

### Leaders Gather To Celebrate Milestone

Leaders with the Winter Park Health Foundation and Florida Hospital celebrated a significant construction milestone at the Center for Health & Wellbeing.

The 80,000-square-foot center is designed to provide comprehensive services and opportunities for whole-person, whole-community care - a top priority for both the Winter Park Health Foundation and partner Florida Hospital.

Leaders from both organizations joined Duda|Paine Architects and Jack Jennings & Sons for the 'topping out' ceremony, marking that the building has reached its highest point. Crews hoisted a tree - decorated by community leaders with ornaments representing wellness, fitness, and medicine – atop the structure.

"This is an exciting day for not just the Winter Park Health Foundation, our partners and the teams that are building this stunning facility, but most importantly - our entire community," said Patricia Maddox, president and CEO of the Winter Park Health Foundation. "We are one major step

closer to helping our community make their health - physical, emotional and spiritual – a top priority." Continued on page 8

Pictured above: Artist rendering of the Center for Health & Wellbeing. At far right: Crosby Pool. Pictured at near right: Jennifer Wandersleben, administrator of Winter Park Memorial Hospital, topping out the Christmas tree that was hoisted to the roof.





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### Publisher's Message



then my dear aunt. In those moments, time seemed to almost stop, but as I sit and reflect, I cannot believe how fast 365 days go by.

Since time is a constant unit of measure, it's impossible that it actually flies by, right? But as a middle-aged person, my concept of time has changed, and perhaps I find myself too "head down" in the rat race of life to look up and around more often.

So instead of just reflecting on the year-overyear pros and cons, let me weigh in on what life was like just 100 years ago:

• The average life expectancy for men was 53, and 57 years for women.

• The average annual household income was \$687.00. There was no minimum wage at the time, however a few states were experimenting with it, but only for women and children.

 Two out of every 10 adults could not read or write.

 Only 6 percent of all Americans had graduated from high school.

- Only 14 percent of the homes had a bathtub.
- Only 8 percent of the homes had a telephone. • The average cost of a car was \$2,005 (\$46,879

today).

• Gas was priced around \$0.15 a gallon.

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In my typical new year's routine, I find myself reflecting on the past year, while setting goals and trying to imagine what might lie ahead for the upcoming year. 2017 was a tough year for me, that started with the unexpected passing of my mother, then a close cousin, and

• A dozen eggs cost \$0.34.

• A quart of milk cost \$0.09.

• A first-class stamp was \$0.02 (which equals \$0.47 today). How about a little nod to the United States Postal Service for staying thrifty!

• Ninety percent of all doctors had no college education.

• The five leading causes of death were: pneumonia/influenza, tuberculosis, diarrhea, heart disease, and stroke.

 Marijuana, heroin, and morphine were all available over-the-counter at local drugstores. It was said that heroin cleared the complexion, gave buoyancy to the mind, regulated the stomach, and was in fact the perfect guardian of health. What?

 A year's tuition at Harvard cost just \$150, while Stanford and many state universities cost nothing at all. Who said college isn't a business? NOT me.

• The overall consumer price index has had at least a 2,263% rise over the past 100 years, while the average tuition cost has seen an absurd increase of 42,930%. WOW!

In comparing our generation to those in 1917, it's actually amazing to recognize just how fast things have changed.

As we ring in the new year, may we all take more time to look up, and realize this is an amazing time to be alive.

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

**Rick Cable** Founder/Owner



Rick



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I know I am not alone. I

know most of you reading

this can relate. The moral

of my story is quite sim-

ple, slow down. Message

received for me, but let

this serve as a warning to

those of you out there still

racing toward your fin-

ish line...it's not worth it.

Just say "no" to more and

Year to boot!

#### Slow Down You Move Too Fast! By Tricia Cable

I have never enjoyed bidding farewell to a year more than 2017...you couldn't pay me to relive that one over again. Don't get me wrong, there were some amazing peaks- and for those I am grateful- but the valleys were deep, and having struggled long and hard to pull myself up and out, I am ready for some new hope!

I spent the final days of 2017 on the bench,

not ready for prime time, blessed with a bit of a time out. I recognize it as a blessing, because had the universe not kicked me to the floor and knocked me completely out of commission, I might have continued down a long, agonizing path to nowhere fun. I had been operating at full steam ahead, nose to the grindstone, head down, with the focus on everyone and everything else... but me. Days, weeks, and months committed to work, family, friends in need, home projects, pets; I had been so lost in the

process that literally an entire year passed before I realized what I had done.

I used to think that the fuller my plate, the more Wonder Woman that meant I was. Taking on more responsibility, raising my hand to

volunteer when needed, always stepping up... guess what, I was wrong. I have a limit and I exceeded that limit; I hit the wall hard and did not bounce back. Recognizing the error of my ways, I was forced to rely on others for help, and waive the white flag of surrender.

Thanksgiving came and went with no turkey or stuffing for me. The Christmas switch was

ping was subbed out, my minions handled the laundry, and poof- the holidays came and went without a hitch. Anything that was not absolutely necessary, was put on hold. I couldn't fight it, I had to accept it. And guess what? Lowest-stress holiday season in the history of my world. I am not going to lie, it wasn't fun or festive, but it was relaxed. Nothing like being incapacitated



flipped, five green and red Rubbermaid contain-

ers brought down from the attic sat in the garage patiently waiting. Christmas gifts were all ordered online and shipped, the tree had lights, but not one single ornament; the grocery shop-

"yes" to less; less responsibility, less commitment, less stress. So if my message from the universe in 2017 was "slow down you move too fast," then my motto for 2018, with a shout out to Simon and Garfunkel, is no doubt..."looking for fun and feeling groovy!"



Source: The Leapfrog Group Hospital Safety Score Program, Fall 2017



### City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



As we begin a new year in all with an opportunity to refocus our efforts on ways we can make the world just a little better than we found it. Read on for some ways we are leveraging partnerships to do just that, and ideas for how you can help.

As we think of people who

made the world a better place, we can all celebrate an influential leader, Reverend Martin Luther King, Jr. by participating in or attending this year's downtown Orlando Martin Luther King, Jr. Parade sponsored by the Southwest Orlando Jaycees (swojaycees. org). This year's parade takes place on Saturday, January 13th at 10 a.m. embracing the theme, "His voice, his teachings, his love for humanity."

If your New Year's resolution is to get more involved, we have ideas for you! Here in Orlando, we have seen first-hand how a single individual can make a difference. If you are interested in a long-term volunteer opportunity, we have many citizen boards, appointed by the mayor, that advise our city in different capacities. For more information, to view current vacancies, or to fill out an application, visit the City Clerk's webpage, cityoforlando.net/cityclerk.

For those with a green thumb or who just like working outdoors, our Keep Orlando Beautiful and Green-Up Divisions have projects throughout the year where volunteers are needed. In 2017, volunteers gave 6,160 hours of their time and beautified and cleaned up 47 different sites. Visit cityoforlando.net/kob or cityoforlando. net/greenup for how to get involved.

