

The Park Press

JANUARY 2015

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Local Residents Making A Difference

As if climbing Mount Everest, the highest natural mountain peak in the world, was not setting her goals high enough, Winter Park resident Micheline Kramer is reaching even higher. As president of the Himalayan Youth Foundation, a Winter Park-based non-profit organization that serves orphaned and impoverished children in the country of Nepal, Kramer is launching a new fundraising campaign to raise \$700,000 to expand the school and orphanage.

But she is not doing it alone. More than 100 children live, learn, and grow at Kailash Home, the HYF campus just outside of Kathmandu, and sponsors from all over the world support each child. But the majority of the sponsors live right here in Winter Park, Florida.

"I have built Kailash Home one relationship at a time. The power of trust and friendship has brought us to where we are today. The commitment of my friends from Winter Park to help the children of Nepal has been heartwarming. On each visit to Kailash Home, I am still amazed at how their donations are changing the lives of so many children. Several of our sponsors have visited Kailash and enjoyed, firsthand, our happy children," she said.

Kramer fell in love with Nepal and its people while trekking through the mountainside in 1999. As she came across the villages and saw the struggle to survive of so many families and children, she knew she had to do something. After connecting with a local organization, Himalayan Children's Foundation in Kathmandu, Kramer and her colleague Dave Bidwell



Kailash Home provides a full-time home and schooling to 100 children. Here they celebrate after the performance with teachers and sponsors in front of one of the three existing buildings on the Kailash Home campus. At right, Karma, age 10, has been at the Kailash Home since 2014.

set to work and established the Kailash Home where 100 children now receive a formal education, along with food, clothing, shelter, psychological well-being and medical care.

The new fundraising initiative will fund a much-needed expansion for the Kailash Home campus—purchasing nearby land to building a new assembly space, learning center, and a guesthouse while also renovating existing buildings.

But to Micheline and the sponsors, it is so much more than that.

"I have sponsored a child, Thukten Lama, for eleven years. In the beginning, Thukten's correspondences were a few letters of thankfulness and joy written during each year. As time passed, we began corresponding through the Internet which strengthened our relationship. He talked to me about school, friends, basketball and normal problems he faced as a teenager. I realized how much my support meant to Thukten emotionally, as well," said Winter Park resident and HYF sponsor Annetta Igou.

"Without HYF and sponsors, he would not be the capable motivated young man he is today. He has just begun his first semester in college. I cannot express the joy that gives me. Where would Thukten have been without HYF?"

To find out more, please visit www.hyf-us.org or find them on Facebook at Himalayan Youth Foundation, Twitter at @hyfyouth, and on Instagram as HYFYOUTH.



Above, children and staff at Kailash Home warmly welcome Himalayan Youth Foundation President Micheline Kramer and sponsors who traveled to visit this past November.

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Publisher's Message



Rick Cable

I'm grateful! Like most, I find myself in a time of reflection with an optimistic outlook as we ring in this New Year. 2014 overall was a pretty good year that included both positives and negatives. Thankfully, the positive events outweighed the negative, and since I'm a "give me the bad news before the good" kind of guy, I start my reflection by listing out the negative events. Then, I move on to the long list of positives that occurred during 2014. Since I'm cursed/blessed with an overactive creative mind, the past year's events start to replay vividly in my mind like a frame-by-frame home movie. Plus, I think most of us—thanks to having a camera at our fingertips almost 24/7—have become our own hobby-like photojournalists. Thanks to that handy dandy digital camera on the phone, I have at least one photo tied to most of the significant and positive events that took place the past year. And they are all in date order. By the way, I rank the digital camera on the phone way above sliced bread and Jiffy Pop popcorn.

Placing events into these general categories seems to be easy, but then I start to recall posi-

tives that surfaced because of a negative event. One such event for me this year was when I had to deal with a pretty serious health issue. I must state that whomever first said, "If you don't have your health, you have nothing," nailed it.

Dealing with a health issue goes right into the negative category. However, I noticed that many of the negative events actually led to positive ones as time moved along. This negative event most certainly produced the most profound positives that I experienced in 2014. And it showcased what I'm most grateful for. The short list includes: my relationship with God, my family, my talented doctors and their hospital team, my friends, and this wonderful community.

As each of you reflect on the past year, please be sure to look for the positives that were created from a negative event. Like Mick Jagger said, "You can't always get what you want, but if you try sometimes, you just might find you get what you need."

I wish each and every one of you a very happy and prosperous New Year!

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

Rick

Rick Cable
Founder/Owner

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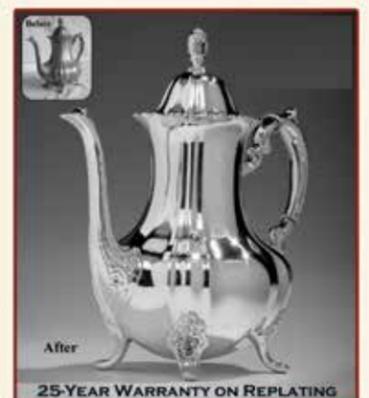
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It's A Wrap! By Tricia Cable

I bid a fairly fond farewell to 2014, and gladly ring in the New Year! Never one to dwell on the past as what's done is done, I have undecorated, decluttered, and now I sit giving mindful consideration to the personal goals I will set for myself for 2015; an annual ritual.

