements, \$30 million in Fire Rescue infrastructure, \$5 million in each commission district for one-time needs, \$15 million for pedestrian safety and intersection improvements, \$20 million for parks, and \$5 million for affordable family housing. The county anticipates \$167 million in sales tax collections in the 2016-2017 fiscal year.

> Orange County also collects Tourist Development Tax (TDT), a tax on hotel room and short-term rentals primarily paid by tourists. A record 66 million tourists visited Greater Orlando in the 2015-2016 fiscal year, generating \$231 million in TDT funds. State statute mandates these funds be used for community venues and tourist advertising; projects funded with TDT include ongoing maintenance and operations at the Orange County Convention Center, construction and renovation at the Dr. Phillips Center for the Performing Arts and Camping World Stadium, and premier events such as the NFL Pro Bowl which will be hosted by Orlando in 2017.

> Orange County's last main revenue source is fuel tax collections. These taxes are used to build and

maintain county roadways. Due to state guidelines, this tax can only be levied at a fixed amount per gallon. Although the number of vehicles in Orange County continues to increase due to our growing population, vehicles are becoming more and more fuel efficient. Therefore, fuel tax collections have not been able to keep pace with the county's transportation needs. Orange County uses sales tax revenue to fill funding gaps left from our gas tax collections.

Orange County will invest heavily in public safety over the next fiscal year. We are increasing the Orange County Sheriff's Office budget by 4.3% to \$217 million. This will allow for the creation of 16 new positions, including 10 new patrol deputies and two new school resource officers. The proposed budget will increase the Fire Rescue budget by 1% to \$151 million. Included in the budget are \$4 million in INVEST funds for a new fire station on University Boulevard and Lake Twylo Drive.

Your tax dollars will be spent in several other ways from recreation to transportation. The new budget allocates over \$34 million for Orange County Parks and Recreation. These funds will be allocated toward the maintenance and operations of existing parks as well as new facilities coming online. In District 5, work is progressing on the East Orange Sports Complex in Christmas which will provide access to soccer fields for East Orange County residents. Our Public Works Department will receive \$99 million for vital services such as roadway construction and maintenance, street signage, new sidewalks, and drainage improvements. Public works receives \$82 million in sales tax revenue to supplement limited gas tax funding. Orange County will contribute \$45 million to LYNX, the Central Florida Regional Transportation Authority. LYNX operates 300 busses along 76 routes in Orange, Seminole and Osceola counties as well as small portions of Polk and Lake counties. LYNX provides nearly 30 million passenger trips a year.

Orange County works hard each year to live within its fiscal means. I am proud to work with county staff to ensure you receive the county services you need in a timely manner. As always, if you have any questions about Orange County's budget or any other county issue, please feel free to contact me or my aides, Edgar Robinson and Liz Roby. We can be reached at 407-836-7350 or by email and district5@ocfl.net.



# **Protection And Service**

The Winter Park Police Department

According to the National Highway Traffic Safety Administration, every 34 seconds one child under the age of 13 is involved in a crash? This is very alarming, especially since oftentimes, deaths and injuries can be prevented by proper use of car seats, booster seats, and seat belts. Child Passenger Safety will take place from September 18th-24th, 2016. The Winter Park Police Department would like you to remember a few safety tips and recommendations in order to keep your children safe.

 All children five years old or younger must be secured in



# a federally approved child

- Children under one year of age facing child seat.
- Keep your child rear-facing as long as possible (until child
- Children three years old and younger must use a separate car seat or the vehicle's built-in child
- must sit in either a separate car seat, a built-in child seat, or use a seat belt, depending on the child's height and weight.

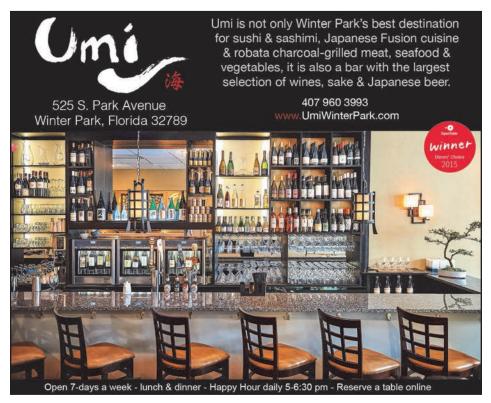
# **Child Passenger Safety**

- restraint system.
- one should always ride in a rear
- reaches the height/weight limit).
- Children four and five-years-old

- Children 6-17 years old must be in a seatbelt.
- For a seat belt to fit properly, the lap belt must lie across the upper thighs, not the stomach.
- For a seat belt to fit properly, the shoulder belt must lie across the shoulder and chest, not the neck or the face.
- If possible, keep your child in the back seat until at least age 12.

If you are interested in receiving information, education, or assistance regarding proper child seat installation, you can contact the Winter Park Police Department at 407-599-3313. Appointments are required.





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# Troop 62 Announces Newest Eagle Scouts

Boy Scout Troop 62, sponsored by St. Margaret Mary Catholic Church, is pleased to announce that Parker Bailey and John Guglielmi, III recently earned the rank of Eagle Scout.

Parker is the son of Donna and Mark Bailey and lives in Winter Park, Florida. Parker graduated from Lake Highland and is attending Florida Atlantic University.

John is the son of Carrie Beth and John Guglielmi and lives in Orlando, Florida. John is a senior at Winter Park High School and participates in varsity lacrosse at WPHS.

Boy Scout Troop 62 has been sponsored by St. Margaret Mary 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 productive society.

Congratulations to Parker and John for earning scoutings highest rank!





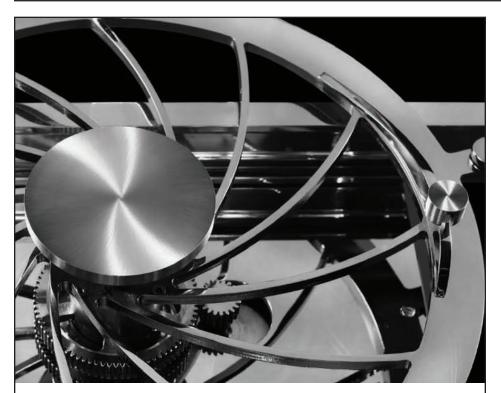
Pictured left to right: Parker Bailey, and John Guglielmi.



From left to right: Maeghan Pawley, Autism Speaks; Arnold Evans, SunTrust Bank; Katie Spizzirri, Autism Speaks; David Fuller, SunTrust Bank; Chris Kendall, SunTrust Bank.

# **Autism Speaks Event**

The SunTrust Foundation, in partnership with Autism Speaks, hosted a free financial planning workshop in August at the University of Central Florida in Orlando. The workshop was designed to help people with disabilities and their families secure their future by bringing them together with financial experts and service providers in a collaborative atmosphere. The event attracted more than 150 people and consisted of a resource fair, complete with representatives from local nonprofit organizations and local service providers, as well as an introduction to special needs planning by Reilly Morrison, specialty trust advisor at SunTrust Bank.