Our Orlando Police Departour Great City, it provides us ment and our Emergency Information Center also utilize volunteers throughout their divisions. From answering phones during an emergency such as Hurricane Irma, to working at a special event, helping in the mounted patrol stables, performing clerical work, or mentoring area students, there are numerous ways that citizens assist our city's public safety efforts. For more information on how to get involved, visit cityoforlando.net/oca/volunteer.

> If your resolution is to live more sustainably, we are with you! Orlando is committed to reducing our environmental impact with the goal of becoming a zero-waste community by 2040. We're making significant strides toward that commitment by providing our residents and businesses with the tools and strategies necessary to divert more waste from our landfills, including offering weekly recycling collection, quarterly e-waste drives, free backyard composters to residents, and a commercial food waste collection program that is diverting millions of pounds of organic waste per year.

> There are other small things you can do around the house to help the environment. Clean your dryer's lint filter regularly- a dryer with a lint-filled filter uses 30% more energy. If you can, use a laptop rather than a desktop as they use about half the energy. Add recycling cans in rooms around your house other than the kitchen or garage so you aren't tempted to just throw something in the regular trashcan. Turn up your a/c when you aren't home, and bring reusable bags to the market. According to studies, U.S. households use about 100 billion plastic bags, 99



GreenUp Orlando program started in 1985 to increase the city's available tree canopy and to improve the appearnce of of our community.

percent of which are never recycled.

One resolution we can all adopt is to help our Orlando Police Department prevent crime in our neighborhoods. We saw an uptick in vehicle burglaries in December throughout our community. Please remember to remove anything of value from plain sight (consider placing items in the trunk), regardless of how small it is. The majority of these crimes are taking place overnight in our area. If anyone has any video that they think will be helpful, please call the police department so that we can view it.

OPD is increasing patrols and performing other tactical measures, but we need the community's help. If you see something, anyone, anything out of the ordinary, regardless of what time of day it is, say something by calling 911. If you haven't joined a Neighborhood Watch group, please consider getting involved. Call 407-246-2369 for more information.

As we begin 2018, I look forward to joining all of you in making a few new resolutions and keeping some old ones, including my commitment to the Citizens of District 3. As you have probably heard me say, this is Your City, so thanks for giving of your time, energy, and talents to make it a wonderful place to live, work, play, and raise a family.



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### 🔊 Winter Park Mayor's Message

🌌 Mayor Steve Leary



Winter Park has been blessed with a great history and 2017 will go down as another great year in our city.

We take great pride in the abundance of green space in Winter Park. Our own Comprehensive Plan requires that we provide

Steve Leary

10 acres of parkland for every 1,000 residents, which is roughly 10x a more commonly accepted, conservative ratio. This self-imposed standard is our commitment to protect Winter Park from over-development.

In 2017 we added to our parkland by acquiring 55 acres along Howell Branch Road. This natural, undeveloped property has a creek running through it. We are developing plans to create natural hiking and running trails alongside the creek which will be open for kayaking and canoeing. I am thankful for the confidence that our state leaders exhibited in funding this acquisition for us.

Our Winter Park Golf Course enjoyed its first full year of operation since the major renovation and the positive reviews continue to pour in. From a quaint, but perhaps uninspiring short "muni," our architects delivered and our city staff skillfully maintains a course that has now been ranked one of the top five, 9-hole public courses in the country by GolfAdvisor.com.

Along with these projects and major investments to Showalter Field, Ward Park, Kraft Azalea Garden, Mead Botanical Garden, and others, our commitment to maintaining and developing new recreational space for today's residents and future generations continues to be a focus.



While the population of Winter Park has varied little in the past decades, traffic caused by the growth from our neighboring municipalities continues to impact our daily lives. Recently we approved a fiber optic network to connect all

city assets, including traffic signals in strategic areas. This network will connect real time to intelligent traffic signalizations (ITS) systems to allow us to better manage vehicular flow through Winter Park. As well, last year we were included in the funding of a pilot ITS program along U.S. Highway 17-92. We expect this project to come online this year to assist us in our on-going traffic management efforts.

In addition to figuring out ways to best address the growth around us, we also removed the High Density Residential Future Land Use category which includes R-4 Zoning, from our Comprehensive Plan. This is the most dense zoning classification which allowed for large apartment projects. By removing it from our Comprehensive Plan, it cannot even be considered for non-entitled properties.

We also are fortunate to have an aggressive electric under-grounding program currently underway across the city which is paid for by the revenue generated by our electric utility. This plan, alongside other system improvements and some of the lowest rates in the state, continue to provide Winter Park residents with reliable and efficient power. And for the 11th straight year, we have held the line on our mileage rate. So we continue to operate your city government efficiently, using the same rate as back in 2007.

Property values are up, commercial vacancies are extremely low, we're adding green space, our mileage rate remains one of the lowest in the county, we continue to enhance our electric service and we're committed to continuing to improve every aspect of our community. 2017 was indeed a great year.

Got Questions? We've got answers. Free Call-In Event: (407) 740-6553 Saturday, Feb. 3<sup>rd</sup>, 10 am - 2 pm

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Guest Attorney Taking Calls: Lance A Ragland, Attorney at Law



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### Homeboy Industries' Father Greg Boyle To Appear In Orlando

Father Greg Boyle will be speaking at the third annual Taste4Toolbox, on Thursday, March 8, 2018, at the Winter Park Civic Center. Father Greg is the founder of Homeboy In-

dustries in Los Angeles, recognized as the largest, most successful gang intervention, rehabilitation, and re-entry program in the world.

"We always say at Homeboy, if you don't transform your pain, you're just going to keep transmitting it. So (we) break this cycle, and pretty soon, if they cooperate and

surrender to it then they become the sanctuary that they sought there. And then they go home and they provide that sanctuary to their kids, and suddenly you've broken a cycle."

Committed to a 'community of kinship', Father Greg and Homeboy's approach to its community has seen more than 100,00 former gang members pass through its doors and programs over the last 30 years.

Homeboy Industries trains hun-

dreds of men and women every year in seven social enterprises, including Homeboy Silkscreen & Embroidery, Homeboy Bakery, Homeboy/Homegirl Merchan-

and Clinton administrations, appeared on Sunday Morning (CBS), C-SPAN, CNN, Fresh Air (NPR), presented numerous commencement addresses and spoken on the

John Hursh, president of the 306 Foundation.

The 306 Foundation's Toolbox4Life Construction and Culinary Classes are life, personal, and professional

> skills curricula, designed to create better lives, employees, and community within the under-served populations of greater Orlando. In its fifth year, Toolbox4Life draws on the community for a completely volunteer-based program, free of charge to the students.

Taste4Toolbox will once again showcase the gastronomic expertise of the community, with participation of partners Kathleen Blake, Kevin Fonzo, Greg Richie, and John Rivers. Additional libations and confections will be provided by Tim's Wine, Orlando Brewing, Foxtail Coffee, Peterbrooke Chocolatier, and Valhalla Bakery.

Tickets are available at https:// www.eventbrite.com/e/taste4toolbox-tickets-40789361077?aff=es2

#### Father Greg Boyle, pictured center. dise, and Homegirl Café. topic of a 'kinship Homeboy also provides INDUSTRIES a path to change and offers free, critical services, such as

tattoo removal (over 36,000 per year), GED programs, skills classes, etc. to those who are seeking a new trajectory for their lives.