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\*See store for details



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Proceeds will help provide more than 14,000 community children with a safe and nurturing place to go after school.

# Donate your items today



2054 SR 436, #140, Winter Park, FL 32792 (Located 0.5 miles north of Aloma Ave.) Monday to Saturday: 9am-7pm | Sunday: 11am-5pm To arrange pickup of furniture donations, please call 407-951-5449.

8

### Waste Reduction

- •Online registration (71%) eliminating over 4,500 pieces of paper
- Volunteer waivers are electronic eliminating 200 pieces of paper
- Virtual Event Bag with final race info, course map and deals eliminating 75,000 pieces of paper.
- Using OUC water from OUC hydrants reduces 2,700 plastic gallon jugs.
- Devising a system for waste diversion during all phases of the event including pre-race packet pick up, race day and post event.

### Recycling

- Recycling of plastic bottles, paper and card board through collaboration with City of Orlando
- Receiving used running shoes at Track Shack and repurposing/redistributing locally

### Sustainable Purchasing

- Bamboo Shirts Raw Threads shirts are made from bamboo, a sustainable resource.
- Research compostable or recyclable cups

### Other

- Understand the sustainability policies of our sponsors, vendors, partners
- Promote the use of public transportation and/or carpooling; offer bike valet parking, promote Orlando Bike Share for spectating.
- •Survey participants and sponsors post-race to gauge successes and shortcomings.

**Calculate** – Document baseline figures for future evaluation.

Upon achieving certification, the OUC Orlando Half Marathon and 5k will be the first CRS certified events in Florida. More information available at http://www.councilforresponsiblesport.org/.

### **Call For Local Artists**

The Mayflower Retirement Community is issuing a call for local artists to participate in its third annual juried senior art show. The entry deadline is Oct. 7, 2016. Mayflower residents and non-residents are eligible to enter.

The free event, "Art for Generations," is open to the public and will be held Thurs., Oct. 27, from 10 a.m. to 3 p.m. at The Mayflower Retirement Community, located at 1620 Mayflower Court in Winter Park.

Artists must be at least 55 years of age, and may submit up to five original entries in any of the following categories:

- Paintings (watercolor, oil, acrylic)
- Drawing (pencil, pastel, charcoal)
- 3-D mixed media (wood, sculpture, ceramics, jewelry, basket-weaving, needlework)
- Photography (color, black and white, digital, clay)

Artwork must have been completed within the last three years.

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

To register, go to www.themayflower.com/artshow. Submit the completed form to art@themayflower.com, or return it by mail to 1620 Mayflower Court, Winter Park, Fla. 32792. Entrants may also pick up a form at the front desk in The Mayflower lobby. For more information, contact Janelle Renda at 407-672-1620, ext. 1165.



# 2016 Women Of Distinction Awards

Nominations for the Girl Scouts of Citrus Women of Distinction Awards have poured in, paying tribute to women whose actions improve their communities, organizations and the world, and who embody the core principles of Girl Scouting: courage, confidence and character.

"The women nominated for this meaningful honor are inspirational leaders, visionaries, innovators and community-builders," said Maryann Barry, the CEO of Girl Scouts of Citrus Council. "The diversity of this year's nominees reflects the vibrancy and strength of our Central Florida community."

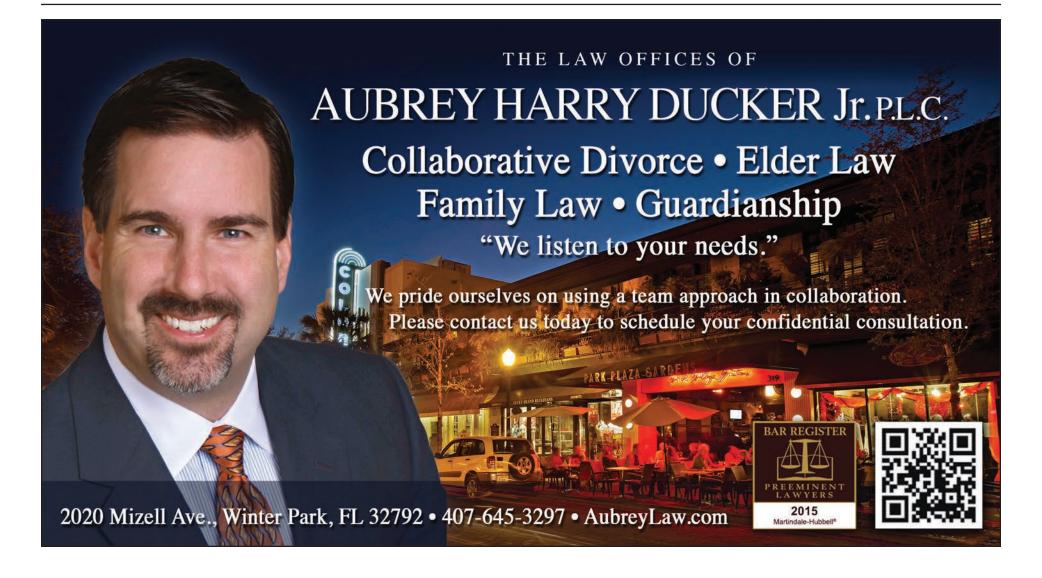
Awards will be bestowed at the Women of Distinction gala on Saturday, September 17, 2016 at Rosen Shingle Creek. The dynamic event showcases the leadership qualities of women and Girl Scouts throughout the six-county region and includes a silent auction. Tickets and corporate tables

are available at http://gscitruswomenofdistinction.org or by calling 407-228-1601.

Members of the community nominate individuals and awards are given in five categories: Visionary (Courage), Leadership (Confidence), Community Impact (Change), Lifetime Achievement (Character) and Shining Star (Capable). The Shining Star award is given to a young woman between the ages of 18 and 29.

All proceeds directly benefit programs in the six Central Florida counties served by Girl Scouts of Citrus, including Riverpoint Camp, leadership training, STEM skills, MAH-KAW-WEE Camp, "Tech on the Go" and more.

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place. Girl Scouts of Citrus Council serves more than 15,000 girls and 7,000 volunteers in Brevard, Lake, Seminole, Orange, Osceola and Volusia counties.



# Fast Facts About Orange County Public Schools

### **Enrollment Projection for 2016-2017**

202,670 - includes the projected increase of an estimated 5,000 students for 2016-17.

### Race/Ethnicity

38% ... Hispanic

28% ... White/Caucasian

27% ... Black

5% ..... Asian

2% ..... Multicultural

### Countries of Origin

Students come from 200 countries/regions.

### **Schools**

- 188 total
- 19 high schools
- 35 middle schools
- 126 elementary schools
- 4 K-8
- 4 Exceptional schools

### **New Schools**

- 3 new schools (Wedgefield K8, Bay Lake ES, Millennia Gardens ES)
- 4 comprehensively-renovated schools re-open to students include: Dream Lake ES, Lockhart ES, Riverside ES, Tangelo Park ES

### Free & Reduced Meals

- Estimated at 64% on free or reduced meal program ("Club Lunch")
- Up from 54.4% in 2008-09

### **Homeless**

For families experiencing homelessness we encourage those parents to let their school know so that those students and families are receiving all of the services to help them. We know situations change year to year and because of that we begin each year at zero. On average for the last several years by the end of the year we have about 7,000 students experiencing homelessness.

### **Digital Curriculum**

OCPS will become the first school district in central Florida to provide a digital learning device to every student, teacher, and administrator at all 19 traditional high schools. An additional six middle schools and seven elementary schools will also be digital schools in the district's LaunchED digital learning program. Over 70,000 devices will be handed-out this year. LaunchED schools are outfitted with state of the art equipment and services such as increased Internet bandwidth, wireless access points, large interactive touch-screen flat panels, document cameras, and in-ceiling audio enhancement. The LaunchED program also provides four years of jobembedded professional development for teachers to gradually transition from the basic adoption of technology to enhance standards-based instruction to transformative technology use that enhances student inquiry. The district also provides one-stop access to all student e-textbooks, instructional software and hundreds of thousands of carefully selected digital learning objects such as videos and simulations. Visit our LaunchED site, www.digital.ocps.net

### Size

- 10th largest school district in nation
- 4th largest in Florida (Miami, Broward, Hillsborough)

### **Employees**

- Roughly 23,000
- 13,747.....Instructional
- 7,697......Classified
- 1,211 ......Administrators
- 328.....Part-Time
- 2nd largest employer in Central Florida behind Disney

### **Food Service**

- 30.2 million meals a year served
- 165,300 breakfast and lunch meals served daily

### **Transportation**

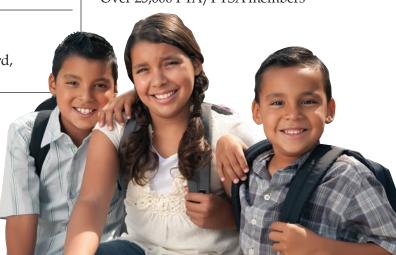
- 916 buses, for approximately 70,553 students
- To locate a bus stop as well as pick-up/drop-off times go to "Find a Bus" on the front page of ocps.net or call transportation at 407-317-3800 or the student's school.
- More than 100,000 miles per day; nearly 19 million miles annually.

### **Magnet Schools**

Over 30 programs at 12 high schools, 9 middle schools, and 5 elementary schools

### Community

- 33,500 ADDitions School Volunteers working 620,000 hours; in-kind donations of more than \$13.6 million
- 1,540 Partners in Education; financial and in-kind contributions of more than \$6 million
- Over 25,000 PTA/PTSA members



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Nathan Falk, MD, CAQSM, FAAFP



Raj Mehta, MD

CAQSM, FAAFP, is a board-certified family physician with a certificate of added qualification in sports medicine.

Raj Mehta, MD, is a board-certified family physician and a dedicated researcher and educator.



# Polasek Museum **Receives Grant** From State

10

The Albin Polasek Museum & Sculpture Gardens has been awarded a General Program Support (GPS) grant from the Florida Department of State, Division of Cultural Affairs. This grant will support conservation work, programming, and educational outreach at the Polasek Museum from July 1, 2016 to June 30, 2017.

The museum will receive a total of \$81,886 to support the museum's mission of preserving the works of Czech sculptor Albin Polasek, celebrating representational art, and exhibiting regional and international artists. The museum also hosts the annual Winter Park Paint Out, a week-long plein air art festival that highlights 25 artists from around the country.

"The Polasek has been fortunate to receive this funding from the State of Florida in addition to the generous support we receive from private donors," said the executive director, Debbie Komanski. "As a result of this grant, the museum will be able to elevate our programming, exhibits, and educational offerings to our community and growing number of visitors from all over the world in the coming year."

The GPS grant is designed to fund general program activities of organizations that are realizing their stated missions and furthering the state's cultural objectives. Not-for-profit cultural organizations, museums, and recurring cultural programs are eligible for this grant.

# **New Solar Co-op Hopes To Shine**

Orange County homeowners looking to add solar power to their homes have an opportunity to do so at a discount through a new solar co-op program. The initiative is spearheaded by Orange County Government, the League of Women Voters of Florida and Florida Solar United Neighborhoods (FL SUN), which is a local nonprofit working to organize solar co-ops across the state.

Solar co-ops provide bulk discounts - up to 20 percent - for a group of homeowners who are interested in purchasing solar panels. As part of a solar co-op, citizens benefit from the educational process and each participant signs his or her own contract with the installer, and everyone gets the discount. All homeowners who reside in Orange County are eligible to participate in the co-op.

Orange County Mayor Teresa Jacobs officially signed up for the co-op and she's hoping other residents will consider joining as well. "This technology is an excellent long-term investment and we're delighted to invite our residents to participate. The Orange County Solar Co-op is a powerful way to leverage our collective buying power and go solar together," said Mayor Jacobs. "Florida's outlook is bright for solar and Orange County's Co-op can help lead the way."

Joining the co-op does not obligate members to purchase panels. After the co-op receives bids from solar installers in the area, members will select one or two companies to perform the installations at a group discount. The exact price of a PV (photovoltaic) system is dependent on homeowners' preference in system size and their home's energy consumption. Additionally, there is a federal tax credit of 30 percent towards installation costs. Homeowners have the option to install the size PV system that fits their budget.

In addition to promoting the solar co-op to residents, Orange County is encouraging its more than 7,500 employees to consider signing up. East Orlando resident Jon Weiss, director of Orange County's Community, Environmental and Development Services department, is one employee who already participated in a solar co-op and had solar installed in May of this year.

"The co-op really helped us understand the solar project costs and benefits. I realized the questions I had were the same ones that my neighbors had, and I had confidence in the information provided by the contractor selected by the co-op." said Weiss. "We sized the system to match our budget, and are very pleased with the savings on our power bill. Our up-front investment should be recouped within the next five to six years."

Orange County has a goal to obtain 500 participants in the co-op program with 30 percent of the residents opting to Go SOLAR. The co-op deadline to sign up is December 2016. Orange County is sponsoring Community Power Network and FL SUN, 501(c)(3) non-profits, to provide technical assistance to neighborhood solar co-ops at no charge to participants.

As part of the Go SOLAR Florida initiative, Orange County and other partners have worked to streamline the permitting process for solar installations. Now solar permits in the county can be processed in a single day on a walk-through basis. Also, use of one of the standard designs that have been pre-approved by the Florida Solar Energy Center can save additional time and money.

To learn more about the solar co-op program, please visit www.flsun.org/orange-county.

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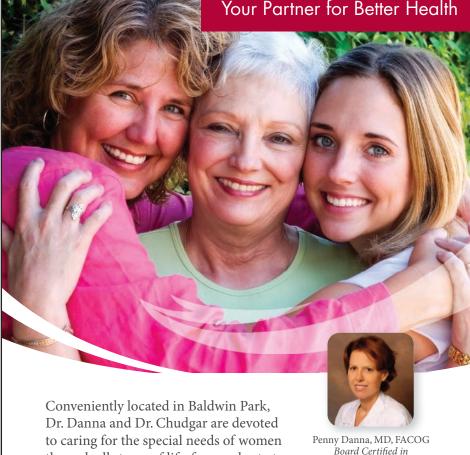


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Rachel Calderon

# planned giving by Rachel Calderon

# How Do You Pay It Forward?

There's a quote above my desk from Robert Brault that reads, "Enjoy the little things, for one day you may look back and realize they were the big things."