Boyle is a recipient of the James Beard Award for Humanitarian of the Year (2016), has been at a guest at the White House under the Bush

of community' at TedxTalks. He is the author of Tattoos on the Heart: The

Power of Boundless Compassion and Barking to the Choir: The Power of Radical Kinship. "Father Greg has become a

friend and mentor; we're very happy and honored to have him join us in our own efforts to improve the Central Florida community," said

# Artist Candy Chang To Visit Rollins College

As part of the Winter Park Institute Speaker Series, world-renowned artist and urban designer Candy Chang will present "Before I Die: A Participatory Art Installation," Thursday, January 18, 7:30 p.m. at Tiedtke Concert Hall at Rollins College.

Through the activation of public spaces around the world, Chang provokes both playful and profound visions for how we can connect, reflect, and nurture the health of our communities. Chang is best known for the Before I Die project, which began when she stenciled the words "Before I die I want to " on a chalkboard wall of an abandoned house in New Orleans after losing someone she loved. The participatory project has since grown into a global phenomenon, and today there are over 2,000 Before I Die walls in over 70 countries, including Iraq, China, Brazil, Kazakhstan, and South Africa.



ative process, inspires personal reflection, and provokes new ideas for community and well-being.

"Ms. Chang strikes a universal and ageless concern-our desire to make life meaningful on an individual level" said Winter Park Institute's executive director, Gail Sinclair. "Each of us is forced to ponder how we would fill in the very significant blank she charges us to contemplate."

Chang was named one of the Top 100 Leaders in Public Interest Design by Impact Design Hub and a "Live Your Best Life" Local Hero by Oprah Magazine. "Through a series of large-scale projects that combine

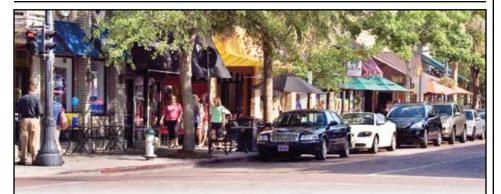
installation art with social activism, Chang has encouraged people to engage with public spaces and let their voices be heard." - O Magazine

The Winter Park Institute (WPI) at Rollins College Speaker Series continues its tradition of bringing intellectual leadership to Central Florida in this tenth anniversary season. Other featured speakers the box office at 407-646-2145.

Candy Chang photo by Cary Norton.

remainder of this season include basketball legend Kareem Abdul-Jabbar and astronaut Story Musgrave. Information on the entire WPI Season can be found at rollins. edu/WPI. Tickets can be purchased http://www.rollins.edu/ on-line rollins-winter-park-institute/boxoffice/index.html or by calling the

Chang engages communities to share in a public space everything from their greatest hopes to their deepest anxieties. In her captivating and intimate talks, she demystifies the cre-



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### The Mayflower **Donates Hand-Crafted Hats And Blankets**

Residents and staff of The Mayflower Retirement Community donated more than 500 hours of their time to make 131 handmade hats and 48 blankets for children undergoing cleft lip and palate surgery.

The donations benefited Sharing Smiles, a collaboration between the Winter Park Rotary Club and the Florida Hospital Foundation that provides cleft lip and palate surgery, pediatric dentistry services, and ongoing physical therapy free of charge to underprivileged children in developing countries.

The hats and blankets will help ensure that babies and chil-

dren in Villaher-Mexico, mosa, are comfortable during their surgeries. A Sharing Smiles team delivered the donations during a trip



to Mexico in early December. The project was introduced to

The Mayflower by board member

and Rotarian Michael Marlowe. Residents Bob and Toni Barr and Anna Neville spearheaded the team, which

also included staff from throughout The Mayflower. In October, 18 residents participated in a "Blanket Blast" crafting session.

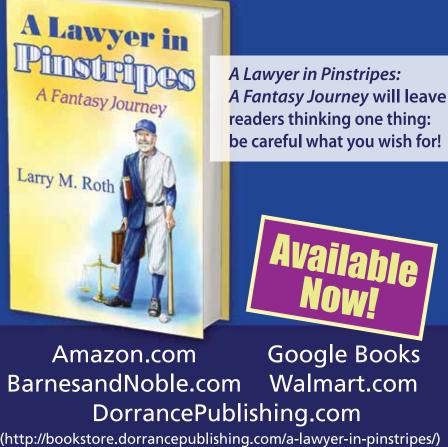
"This project is an excellent example of how Mayflower residents make a difference in the community," said Steve Kramer, president and CEO. "They are active, engaged and involved - and when there's a need, they respond."

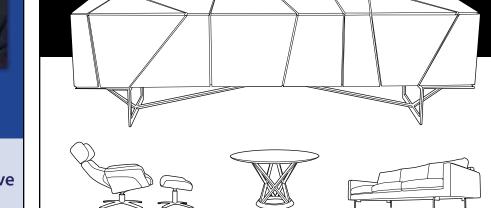
Added Tom Kaputsa, assistant vice president of the Florida Hospital Foundation, "We are so thankful for our 'blanket brigade' at The Mayflower. We appreciate their hard work and we were honored to deliver them to children in need."

### Orlando attorney plays with NY Yankees in Fantasy Camp

When Larry M. Roth receives a trip to New York Yankees Fantasy Camp for his birthday, a humorous and touching journey begins for the 591/2-year-old lawyer as he tries to get back into baseball shape after a 40-year layoff.







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### Local Doctor To Receive National Award From The American College Of Physicians

Cecil B. Wilson, MD, MACP, has been awarded the American College of Physicians (ACP) Alfred Stengel Memorial Award.

The Alfred Stengel Memorial Award for Outstanding Service to the American College of Physicians was established by ACP's Board of Regents in 1947, in honor of the late Dr. Alfred Stengel, former regent and president of the college for two terms. The recipient is selected based on exceptional contributions to the aims



Dr. Cecil B. Wilson, MD

and purposes of the college, as well as the recipient's outstanding influence in maintaining and advancing the best standards of medical education, medical practice and clinical research.

Dr. Wilson is a graduate of Emory University and the Emory University School of Medicine. He received his training in internal medicine at the Naval Medical Center San Diego and served in the Navy as a flight surgeon, rising to the rank of commander. He subsequently practiced internal medicine in Winter Park, Fla., where he now resides.

Dr. Wilson has been active in ACP, previously serving as a chair of the Board of Regents. He was awarded Mastership from ACP (MACP) and received the Laureate Award and Charles Donegan Award from ACP's Florida Chapter.

At the local level, Dr. Wilson was president of the Orange County Medical Society and held positions at Winter Park Memorial Hospital and Florida Hospital Orlando. At the state level, Dr. Wilson was president of the Florida Medical Association and chair of its Board of Governors.

He received recognition from Emory University, including the Emory University School of Medicine Arnold Patz Lifetime Achievement Award and Emory's highest award, the Emory Medal Award.

ACP is a national organization of internists. The award will be presented at ACP's Convocation Ceremony on Thursday, April 19, 2018, at the Ernest N. Morial Convention Center, where ACP is hosting its annual scientific conference, Internal Medicine Meeting 2018, through April 21.