Many times, it's the little things that leave the deepest impression on us. A kind smile from a stranger, a simple "thank you," a phone call just to say hi, holding the door open for a mom ushering in small children, the list goes on. We have all been the recipient of these small but thoughtful acts of kindness. They encourage us to slow down and ask ourselves, "What can I do for someone else?

Then there are the bigger things – like when you might have found yourself in a time of need and help was there. Maybe you've experienced

an illness, the loss of a loved one, the loss of a job, divorce, depression, challenges with raising a child, moving to a new city among other monumental things, and the only way you made it through was with the help of your family, a friend, a mentor, a nonprofit, or even an entire community. In these times, we feel so grateful for the help we received.

If you have ever found yourself in any one of these situations, big or small, good or bad, you might ask yourself, "How could I be helpful to someone else? How could I pay it forward?" Consider starting out with the small and simple gestures of kindness, like holding a door open or letting someone else get the prime parking spot. Make plans to volunteer your time, contribute money, or as you work on your estate plans, even

consider ensuring that the services you received will continue to support others. It's compassion that drives us to pave the way for others and make our community a better place to live. We are responsible for designing the kind of community we want to have around for future generations.

Paying it forward becomes a pattern, a habit, a cycle of caring, kindness and compassion. We could all use a little more of that to brighten our corners of the world. Add it to your to-do list until it becomes more of a habit. Have the conversation with your family and friends. Make an appointment with your advisor to update your estate plans. Wherever you see yourself in this picture, ask, "How can I pay it forward today, tomorrow and always?"



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

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# fiscal fitness by John Gill

# Disability Insurance - A Must Have

about our days we focus on the activities that are before us. Because so many of our lives are filled with many

responsibilities we tend to underestimate the impact of what does not appear to be typical or necessary. For example, a large number of people fail to consider the consequences of becoming disabled, especially the financial consequences. While a number of people can purchase disability insurance through employer plans, many will not because they fail to consider the possibility of becoming incapacitated.

One of the misconceptions about the need for disability insurance is that there is some devastating

accident which triggers the insurance and the associated disability payments. In reality, most of the time it is a medical issue that triggers a disability. According to Unum, the leading long-term disability insurance company by market share, most (90%), long-term disability claims are for illnesses, not accidents. The primary cause of disability is chronic disease cardiovascular, musculoskeletal problems and cancer are leading diagnoses — rather than work-related mishaps or non-workplace accidents, according to a 2007 study for the Life and Health Insurance Foundation for Education, a nonprofit organization that

As many of us move informs the public about insurance needs.

Disability insurance protects an individual's income against the risk that a disability will prevent them from working. Disability insurance can almost be thought of as living life insurance. I say this because, if you remember from past columns, life insurance really protects the covered person's income for the remaining family members when the covered person dies. Disability insurance provides that income while the covered person is living and still has income requirements and needs while being incapacitated.

In 2011, the Social Security Administration estimated that a 20-year-old had a 30% chance of being disabled for at least six months before



retirement. Another misconception is that disabling injuries happen primarily to older individuals. This is not true. According to Unum, 41% of their long-term disability recipients over the 2009-2012 time period were younger than 50, with a third of those under 40.

There are two types of disability coverage, short-term and long-term. Short-term coverage is often provided in employer group insurance plans and covers the first part of a disability situation. The coverage may provide income from a week up to a year or two, depending on the policy.

Long-term insurance begins when the shortterm coverage ends and helps to replace income between two or five years or when the disabled person retires. The plans pay up to 70% of the

> covered individual's salary depending upon the coverage selected and the structure of the plan.

> Most disability insurance is bought through employer-sponsored plans although individual plans can be purchased. Individual plans are much more expensive than group employer plans.

> If disability insurance is an option, I would strongly recommend purchasing the coverage. If your employer does not offer disability coverage in their plan, consider an individual plan. The cost/benefit must be considered, but the peace of mind gained will be an added bonus to your continued fiscal fitness.

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.

# family business perspective by Dan Schneider

# **Common Mistakes Even Smarter Leaders Make**

As leaders, we strive for everyone to see us as masters in our roles, the Obi-Wan Kenobis of our universe. But the reality is that we actually get caught up in complacency and habitual routines. We also work in environments where it is rare for someone, especially a subordinate, to speak up and tell you that you are doing something that makes you look like a fool.

Here are some common mistakes to avoid so that you can lead by example:

- 1) Slavish devotion to the "best practice" fallacy. The only best practice is the one that's best for your organization. If someone else appears to be doing something better than you are, by all means review their approach and work to tailor it to your culture. If it can't be done, it's not a best practice for you.
- 2) Believing those around you have ESP. My guess is that most of the job descriptions in your organization do not formally include ESP as a skill requirement. If you want your people to know what you're thinking, clearly communicate with them. If you engage in communication early and often, preferably oral vs written, you'll have greater success in getting what you want.
- 3) Failing to delegate one or more of the following: authority, responsibility, accountability. You can probably do a lot – maybe you can even multi-task. But you can't do everything. Give your people a chance to do something worthwhile from their perspective; that means give them the authority to move ahead, the education to do it right, and communicate with them about the outcome.
- 4) Hoarding leadership capital. When you mentor your team members, you are creating a deeper bench of talent, driving more loyalty, and ultimately, setting the foundation for future succession.

Remember that the difference between being a leader and being an exceptional leader is to admit our shortcomings and weaknesses. By avoiding some of these common mistakes, and taking steps to create new habits, you gain more respect, more followers, and in the end, a true Obi-Wan Kenobi status with your team.

Dan Schneider, MA, CSP® is a Partner/Director of The Rawls Group, a business succession planning firm, and a Board member of the International Succession Planning Association(ISPA.) For additional information email info@rawlsgroup.com or visit www.rawlsgroup.com

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# the educated palate by Tricia Cable

# Spoleto – Fresh Casual Italian Cuisine

Winter Park is a hot bed lately for growth, with the decommission of the Mount Vernon Inn and the additional inventory of space for new store fronts along Orlando Avenue in Winter Park. The construction in that area looks to be almost complete and I am eagerly awaiting somewhere different to shop and somewhere new to dine!

One such restaurant opened its third store in Central Florida and has already benefitted from quite the

Winter Park welcome. Spoleto, located at 349 N. Orlando Avenue in Winter Park is a new twist on an Italian kitchen combining the speed of fresh casual service with the sophistication of an Italian restaurant and gourmet quality food.

I had the pleasure of meeting Spoleto's founder, Eduardo Ourivio, during one of my recent visits to their establishment. He created the concept in 1999 and opened his first restaurant in Rio de Janeiro, Brazil. They currently have

over 200 locations in Brazil, Mexico, and Spain and with the opening of the Winter Park store, this brings the total of their U.S. locations to three.

Spoleto offers a seasonal menu based on the availability of fresh local produce, nutrient-rich, and organic when possible. With 30 authentic Italian inspired toppings to choose from, everyone has the ability to build their own dish based on what they may be in the mood for at the moment.

Choose from a base of greens, a variety of fresh

pastas (including a gluten free option) or a flatbread from their onsite brick fire oven. A more indecisive guest can select from one of their chef-inspired recipes. At Spoleto there are no worries about meeting dietary restrictions or asking for special substitutions, they pride themselves on culinary freedom.

Spoleto offers a clean fresh atmosphere both inside and out to a wide range of guests; whether you are a student stopping by for lunch to take advan-

tage of their student special, a family enjoying dinner on the patio, a group of friends meeting for a bite to eat and a craft beer before a movie, or a girl's night out that calls for a bottle of wine and a couple of their amazing flatbreads, Spoleto literally has something for everyone!

Having personally sampled their Fettuccini a la Carbonara (\$9), the Fig, Prosciutto and Burrata Cheese salad (\$9), the Giant Meatball (\$3.50) and the Nutella Flatbread (\$5), I

can honestly say that I highly recommend this new restaurant in our community. They offer great tasting, casual Italian food at a very responsible price.

"The environment captures the modern essence of Italian heritage within a contemporary setting that feels fresh," says Spoleto president John Valasquez. "Our signature piece is the "pandalier" which is a chandelier created using Spoleto pans that form an artistic light in sculptural symmetry above the family seating area. Our guests are understanding this "Cu-



linary Freedom" movement and want to be a part of it. They are loving our hospitality, our wonderful Italian Culinary, and our unique and transparent way of delivering it. It's a unique experience seldom seen in the Italian restaurant space...Benvenuto!"





WINTER PARK - FLORIDA MALL - UCF

# real estate in the parks by Scott Hillman and Katherine Ferrara

# **Higher Pricing Leads The Existing Housing Market**

As we transition from the long summer days to the advent of the cooler fall season, consumer confidence in the

Central Florida real estate market is higher than ever before.

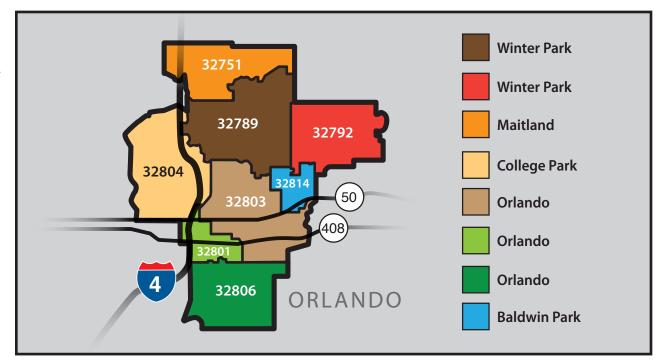
According to the mid-year 2016 figures released in our mid-year Hillman Report, median prices in the existing housing market in Orange and Seminole County are higher than the same quarter a year ago in most areas. Figures are also close to price levels last seen during the pre-recession highs of 2006.

These pricing figures show the positive state of our real estate market:

- In Orange County, median single-family home and condominium/townhome prices are up 11.1% and 13.4%, respectively, compared to the second quarter of 2015.
- In Orange County, median single-family home and condominium/townhome prices are 14.5% and 31.4% below pre-recession highs (2Q, 2006).
- In Seminole County, median single-family home and condominium/townhome prices are up 12.3% and 23.2%, respectively, compared to the second quarter of 2015.

• In Seminole County, median single-family home and condominium/townhome prices are 14.8% and 15.6% below pre-recession highs (2Q, 2006).

The Hillman Report details comprehensive market trends and figures across the Greater Orlando area, which includes Winter Park, Maitland, College Park, Baldwin Park, Audubon Park/Colonial-Town, Downtown Orlando and Delaney/Lancaster Park/Crystal Lake. If you are looking for a new home, our custom magazine Hillman Homes highlights some of the most beautiful properties in our area. Pick up a free copy of the newly redesigned summer issue at our office, or speak with one of our agents for more information.



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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### 1

### in the garden by Stephen and Kristin Pategas

Stephen & Kristin Pategas

# Challenge Us 3.0

We continue to love a good challenge when it comes to consulting or designing a garden. We encourage our clients

to share their concerns with us. In order to share them with you we put our heads together to develop this list and added our solutions.

The hedge is full on the top but quite bare on the bottom. This is a perfect case of upside down trimming where a wider top shades the bottom. Trim the hedge in the shape of a pyramid with it wider at the base than the top. This allows the light to reach the bottom to stimulate growth.

Our new tree died even though it was getting irrigation. The tree probably needed more water. A newly planted tree requires an establishment period with additional irrigation. Larger trees need a longer establishment period. Use a hose to fill the soil saucer around the rootball twice per application: daily for the first week, every two days for the second to sixth weeks, twice a week for the seventh through twelfth weeks and then once a week for 3.5 months per inch of trunk caliper (diameter) at 12" height above the ground.

### Our paver walkway is all uneven.

Either tree roots have grown and expanded underneath the pavers and/ or the pavers were improperly installed without a properly compacted sub-base or retaining edge. After careful root pruning, relay the pavers over sand and a compacted concrete fines sub-base. If they are on concrete, deal with the roots then pour new concrete and relay pavers.

Photos by Stephen G. Pategas/Hortus Oasis.

Why are the shrubs and small trees bare on the inside with just a shell of leaves? It sounds like there has been a shearing frenzy going on. Put away the shears and start hand pruning. Create small openings that increase airflow to reduce diseases and allow light to get into the plants to generate new growth. Get a bonus since the shrubs' life spans will lengthen.

Why is the bark peeling off of the crape myrtle trunk? It's natural for the bark to peel. It's called exfoliation and the resulting patterns of light and dark are considered an asset. The Natchez cultivar of the crape myrtle is especially prized for this characteristic.

Top right: Shearing creates a dense unhealthy light blocking layer of foliage.

At left: Trim the hedge so it is wider at the base.

At right: The white blooming Natchez crape myrtle with exfoliating trunk.

Bottom: Tree roots have broken and lifted a sidewalk.



We travel a lot but love to garden. If you want to maintain your own landscape but still travel, there are lower-maintenance plants and design strategies that allow you to satisfy your wander lust and still have a presentable garden. Use few if any vines, plants that grow slowly, and plants that require little to no pruning.













An exhibit featuring creative works by older adults THURSDAY, OCTOBER 27, 2016 • 10 A.M. – 3 P.M.

The Mayflower Retirement Community is issuing a call for local artists to participate in its third annual juried 55+ senior art show.

A "Merit Award" of \$100 will be awarded in each category, and an overall "Best of Show" award of \$200 will also be presented. Categories include: Paintings (Oil, Acrylic & Watercolor); Drawings (Pencil, Pastel and Charcoal); Photography; and 3-D Mixed Media (Wood, Sculpture, Ceramics, Jewelry, Weaving, Basket Weaving, Needlework and Textiles).