From Page 1.

The Center for Health & Wellbeing, located near Winter Park Memorial Hospital on Mizell Avenue, will focus on three areas: wellness, fitness, and medicine. The heart of the facility will be "The Commons," which will include a healthy café and a conference center for educational classes and other activities.

The center's wellness offerings will also include:

- A "Nutrition Theater," where activities such as cooking demonstrations will occur
- Children's wellness/child care
- Healthy Living Experience
- Outdoor gardens, terrace with patio seating and indoor and outdoor walking paths

The fitness component will feature an all-new Peggy & Philip B. Crosby Wellness Center, which includes:

- Natatorium with two pools: a dedicated lap pool, and one for warm-water therapy and aquatic exercise
- Multipurpose fitness rooms for group exercise classes and yoga
- Modern fitness floor featuring the latest in equipment for cardio

### Winners Of The 2017 Del Webb Sunbridge Growing Bolder Awards

The Growing Bolder awards recognize those individuals in our community who have smashed stereotypes, confronted ageism, and honored the power and possibility of



aging. The awards event, held at Full Sail Live, was presented by the Senior Resource Alliance and the Winter Park Health Foundation.

#### This year's winners are:

**Annette Kelly:** A visionary leader renowned for creating innovative organizations and programs that enable seniors to live life as fully as possible. She is the co-founder of the award-winning Brain Fitness Club, a non-profit for those diagnosed with early memory loss that has become a model for organizations nationwide helping battle the stigma of a dementia diagnosis. She is the Founder of Neighbors Network, a non-profit that provides the support necessary for older adults to continue living and thriving in their homes and community. She is a researcher, nurse practitioner, geriatric caregiver and passionate advocate for the aging who teaches other nurses about the nuances of caring for elders.

**Dr. John Guarneri:** Director of the Department of Healthcare & Spirituality and an OB/GYN physician at Florida Hospital who has cared for generations of Central Florida families. During his decades of service, he has always placed a special emphasis on spiritual care as part of the overall holistic treatment of his patients. He learned through his interactions with other physicians that most were great at taking care of the body but rarely the mind, and especially the spirit. So he led the creation of the Department of Healthcare & Spirituality at Florida Hospital. In his role as the department's director, he teaches other physicians how to integrate the spiritual aspect of care into their daily clinical practice. He is passionate and highly creative in his approach to engaging and educating both family and professional caregivers.

John Gabriel: In the late 1980s, he helped launched the Orlando Magic before becoming the team's general manager. He was the architect of a major reconstruction process that earned him NBA Executive of the Year in 2000. In 2011 he was diagnosed with Parkinson's disease but continued work in the NBA dedicating himself to not only maintaining his health but also joining and ultimately helping lead the battle against Parkinson's. He has not only raised more than a half-million dollars for the Parkinson's Association of Central Florida, he's raised awareness about the disease and given home to many. He's a passionate advocate for research, provides support to those with Parkinson's disease and hope to those who have yet to be diagnosed.

**Mary Ellen Strohaker:** A constant inspiration to all she comes contact with, 101-year-old Mary Ellen still lives in the home she bought with her late husband 47 years ago. She has worked out daily at the Crosby Wellness Center for decades and her later years have been filled with trade, friends, and fitness.

**Jodi Tassos:** A life-long musician with a passion for creating opportunity for others to make music. She currently leads the Young at Heart Chorale of the Bach Festival Society of Winter Park and has performed

exercise and weight training

The medical component—15,000 square feet of space anchored by Florida Hospital — will include:

- Sports medicine and rehabilitation
- Retail pharmacy
- Specialty and primary care physician offices
- Outpatient lab
- Chronic condition management and education
- Massage and acupuncture services

"The Center for Health & Wellbeing is not just a building, but a place that will facilitate health in an innovative way," said Jennifer Wandersleben, administrator of Winter Park Memorial Hospital. "Florida Hospital has partnered with the Winter Park Health Foundation for nearly two decades and we are thrilled to bring these state-of-the-art health and wellness services to Central Florida, and make this one of the healthiest communities in the nation."

For more information on the Center for Health & Wellbeing, visit www.wellbeingnetwork.org.

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### Cybersecurity awareness by Ron Frechette, The Cyber Guy Here's To Good Cyber Health In 2018!

determine your cyber health status.

of these questions, it is likely you

have poor cybersecurity hygiene

and your risk of contracting viruses

and becoming a victim of a cyber-

attack is extremely high. Don't be

discouraged. Rather use this as a

wakeup call to take the appropriate

actions towards becoming more

cyber health conscious in 2018. If

you happened to answer "yes"

If you answered "No" to most

(See chart).

January is the time when our new year's resolutions are hot off the press

and we are super motivated to crush the goals we set out to achieve in the new year. It is also the time when many of us schedule our annual physicals or what are known today as Preventive Healthcare exams. A routine examination typically includes our doctors asking a series of questions related to our lifestyle activities, an inspection of our physical bodies, and some internal testing such as blood pressure, heart rate, and lab tests.

Preventive healthcare exams allow our healthcare providers to find potential problems BEFORE we get sick. They also share their expertise to help us ward off potentially fatal infections and prevent long term negative healthcare consequences. There are simple things we can do to increase our health and vitality, like eat nutritious meals, exercise, and get the appropriate amount of rest.

As we embark further into the new Digital Age, we must adopt a similar practice of performing Preventative Cyber Health Exams to protect our digital presence from being infected in cyberspace. The average American spends more than 10 hours a day in front of a digital screen, five hours of which are on a mobile device. Most mobile devices have little to no security controls in place. Combine that with 500,000 new malware viruses being launched into cyberspace daily. The risk of infection is eminent unless we begin to take proactive cyber health measures.

The following checklist will help

#### Cyber Health Exam Checklist

	I L J	NU
Do you use unique passwords for EACH of your on-line accounts?		
Do you routinely scan your devices to insure they are free from viruses?		
Do you have passcodes set up on all your devices?		
Do you VERIFY all links and attachments are legitimate before clicking?		
Do you have a VPN (Virtual Private Network) service in place?		
Do you clear your cache in all your devices on a routine basis?		
Do you have the "auto save password" in your browser turned off?		
Do you use Two-Factor Authentication where sensitive data is stored?		
Do you know how to use the security features on your devices?		

to most of these questions... congratulations! You are most likely in good health on line.

Like improving our overall physical health, the practice of improving and maintaining good cyber health is a journey not a destination. For detailed instructions on how to implement the above checklist cyber health practices, I highly recommend reading Jill Duffy's online article in PC Magazine titled, "10 Simple Things You Can Do to Be More Secure Online." The url is also listed in the sources below.

Add increasing cyber health to your list of New Year's resolutions and I guarantee 2018 will be a year that will truly bring peace of mind and much less worry about having your personal information compromised and used for malicious purposes in the years to come.

Wishing everyone a safe and peaceful new year in cyberspace... and here's to good cyber health in 2018!

Questions? Send me a tweet @ GoldskyRon.

Sources: https://www.pcmag.com/article2/0,2817,2478462,00.asp; http://www.cnn.com/2016/06/30/health/americans-screen-time-nielsen/index.html

Ron Frechette is the co-founder and managing partner at GoldSky Security, a full service SMB cyber security solutions firm and the creators of CSOaaS.

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#### From Page 8

in the Bach Festival Choir for forty-three seasons. She strives for and expects excellence while giving grace and encouragement along the way. She is a humble, but strong woman who inspires all around her to get off the couch and get into live.

William Jones: A compassionate, artistic man who volunteers with the CATCH Healthy Habits Program, teaching children about health and wellbeing at the Winter Park Community Center and at the Joe R. Lee Boys and Girls Club in Eatonville. He's a musician who also volunteers teaching children music at the downtown library on Saturdays. He stays fit by riding his bicycle wherever he goes. And whether it's sharing fishing techniques, Tai Chi movements, or how to play the steel drums, he is a perfect example of using what you know to have a positive impact on others. As he approaches his 70th birthday, he says he is having the best time of his life because his life is filled with purpose.

For more information please visit https://growingbolderawards.com/.

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### in the garden by Stephen and Kristin Pategas

All photography by Stephen G. Pategas/Hortus Oasis

### **Substitution No-Nos**

During the installation of a landscape using a landscape plan, substitution of plants without proper research is like ignoring a doctor's prescription for a medication and selecting a different one based on the packaging. Either scenario could lead to disaster, but at least in the landscape it typically isn't life threatening. However, it could easily lead to a waste of money and an incongruouslooking garden. Whether the landscape is self-installed or contractor installed, here are some tips to follow.

LANDSCAPE CONTRACTOR INSTALLED: the substitution of plants may be under the purview of a landscape contractor. Use of the wrong plants may happen inadvertently if they are unfamiliar with them. Since many designs require a variety of plants, many nurseries are needed to provide them. Typically, the contractor obtains the plants for a project through a rewholesaler who collects the plants from numerous nurseries. Too often the rewholesalers obtain some wrong plants and an unknowledgeable contractor accepts and plants them. The best protection is to have the final installation inspected by the landscape architect/designer.

HOMEOWNER INSTALLED: make note of the botanic names noted by its genus, species, and perhaps cultivar. For example, one type of magnolia is Magnolia grandiflora 'Little Gem' which has smaller leaves and stature than many other magnolias which grow into much larger trees.

If different plants must be used - typically due to lack of availability - contact the designer for suggestions. If that is not an option, do thorough research to make sure the replacement plant will fill the requirements dictated by the site conditions (light levels, soils, and space) and the design.

When at a nursery and the desired plant is not available but another one has a similar botanical name, be cautious - that doesn't mean all related plants perform the same. Often, they grow in different conditions and may

> even be native to different continents. Their foliage, blossoms, and ultimate heights and spreads may be different, so they look totally unrelated.

#### PLANTS WE HAVE SEEN WRONGLY SUBSTITUTED:

- Allamanda cathartica (allamanda) a vine versus Allamanda schotti (shrub allamanda) a shrub
- Bauhinia blakeana (orchid tree) 20' tall, purple blooms versus Bauhinia galpinii/punctata - 8-10' tall, red blooms
- Camellia hiemalis 'Shishigashira' 4' to 5' tall versus Camellia species -6-20' plus
- Loropetalum 'Ruby' 4-6' tall versus Loropetalum 'Shang-lo'/'Peack' 18" tall
- *Muhlenbergia capillaris* (muhly grass) native, 2-3' tall, pink blooms versus Muhlenbergia dumosa (bamboo muhly) - non-native, 6' tall, nondescript blooms
- Nandina domestica (heavenly bamboo) 6-8' tall versus Nandina domestica 'Flirt' (dwarf heavenly bamboo) - 12-18" tall
- Ophiopogon japonicus (mondo grass) 5-7" tall versus Ophiopogon japonicus 'Dwarf' (dwarf mondo grass) - 2" tall
- *Podocarpus macrophyllus* (yew podocarpus) hedge to 20' plus tall versus Podocarpus macrophyllus 'Pringles' (dwarf yew podocarpus) - 3-5' tall
- Viburnum odoratissimum (sweet viburnum)- non-native, 30' tall, large leaves, and can freeze versus Viburnum obovatum 'Mrs. Schiller's Delight' (dwarf Walter's viburnum) - native, 4' tall, small leaves and cold-hardy
- Zamia furfuracea/maritima (cardboard plant) 8' wide with wide leaflets versus Zamia pumila (coontie) - 4' wide with narrow leaflets

To get the best value from a new landscape make sure the proper plants are used, otherwise there could be unpleasant surprises.

by Winter Park Police Department



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



### protection and service Happy New Year!

Ah, the New Year. A chance to press the "restart"

end of the month. This year, the Winter Park Police department is offering to provide you with some resolutions that not only take minimal effort button, wipe the slate clean, and start anew! Traditionally, we always make the same resolutions- to lose weight, start but offer great reward. So everyone raise your right hand, and state the exercise program, or clean out our "in box" on our computers- and the following out loud (preferably in front of a witness, and dogs and cats do majority of us usually lose steam in the completion of those tasks by the not count in this instance):

- 1. I resolve to remove anything valuable that can be seen from the passenger area inside my vehicle!
- 2. I resolve to lock my vehicle, even if it is parked in my driveway or carport!
- 3. I resolve not to leave my firearms inside of my vehicle!
- 4. I resolve to close my garage door when I am not inside my garage!
- 5. I resolve to meet my neighbors!
- 6. I resolve to set my house alarm (if so equipped) every time I leave, even if it is just to "run up to the store"!

- 7. I resolve to "Say something if I see something" unusual at my neighbor's home and in my neighborhood!
- 8. I resolve to call the Police while I am witnessing a crime and not wait until I have found out that my instincts were right!

The Winter Park Police Department wishes you and your family nothing but the best for New Year and reminds you that if you "see something, say something." Our non-emergency phone number is 407-644-1313.

Stay safe! Now get back to cleaning out the "in box!"





# real estate in the parks by Scott Hillman and Sam Hillman Buying A Home...Got Questions?

scott Hillman and Sam Hillman Buying a nome is a major purchase in anyone's life, and as with any major purchase, buyers have questions. It is all a normal part of the process. Whether a buyer has just a few questions or several, the best course is for them to turn to their realtor for a well-informed, educated answer. Below is a small sample of some common questions that many real estate agents say they receive from buyers.

### 1. What does it cost me to hire you to help me purchase a home?

This is an excellent question. The answer is nothing. It is common practice for the sellers to incur the cost of real estate commissions, paying both the listing and selling agent at closing. With that being said, some brokerage firms may charge a transaction fee to the buyer at closing, while others charge nothing.

### 2. Why do I need to secure a loan pre-approval before looking at homes?

Obtaining a loan pre-approval is very important before even walking into a buyer's first showing, for a couple of reasons. First, this gives the buyers and their realtor an accurate

Buying a home is a major idea of what is going to be affordable for them. life, and as with any major It can be a waste of time to start looking before the pre-approval is received, as the buyer may be looking at homes that are well outside what they can afford. Second, when it comes time to make an offer, it is usually required for the buyer to provide a letter of pre-approval from their lender for their offer to even be considered.