### Deadline for entries: October 7, 2016

Go to www.TheMayflower.com/ArtShow for qualifications and to register, or pick up a form at the front desk in The Mayflower lobby.

THE MAYFLOWER



### pop culture detours by George McGowan

# **Extraordinary Multi-Directional Music Makers**

My music compass directed me to several different points for this month's detours. First, I was directed toward the west by the latest album by John Doe named "The Westerner." John Doe first made his name in the late 70s and early 80s as a member of the Los Angeles punk band, X, with his

then-partner Exene Cervenka. They brought a unique sensibility to punk through their vocals featuring harmonies more familiar to the listeners of early country music. John has had a productive career on the fringes of popularity, often working with other lovely lady vocalists. On "The Westerner," he has created an elegy to his good friend, Michael Blake, the author of the novel which became the movie "Dances With Wolves." Hal Horowitz of "American Songwriter" describes Doe as "... one of the most distinctive and passionate voices to emerge from any American punk band ..." and I agree that his post-punk work is just as edgy and interesting.

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Soon after my western excursion, my compass pointed me to

the midwest, specifically the music of Lydia Loveless. Loveless grew up in rural Ohio and her new album, "Real," is aptly named. It includes an ode

to Midwestern Guys with some pretty pointed and NSFW lyrics about their ilk. Loveless would hate me to call her music alt-country but she does infuse her country songs with a skewed perspective and an alternative point-of-view. She is wonderfully inyour-face and straight ahead with her emotions.

This music demands to be heard and she will show up on this year's "Best Of" lists if the world would simply cooperate.

From rural Ohio, it's a short ride down to rural Tennessee, home of American icon, Dolly Parton. Dolly has a new album of her own, "Pure & Simple," full of love songs to her husband of 50 years, Carl Thomas Dean. While there is no classic like "9 to 5" of "Jolene" on her latest, Dolly can still deliver a ballad like no one else. While she does include a few too many whispery and giggly inflections on her vocals for my taste, it is difficult to come down too hard on a living legend. If you like your music draped with rhinestones with a bit of mischief, Dolly's latest delivers.

Finally, my trip across America takes me east to Massachusetts and the amazing voice and deep lyrics of Aoife O'Donovan. Aoife (pronounced eye-fuh) sings sweet and clear on her

latest, "In The Magic Hour." Aoife is yet another contemporary singer/songwriter who should be better known and I hope you will take the time to find her work. She honors her Irish roots through her music including her grandfather's voice on the lovely "Donal Og" inspired by the Irish lament by the same name, meaning "Young Donal." On this



May your musical compass bring you to wonderful destinations, or you can just borrow mine and seek out the music of the wonderful artists I just found in my latest "travels."



# theater in the parks by Barbara Solomon

### Where Does The Time Go?

THE BIG MEAL

WRITTEN BY DAN LEFRANC, DIRECTED BY MARK EDWARD SMITH STARRING STEVEN LANE AND GINGER LEE MCDERMOTT

This play follows the lives and loves of a family over their lifetime. It begins when Sam (Jeffrey Todd Parrott) and Nicki (Sarah French) meet at a restaurant where she is serving. All of the action of the play takes place in various restaurants, signified by moving the tables and chairs around. Despite Nicki's reluctance to get involved, they fall in love and get married. Well, you can't get much more involved than that! We next meet them when they have had two children; more involved yet. Nicki has been replaced by Ginger Lee McDermott and Sam by Steven Lane. The couple goes through the usual ups and downs of marriage and before you know it the kids are in college, then get married and have kids of their own. Finally, they are grandparents, replaced on stage by Peter W. Galman and Shami

J. McCormick. We continue playing musical chairs and characters till only Grandma remains on stage.

This play was extremely well acted and directed, which was not easy given the complexity of the script. I thought that Steven and Ginger were outstanding. They have great chemistry together; last time I saw them was "Dancing Lessons" at Orlando Shakes. Ginger has the ability to go through a gamut of emotions believably. Steven actually becomes his character, something every actor aspires to, but few achieve. It is thrilling watching him perform. The only fly in the meal was Trevor Simoneau playing the young boy. He was horribly overacting - his ego seemed almost as big as Trump's.

I felt "The Big Meal" was a metaphor for life, with the "big meal" re-

ally the character's last meal on earth. But this play was very realistic – I saw elements of my own life in the characters, their motivations, and their actions. I am now the grandmother who adores her grandchildren, but I'm not ready for the last meal yet. I'm having too much fun!

Photo by Tom Hurst.

BARB'S BEST BETS FOR SEPTEMBER: "WEST SIDE STORY" AT ORLANDO SHAKES; "1776" AT THE MAD COW, AND "CLYBOURNE PARK" AT UCF.



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

And I'm Feeling Good...

Though one day I'm sure I'll further expound upon my immersive relationship with music, for now I'll just say that

immersive relationship with music, for now I'll just say that I find myself with a languor-

Good" on repeat inside my head. It's a sticky, late summer evening and I've got a softly snoring pup, a flickering candle, and a lovely cabernet to accompany the smooth stylings of Ms. Simone.

It's the end of the summer, which traditionally means the back-to-school scramble, the newly resolved student, the fall fantasy of football and the rapidly approaching harbinger of holidays. This is the time of year when, no matter your age, the world speeds up a bit and you may dive into the season only to emerge in awe of just how much of the year has unwittingly passed you by... However, fear not - it's time to take a moment to find yourself feelin' good.

That is to say, take a moment to identify what is completely 'on point' about your life in this very hot second? What are the things for which you just can't count your lucky stars enough? Who are the people who exponentially improve the quality of your life just by the very nature of their existence? Where do you find yourself (whether once a day/week/month/year)

being in utter and joyful balance? We all have at least a few blessings for which to take stock, no matter the circumstance.

Take a moment to reflect...

Ayesha G. Bullock I find myself with a languor- (Yes, I mean this very moment... you clearly ously-playing version of Nina Simone's "Feeling have a few to spare as you're reading this tripe:)



Go ahead, I'll wait.

There - there it is. There is that moment/person/talent/wonder that keeps you in the marvel of your very being. Grab it, take hold of it, examine and inspect it and how it informs and enlightens your life. How has it been a part of your story, you

delightfully endowed creature, you?

Viktor Frankl once said, "Everything can be taken from a man but one thing: the last of human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way."

I reflect on this quote on a daily basis as a re-

minder to be in my own way. To choose my own attitude and to fervently cling to the truth of any given set of circumstances. That truth remains - that I am extraordinarily blessed and I have every opportunity to break a new dawn, a new day, a new life and to indulge in that feelin' good.

\*Not to be a guilt monger here, but I should also mention that Frankl coined that (among many extraordinary quotes) while a prisoner of the concentration camps... So, you know, perspective.

With all those words of wisdom from our soul sisters and existential fathers, I encourage you to take this (and maybe a few more moments) to cherish, savor, treasure, relish in this day. With the birds flyin' high or the

breeze driftin' on by, allow yourself a moment to just be in flow enough to enjoy the current.

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.



# JOIN THE WALK90 CHALLENGE - A 90-DAY WALKING CHALLENGE.

The challenge begins Saturday, October 1, 2016.

It's a fun, **FREE** way to get fit and win great prizes.

# Register and learn more at HCF.WalkerTracker.com

Join the whole community as we get fit together. Using a simple online tool and virtual route, you'll "walk around the world" starting in Rio de Janeiro. Win great prizes like Fitbits, an Apple Watch and a grand prize, one-year membership to RDV Sportplex.







Walk90 is sponsored by Healthy Central Florida — a community-based partnership founded by Florida Hospital and the Winter Park Health Foundation.

16-HCF-043

# schools

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Welcome back Audubon Park families! We spent the summer planning for your return and we know that this year is going to be a great one! A few reminders as we head into the 2016-2017 school year:

If you were an ADDitions volunteer last year, you must reapply this year. Each school year requires a new application. Being an ADDitions volunteer is required to attend any field trips or volunteer in the classroom with students. You can find this application at additions.ocps.net.

This year the district has made some of the required informational forms digital. You can access the forms to fill them out through your ProgressBook account at parentaccess.ocps.net. You will need to click on the district link on the left-hand side to find the required forms. By completing these forms online, the updated information will link with the student information system automatically.

It is always very warm at the beginning of the year so please send your child with a water bottle for P.E. and dressed in light comfortable clothing. They may want to bring a light jacket for the classroom since it can get chilly in some classrooms.

Finally, meal benefits must be reapplied for also. Please make sure to fill out an updated application at https:// www.myschoolapps.com/Application to ensure your child's account is updated and active. Don't forget to check your child's account to ensure there are funds to purchase lunch. A full belly helps to have a healthy and active brain!

We can't wait to see what fun this school year brings!



The school year is off to a great start! Our theme for the 2016-2017 school year is: "Destination Learning-Full STEAM Ahead!"

The symbol of our theme this year is a steam-engine train. Through professional development we have learned about the 212° steam concept. The idea behind this is that water is hot at 211°, but by increasing the heat by +1° water will boil and with boiling water, we can power a train. This year at Lakemont, we are asking everyone to give just one more. This may come in the form of having your child review answers on homework one more time, reading one more book, coming to one more Lakemont event, or reaching out to one more family to make a connection. Giving one more, may take just a bit more effort, but if we all give just one more, we can give our students the steam they need to climb academic mountains!

So will you join us in giving/doing just one more?



It's an exciting start to the school year. Along with the 93 new students enrolled, there are four new teachers at SCBCS.

PreK - Vanessa Steele is from Venezuela and moved to the United States when she was five. She was raised Catholic and is married with two sons. With 10 years of experience, Vanessa feels blessed with the opportunity to teach children and watch them grow.

**PreK** - Laurie Pritchard has been teaching PreK for 18 years. Laurie is married with four children, two who attend SCBCS. Her hobbies include being an avid reader, sports, and spending time at the beach. Laurie is thankful to serve God's children as a teacher.

Kindergarten - Ashley Buss grew up in Orlando and attended Bishop Moore. She has a bachelor's degree and master's degree in elementary education from UCF and 10 years teaching experience. Her interests are going to the beach, college football, and most importantly her husband and 2-year-old son.

**Fifth Grade -** Margaret Borello has 26 years of experience teaching PreK and elementary grades. She received her bachelor's degree from Stetson University and her master's degree from Barry University. Margaret and her husband have three daughters and two grandchildren, with another on the way!

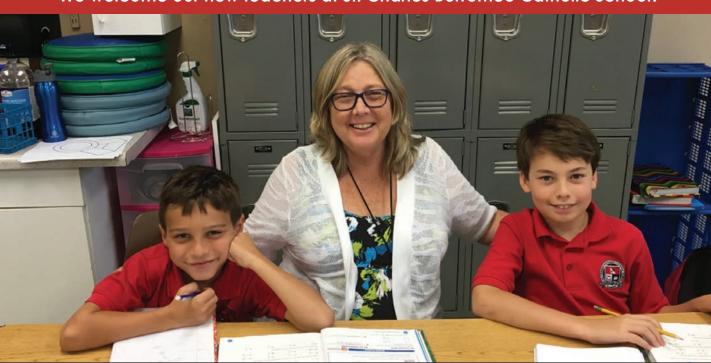
Other new staff members at St. Charles include Kim Reid (front office), Samathan Reyes (PreK assistant), and Carol Stanton (2nd grade assistant).

Please look for the new website, www.stcharlesschoolorlando.org, next month.





We welcome our new teachers at St. Charles Borromeo Catholic School!





Showalter Field is a City of Winter Park facility and the home football field for Winter Park High School. An exciting project is currently underway that will result in adjusted our home football schedule for the completion of the work to take place. A special thank you goes out to the City of Winter Park, our school district (Orange County

a new artificial field turf surface and Public Schools), Rollins College, a new track. Work is taking place at the Winter Park High School Foun-Showalter currently, and we have dation, and the many Winter Park High School parents and community members who have supported this amazing project. Please note the following varsity football schedule adjustments in the chart below.

Date		Opponent	Location
Friday	August 26	Lake Nona	Lake Nona
Friday	September 2	West Orange	West Orange
Friday	September 9	Freedom	Freedom
Friday	September 16	Colonial	Colonial
Friday	September 23	Wekiva	Wekiva
Friday	September 30	Timber Creek	Showalter
Friday	October 7	Open	
Thursday	October 13	University	University
Friday	October 21	Boone	Boone
Thursday	October 27	Spruce Creek	Showalter
Friday	November 4	Olympia	Showalter

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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.

September 26 Second Annual Global Energy Race – This race is being held in 37 cities around the world, including Orlando, at Festival Park located at 2911 E. Robinson St. For each kilometer completed by each participant, Bimbo Bakeries USA will donate two slices of bread to a local Feeding America food bank - one loaf of bread per completed 10K. (Second Harvest Food Bank of Central Florida is the participating charitable partner in Orlando). For more information or to register, please visit www. globalenergyrace.com.

### **Maitland Events**

### **Ongoing Events**

Every Sunday Maitland Farmers' Market at Lake Lily.

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

**Every Thursday Healthy Maitland Walk** 6:30 a.m.; **Babytime** 10:30 to -11:30 a.m. and **Adventures w/Books Club** 2:30 to 4:30 p.m. at the Maitland Public Library.

### Winter Park Events

### Ongoing Events

**Every Monday "Sit-to-Be-Fit" Chair Exercise Class** – 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.

**September 8 Open House and Plant Clinic** – 5:00 - 7:00 p.m. at the Winter Park Garden Club located at 1300 S. Denning Drive, featuring garden expert Tom MacCubbin. For more information, please visit www.winterparkgardenclub.com, or call 407-644-5770.