### 3. What is a normal amount to put down for escrow?

What may be normal for one area of town to place in escrow could be drastically different in another. The size and price of the home will also affect how much escrow will need to be put down. This is a perfect example of why it is important to have a realtor working for you, guiding you and helping you along the buying process. They will be informed about the home and community that you are looking to purchase in, and can give their buyer a competitive amount to place down.

### 4. Can we negotiate after inspection if there is a lot of items to be fixed?

The short answer is yes, however there may

be times when a seller will not negotiate. When an inspection report shows that several more problems/issues exist than what was initially suspected, a buyer may want to ask for some repairs and/or funds at closing to be applied to said repairs. In today's market, the majority of contracts include a due diligence period.This is an example of why it is important to get your inspection done early so there is plenty of time to renegotiate, if necessary.

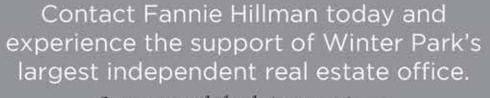
#### 5. What is the neighborhood resale?

A buyer's agent would be educated about the neighborhood and community and while they wouldn't be able to make any guarantees about the future market, they would certainly be able to show them a current snapshot of the real estate market; as well as the market trends for that neighborhood over the last year.

It is normal and smart to ask questions when making any major purchase, especially a new home. It is smart to be well informed about the buying process as well. Realtors want their clients to feel comfortable and to be at ease. Don't be shy, ask those questions.

Scott Hillman is president of Fannie Hillman + Associates, a 36-year-old Winter Park-based real estate company specializing in residential real estate sales. Sam Hillman is a Realtor and Market Analyst at Fannie Hillman + Associates. Together, they produce Hillman Homes, a customized quarterly publication showcasing local luxury listings, editorial features, and The Hillman Report, a semiannual look at residential real estate in Orange and Seminole counties. Read the latest issue on the company's website (fanniehillman.com) or by calling (407) 644-1234.

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www.fanniehillman.com

Orlando Business Journal

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



### Welcome New Year

Ayesha G. Shenk

Welcome 2018, where in this sparkling second of the world there is nothing but

hope and possibility. Welcome a fresh start. Welcome a new beginning. Welcome prosperity, kindness, and the promise of a new day and another chance.

Welcome repaired relationships. Welcome improved health. Welcome restored finances. Welcome renewed love. Welcome this glimmering moment... this brand-new day.

There is a lot that could be said about 2017. There were triumphs and heartbreaks, losses and gains, and yet we weathered each and every storm and hopefully slayed a few monsters along the way.

With every passing year I am more and more aware of just how much joy and pain can be found in the human condition. How heavy the gravity of mortality is and how profound the grace of connection.

I have worked hard to say it as wholly or as succinctly as Max Ehrmann did over 65 years ago, but I have still yet to succeed. So, lest I get too far ahead of myself in my own wordy entanglement.

I wish you a new year full of all the "desired things" - of all the meaning and the grace and all the possibility of a truly clean slate. Make the most of it.

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

### Desiderata

Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and the ignorant; they too have their story. Avoid loud and aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. Be yourself. Especially, do not feign affection. Neither be cynical about love;

for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding vas it should. Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

Max Ehrmann, Desiderata, Copyright 1952.

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

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### planned giving by Rachel Calderon

### Five Ways To Go From Being A Donor To A Philanthropist In 2018

You've always been a generous person.

You've "paid it forward" at the tollbooth. You've donated to Toys for Tots and served soup to the homeless. You've even made cash donations to charities from time to time.

Rachel Calderon

name a few.

But you're ready to take your giving to the next level. You're ready to dive below the surface issues and address source problems such as poverty, homelessness, early childhood development, and economic development, just to name a few.

If these thoughts are running through your mind, you're ready to become a philanthropist.

You don't have to be a Bill or Melinda Gates to be a philanthropist. It's all about connecting your passion and dollars to a strategy for giving purposefully.

Here are five easy ways you can elevate your giving and start making a real impact.

1. Define your personal values.

Identifying what means the most

to you in life can make you more

aware of where you want to direct

your focus. Ask yourself, "Has any

event, individual, or organization im-

pacted me in a significant way?" Val-

ues could be courage, equality, peace,

innovation, joy, knowledge - just to

2. Write your mission statement.

articulates the values and purpose

of your philanthropy from the in-

side out. It doesn't have to be elabo-

rate or lofty, but a brief statement

that captures the purpose of your

Developing a mission statement

philanthropy and how it reflects your core values.

#### 3. Create a giving strategy.

Figure out the challenge you're looking to address and ways you can accomplish it. Concentrate your charitable resources in one or a few areas of interest to help you be more proactive, rather than responding to requests. Seek advice from local experts if you're not sure where to start. There are lots of creative ways to build a strategy that maximizes your philanthropy with local connections to make the most impact.

### 4. Get engaged with a local organization or project.

The best way to figure out where you want to focus your philanthropy is to engage with local initiatives that are making a difference. For exam- of solving problems at the source.

ple, if your focus is on economic development, connect with local efforts that are working to make Orlando



a hub for social enterprise. Visit the Parramore Kidz Zone in downtown Orlando to see how teen pregnancy and high school dropout rates have decreased by keeping kids focused on a goal for their future through sports, internships, jobs, and more.

### 5. Invest with purposeful giving.

The final step is to invest intentionally. Just like intention, strategy and engagement, charitable dollars are a key piece Things such as endowments and other structures can help you accomplish your goals.



Rachel Calderon is the marketing and communications Manager of the Central Florida Foundation, which serves as the region's community foundation and is home to more than 400 charitable funds.

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### pop culture detours by George McGowan

### A Dozen Wonderful Women's Voices To Fill Your 2018 Musical Calendar

Do you need an idea for a New Year's Resolution? How about this – listen to more music! Specifically, more music from women artists who make soulful, interesting, reflective, yet wonderfully toe-tapping music! I have suggestions for each month of the New Year! Of course all of this music is available right now, so binge away or measure it out as follows.

In January, February and March, listen to Tift Merritt's "Stitch of the World," her sixth album full of songs about real living and tough loving. As Slant magazine's Josh Hurst puts it "... these are songs about being caught in love's rough and tumble, about getting beat up

Nora Jane Struthers a r o u n d but living to tell

and batted

about it." Then, listen to Nora Jane Struthers' "Champion." Struthers' band The Party Line is a tight ensemble featuring a ringing slide guitar and a plucked banjo trading down-home melodies with Nora Jane's voice rising above it all. And then, listen to Dori Freeman's "Letters Never Read" and watch her video for her song "If I Could Make You My Own" which is a manifesto for living in itself.

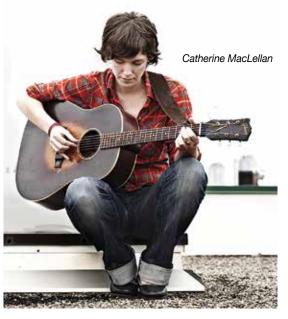
April and May are the time for Tristen (full name: Tristen Gaspadarek) and the album "Sneaker Waves" as well as the stand alone single of her version of the Eagle's classic "Peaceful Easy Feeling" and Lilly Hiatt (daughter of the great John Hiatt) and her album "Trinity Lane." Hiatt has a knack for interesting song titles, as in "The Night David Bowie Died." The summer months of June, July, and August call for some indie-rock (for lack of a better term) from Portland's Sallie Ford with "Soul Sick," Nashville's Jessica Lea Mayfield with "Sorry Is Gone," and Neptune, New Jersey's Nicole Atkins with "Goodnight Rhonda Lee." Each of these albums is interesting in its own right, but they all explore the unique and challenging experiences of a woman in this day and age.

In September and October, fill your time with two Canadians, one from the east – Catherine MacLellan and one from the west – Sarah

Jane Scouten. If your mood is suited to rockabilly and dancing, get moving to Scouten's "When the Bloom Falls from the Rose." If your mood is mindful and reflective, listen to MacLellan's "If it's Alright with You - The Songs of Gene MacLellan." While Gene MacLellan is not a well-known songwriter in the states, you may recognize his songs "Put Your Hand in the Hand" (a modest hit for Ocean) and "Snowbird" (a smash hit for Anne Murray). The latter was recognized as the first song by a Canadian songwriter to have been broadcast over one million times in the United States.

To round out the year, in November and December, I suggest one woman who plans to release new music in 2018 – Lucy Dacus with the album "Historian" which features the heart-melting break up song "Night Shift" and Kim Richey who continues to tour regularly and has recently released a single entitled "The Get Together."

Fill the New Year with these voices of strong, talented women!



### theater in the parks by Barbara Solomon

### Theatre Bogo

LORD MANSFIELD'S FOX HUNT AND BANQUET SLEUTHS MYSTERY DINNER SHOWS STARRING DAVID ALAMEIDA, SARAH LOCKARD, AND DARRYL PICKETT

There are very few dinner theatres left, but one of them is a short ride up the I-4 —"Sleuths Mystery Dinner Shows" is a BOGO. Buy a ticket for the show, and they will also serve you dinner. And the food is actually good!

Corny jokes abound throughout the evening, but they keep us laughing. Tonight's mystery involves a murder of the lord of the manor on the eve of the foxhunt. The four suspects are the attorney Gerald Arnold (Alameida), the sister Donna Mansfield (Lockard), the butler Jeffries (Pickett), and the upstairs maid Elga (Matthew Burton). Who done it? That's what we, the audience, have to figure out by the end of the evening. Each table is allowed to ask a question of any suspect and then we all must guess the culprit. It's lots of fun! Two of the performers are my personal friends, Sarah and David, and it was great to see them on stage again. And also wonderful to see

Frank Hilgenberg playing Dr. Watson in the lobby! When I asked about his wife, he said, "I can't talk to you, I'm working." Now that's dedication!

Tristen Gaspadarek

If you like an evening of good food, a good show, and audience participation, this is the place for you. For more information call 407-363-1985 or 800-393-1985, or visit www. sleuths.com.





Above: David Alameida, plays attorney Gerald Arnold in Sleuth's latest show, "Lord Mansfield's Fox Hunt."

BARB'S BEST BETS FOR JANUARY: "BABES IN HOLLYWOOD" AT THE WINTER PARK PLAYHOUSE, "THE TALE OF THE ALLERGIST'S WIFE" AT MAD COW, AND PRT'S LAUNCH 2018 AT ORLANDO SHAKES.



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### schools

# Rincipal anna ferratusco

Audubon Park has always been blessed with families who are fortunate enough to provide above and beyond what their kids need. Among us however, are some families who need a little extra help from time to time. The Audubon Cares program through PTA helped organize a toy collection for some of our families. It is all done anonymously so the families involved can participate knowing they won't be revealed.

Before the winter holidays, PTA put a Christmas tree up in the front lobby that has ornaments with toy requests of a particular age child. Families got to choose an ornament, shop for the gifts, and bring them back to the school. A school employee contacted the families to pick up the gifts so the children had gifts for the holiday. The little boys and girls got to open a new gift and share in the same excitement as their peers. We are very fortunate to have such a caring community who help each other out in times of need.



On December 5, Brookshire's Teacher of the Year, Annette Gidus, was honored at the annual Orange County Public School Teacher of the Year Dinner. We are very proud of Annette and are happy to have her as a member of the Brookshire staff. Congratulations to Annette!

We also had a very exciting month in our Science Lab with some of our fourth and fifth-grade classes using the 3D printer. These students learned to first write a document creating a digital version of their model. The digital model would then be printed to create a physical copy. The 3D printing is an additive manufacturing process in which an object is built over time by stacking layers of material directly on top of each other.



#### **Dommerich Elementary PRINCIPAL KAREN VERANO**

#### **Dommerich Cub Scouts Recycle**

Each year in Cub Scouts, students take a pledge to take care of the earth and "Leave No Trace." This year, the Cub Scouts of Pack 31 at Dommerich Elementary have

### **Lakemont Elementary** PRINCIPAL DR. BRENDA CUNNINGHAM

The National Elementary Honor Society's primary mission at Lakemont Elementary is to provide service to our school and community. Dr. Cunningham asked our NEHS students to initiate a toy drive for the holidays. The students discussed the idea and decided that filling stockings with small items would be the best way to accomplish this goal. Many families in our community need help, and we are compelled to answer the call!

NEHS students digitally created and distributed flyers, appeared on the WLOS (Lakemont) morning news, decorated the collection

partnered with their school's Green Team in a new schoolwide recycling initiative. Each month the boys collect used Crayola markers and dryerase board markers. The program was so happily received by teachers that the program has already grown to include recycling used glue sticks

box, created a unique "topper" for

the stocking, then sorted toys into

categories, and filled stockings for

children. NEHS president, Jackson

Kracht, and vice-president, Scott

Rinaldi, organized and implement-

ed the toy drive leading teams of

NEHS students through each step

Our NEHS is a positive force on

the Lakemont campus. Students re-

cently helped served dinner at the

fall family night event and assisted

with reading activities. Kindergar-

ten and first grade students receive

tutoring help in the morning before

school from NEHS members. Red

Ribbon Week was organized and ran

by our NEHS to promote a PAWSi-

tively Drug Free school. Currently,

students work with our ADDition's

volunteer, Dianne Bauer, to supply

of this process.

Crayola markers and dry-erase board markers.

as well. You can imagine that at an elementary school, kids go through a lot of markers and glue sticks each month! To learn more about this exciting endeavor, and how your school can get involved, visit Crayola ColorCycle at http://www.crayola.com/colorcycle.

#### Winter Park **Presbyterian PreSchool**

We hope that everyone had a wonderful Christmas followed by a restful and restorative break. We're happy to be back at school now, and are looking forward to an exciting new year.

The weather is amazing so we're using our outdoor spaces to their fullest. Having a campus surrounded by nature allows us to take frequent walks to observe what is happening in our environment.