**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 Enzian Theater. For more information, please call 407-629-0054.

September 9 Relive Beatlemania with Fun For Tribute Band – 7:00 p.m. at St. Margaret Mary's Parish Center located at 526 N. Park Avenue. Proceeds benefit Our Lady of Fatima School in Jacmel, Haiti. For more information and tickets please email Annemcquiggan@comcast.net.

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 407-645-0145.

**September 13 An Evening with Garrison Keillor hosted by the Winter Park Institute** – 7:30 p.m. at the Warden Arena, Alfond Sports Center, Rollins College. For tickets please visit the Rollins Box Office at rollins. edu/wpitickets, or call 407-646-2145.

**September 15 Sip, Shop & Stroll** – Spend the evening on a unique wine walk and stroll to your favorite Park Avenue area shops and restaurants. Cost: \$25 each. For more information and tickets, please visit www.winterpark.org.

September 15 Honoring the 100th Anniversary of the National Parks – 7:00 to 9:00 p.m. at Leu Gardens located at 1920 N. Forest Ave. Featuring Rangers Christi Carmichael and Bob Showler. For more

### SEPTEMBER HIGHLIGHT



Photo by Prairie Home Companion Productions

TUESDAY, SEPTEMBER 13

An Evening With Garrison Keillor Hosted By The Winter Park Institute

7:30 p.m. at the Warden Arena,
Alfond Sports Center, Rollins College.
For tickets please visit the Rollins Box
Office at rollins.edu/wpitickets,
or call 407-646-2145.

information on this free event, please visit www. leugardens.org, or www.orangeaudubonfl.org.

**September 21 Patio to Plate: How to Garden Your Way to More Healthful Eating** – 10:00 a.m. featuring John Rife, owner of the East End Market at the Winter Park Garden Club. For more information, please visit: www.winterparkgardenclub.com, or call 407-644-5770.

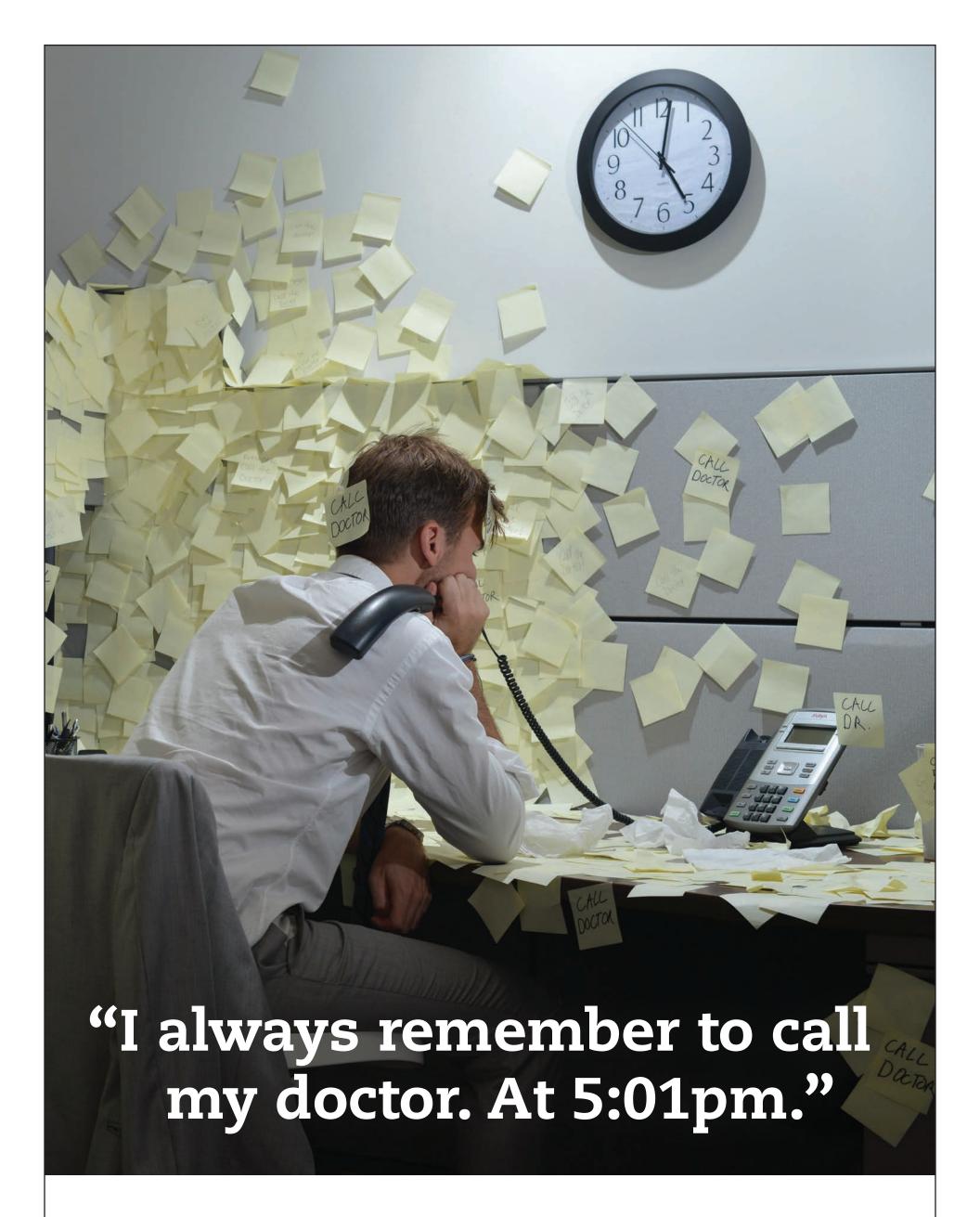
September 21 Florida Hospital's Distinguished Lecture Series – Featuring acclaimed surgeon and author Atul Gawande at 6:30 p.m. at the Dr. Phillips Center for the Performing Arts. Registration is required, so please visit Florida HospitalDLS.com or http://three21dev.com/fh-dls/ The first 750 guests to arrive will receive a free copy of "Being Mortal."

September 24 Winter Park Public Library Bash for Books – 7:00 to 10:30 p.m. at the Rachel D. Murrah Civic Center located at 1050 W. Morse Blvd. All proceeds from this event supports the materials, services and programs of the library. The cost is \$125 per person before September 1, and \$150 per person after September 1. For more information and tickets, please call 407-623-3486.

September 27 Understanding Behaviours and Creating the Best Day Possible – 5:30 to 7:30 p.m. at the Winter Park Memorial Library located at 1925 Mizell Ave. Featuring speaker Rosemary Laird, MD, MHSA, Geriatrician Center for Senior Health. Reservations are required as space is limited. Please call 321-439-6783 or email wintersprings@arden-courts.com.

**September 29 Winter Park Outlook** – 11:30 a.m. at the Alfond Inn located at 300 E. New England Ave. The Winter Park Outlook will feature in-depth conversation on the state of our community and examine many of the projects and initiatives that impact our daily lives. Cost is \$35 Chamber members and \$40 for non-members. Corporate table sponsorships are also available. Register online at www.winterpark.org.





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