Our new garden center is almost finished. Two Boy Scouts working on their Eagle Scout projects, assisted by Scouting friends, have been working hard to make our vision come to life. Art and science experiences are frequently led outdoors in

### Learning through Play and Exploration.



- Six months to VPK programs
- Extended day hours available
- Enrichment programs for Spanish, art, soccer, ballet, yoga, nature experiences, music and movement

all classrooms with STEM supplies each month. To personalize our program, NEHS students award winning STEM teams in their classroom so they can celebrate their success with their peers.



this shady, grassy space surrounded by flowering plants.

The playground is also treated as an active learning center in which teachers interact with the children pulling language, science, math, and social studies skills out of running, skipping, climbing, swinging, and sliding.

Registration for new students ages six months through VPK for the 2018/2019 school year begins February 20. After-school enrichment programs include soccer, ballet, yoga, music & movement, art, Spanish and Nature Experiences.

Please contact us for a campus tour at 407-629-0727. Office hours are 8:30-3:30 M-F.

# COMMUNITY CALENDAR

#### Audubon Park Garden District Events

#### **Ongoing Events**

January 18 night Orange Audubon Society Program – 6:30 p.m. at Leu Gardens located at 1920 N. Forest Avenue. For more information regarding this free program, please visit www.orangeaudubonfl.org.

**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 and Friday Plant Clinics** - 8:00 a.m. to noon; and 1:00 to 5:00 p.m. at the UF/IFAS Extension Orange County, located at 6021 S. Conway Road. For more information, please call 407-254-9200 or visit http://orange.ifas.ufl.edu/res\_hort/.

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

**Every Monday and Wednesday Body Pump Express** - noon at Florida Hospital Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Free for Health Village Fitness Center members. Call 407-303-2552 for more information.

**Every Tuesday and Thursday X-Fit** - 4:30 p.m. at Florida Hospital Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Free for Health Village Fitness Center members. Call 407-303-2552 for more information.

**Every Tuesday and Friday Tai Chi** - 10:00 a.m. at Florida Hospital Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Free for Health Village Fitness Center members. Call 407-303-2552 for more information.

**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 Thursday Senior Stretch (Yoga Gold)** – 10:00 a.m. at Florida Hospital Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Free for Health Village Fitness Center members. Call 407-303-2552 for more information.

**Every Thursday College Park Farmers' Market** – 5:00 to 9:00 p.m. located at 1600 Edgewater Drive. 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 Street, Orlando. 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,

#### COMING IN MARCH...ONE-NIGHT ONLY!

SATURDAY MARCH 3, 2018 "Hooray For Love!" 7:30 p.m., Winter Park Playhouse

The one-night only event features Natalie Cordone and Shawn Kilgore. This 90-minute long musical celebration of love songs features the dynamic vocal duo with their swinging trio of jazz musicians.

For tickets and more information, call The Winter Park Playhouse box office at 407-645-0145 or visit online at www.winterparkplayhouse.org.

Net proceeds from this special performance will go to support the quality musical programming on the Playhouse Main Stage and out in the community.

odist Church located at 644 W. Princeton Street. Anyone who has worked in education is invited to join. For more information, please call 407-677-0446, or visit www.ocrea-fl.org.

January 20 Park Avenue 5k Presented by Florida Hospital – 7:30 a.m. at Central Park located at 251 N. Park Avenue. Includes 3.2 ile run/walk event for runners/walkers age 8 and above; free kids' run for kids 10 and under. Registration is required. Benefits the Track Shack Youth Foundation. For more information, please call 407-896-1160, or visit www.TrackShack.com.

January 27 Florida Hospital Lady Track Shack 5k – 7:30 p.m. at Loch Haven Park located at 777 E. Princeton St. Includes 3.1 mile women's only run/walk event for runners/walkers age 8 and above; free kids' run for kids 10 and under. Registration is required. Benefits the Florida Hospital Breast Cancer Care Fund. For more information, please call 407-896-1160, or visit www.TrackShack.com

January 28 Volunteer Training for Cornerstone Hospice – 9:00 a.m. to 5:00 p.m., 5655 Orange Avenue. It is free to participate in the training and lunch and refreshments will be provided; however, interested volunteers must pre-register. For more information, please contact Volunteer Specialist Kayla Lopes at 407-514-8205 or email klopes@cshospice.org.

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

#### **Maitland Events**

**Ongoing Events** 

Every Sunday Maitland Farmers' Market at Lake Lily.

**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** 

Now - January 7 Holiday Ice Skating - The City of Winter Park is bundled up once again for "Winter in the Park," the city's annual holiday ice skating rink, presented by the Community Redevelopment Agency. The rink is located in Central Park West Meadow at 150 N. New York Avenue, on the corner of New York Ave. and Morse Boulevard. Holiday music, games, special guests, and so much more will flurry around as you enjoy "Winter in the Park." For more information, including the event calendar, please call 407-599-3203 or visit cityofwinterpark.org/witp.



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

**Every Wednesday Plant Clinic** – 3:00 to 5:00 p.m. at Harry P. Leu Gardens, 1920 N. Forest Ave. For more information, please call 407-254-9200 or visit http:// orange.ifas.ufl.edu/res\_hort/.

**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.

January 10 Winter Park Garden Club General Meeting -10:00 a.m. at 1300 S. Denning Drive. For more information, please call 407-644-5770.

January 21 Camellia Society of Central Florida's 71st Annual Camellia Show - 10:00 a.m. - 4:00 p.m. at the Winter Park Garden Club Clubhouse in Mead Botanical Gardens, 1300 S. Denning Dr. For more information, visit www.camelliacfl.com

January 25 ZORA! 29th Annual Festival Conference Hosted by Rollins College – 7:30 a.m. to 8:30 p.m. Conference registration and additional details are available at: https://zorafestival.org/communities-conferenceand-humanities-panels/. The entire Zora Festival is held January 20-28 and includes an Outdoor Festival of the Arts. For a complete schedule of events visit: https://zorafestival.org/.

please call Joan at 407-339-5393.

Every Saturday Tribe H.I.I.T.: A Total Body Boot-Camp

Style Workout – Combining H.I.I.T. techniques with brief recovery periods to give participants maximum fitness results. Class is every Saturday at Florida Hospital Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Free for Health Village Fitness Center members. Call 407-303-2552 for more information.

**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 Street. 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.

January 4 Orange County Retired Educators Association Meeting - 10:00 a.m. at College Park United Meth**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, 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. January 27 Tori Sheahan Walk 'n' Talk For Life – 8:00 a.m. at Harbor Park located at 4990 New Broad Street. Cost is \$30. For more information and to register, please visit www.foundationforocps.org/torisheahanwalk.

#### January 28 Chili For Charity Hosted by the Rotary Club

of Winter Park – 5:00 to 8:30 p.m. at the Winter Park Farmers Market located at 200 W. New England Avenue. Cost is \$35 in advance, \$40 at the gate. For more information, please visit www.ChiliForCharity. org. or call 407-399-1296.

**March 3 "Hooray For Love"** – 7:30 p.m. at the Winter Park Playhouse. This one night only event features Natalie Cordone and Shawn Kilgore. For tickets and more information call The Playhouse box office 407-645-0145 or visit online at www.winterparkplayhouse.org.