I read something the other day that got me thinking about this journey that I am on. After noticing a few new wrinkles on my face that seemed to have appeared overnight, I saw a very timely quote on social media that reminded me why Botox or any other filler for that matter would most likely never be an option for me. The quote read, "They are not wrinkles, they are the survival lines of your life."

Ponder that the next time you take a look in the mirror. For me, at least for that moment, I looked very closely at my image in the mirror and more fondly of the lines that have become more prominent each year. I have worked hard (maybe at times too hard) for every single one of them and they do read a lot like a road map of my life; every frown and every smile leaves its mark.

My journey has been an interesting one and although I have had some incredibly tough times along the way, I wouldn't change a thing.



At times, I will admit that others' paths seemed filled with more sunshine and butterflies, and I may have taken a wrong turn on occasion that proved more challenging than I desired. But, what doesn't kill you makes you stronger and if nothing else, I am a walking testament to that statement.

So, as I sit here today to put pen to paper and commit to the goals I will set for myself in this New Year, I am more enthusiastic than ever. After all at this stage of the game, I am

more prepared and more confident about my abilities to achieve success. My life's resume is rich with my past accomplishments, obstacles that I have overcome, and challenges that I have conquered. I have in front of me a blank page and a clean slate... anything can happen.

And if you too believe that anything can happen, I say dream big! Fulfill your life's purpose, follow your heart, spread joy, give back and be happy, let's make 2015 a year to remember.

"They are not wrinkles, they are the survival lines of your life."

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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

As we begin a great new year in the City Beautiful, it provides us all with an opportunity to build on the successes from 2014. As Mayor Dyer stated in his State of Downtown last month, Orlando is no longer working to become a world-class city, we are a world class city! If your New Year's resolution is to find ways to

get involved with your community, please read on for some opportunities we have through City Hall.

As we think of community involvement, we can all celebrate an influential leader, Reverend Martin Luther King, Jr. by participating 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 17 at 10 a.m. We can all take to heart this year's theme, "Remember, Celebrate, Act."

There are many ways to "Act" here in Orlando where we have seen first-hand how a single individual can make a difference. If you are interested in a long-term commitment, 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. From beautifying a park, to cleaning up a lake, citizens assist our staff around the city. For more information, visit cityoforlando.net/kob or cityoforlando.net/greenup.

We are excited that we have been able to sustain the Orlando Cares program and it is making a difference in the lives of our city's youth. Whether you have an hour a month or time every week, there is a program that could fit your schedule. Visit orlando-cares.net and see the many unique ways you can get involved with us to help improve our students' literacy and achieve academic success.

Another initiative on which the city will refocus in 2015 is our Take Heart Hands-Only CPR Training. More than 80,000 sudden cardiac arrests occur in the United States every year. Of these, 95% occur in the home. If someone you love suffered a cardiac arrest, would you be able to save their life? Learn what to do in just 30 minutes or less with this great training offered at no cost by our Orlando Fire Department. If you have a group that meets regularly and would want OFD to offer this training to your participants, or if you want to sign up for a scheduled training, visit cityoforlando.net/fire or e-mail handsonlycpr@cityoforlando.net.

Our Orlando Police Department and our Emergency Information Center also utilize volunteers throughout their division. From answering phones during an emergency situation, working at a special event, 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.

Our police department also runs the city's crossing

guard program. These positions are integral to the pedestrian safety of our students. There are still positions available for this school year. If you or someone you know may be interested in a position, please visit OPD's webpage at cityoforlando.net/police.

One way we can all get involved in our community is through crime prevention in our neighborhoods. Please call the police (non-emergency number is 321-235-5300) when anything seems out of place in your area. If you haven't joined a Neighborhood Watch group, please consider getting involved. Call 407-246-2369 for more information.

Speaking of crime, we are optimistic that almost all areas of crime are down in 2014 from the previous year. The only area that remains on the rise is vehicle burglaries. Please continue to take the time to park in a garage if possible, lock your vehicles at all times

and remove items from plain sight. As Cpl. Kirkpatrick always says, "it may look like a gym bag to you, but to a bad guy, it could be worth breaking your window."

As we begin 2015, 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.

ROBERT F. STUART | COMMISSIONER, DISTRICT 3, CITY OF ORLANDO
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Winter Park Mayor's Message

Mayor Ken Bradley



Ken Bradley

The Best Of The Best

The reasons why our streets are safe to drive, water is clean to drink, parks are beautifully maintained, and we are able to feel safe in our homes, is because of the 500 hearts and hands that devote their careers to making every day exceptional for each and every one of us. From this esteemed group of city employees, the City of Winter Park presents three of these humble public servants who have gone above and beyond the call of duty to be recognized as the city's "Employee of the Year," "Firefighter of the Year," and "Officer of the Year." It is my great pleasure to introduce each of them to you.

Employee of the Year: Steve Admire, Fleet Maintenance Technician

Steve began his career with the City of Winter Park in 1984. In the 30+ years he has worked for the Fleet Division, he has mastered expert mechanical skills. Regardless of the job given, Steve can fix it. He has the innate ability to use his diagnostic skills to find new ways to save time and money without sacrificing the final product.



Steve Admire, Fleet Maintenance Technician

Steve currently holds and maintains eight ASE (Automotive Service Excellence) certifications in the classifications of automotive and heavy truck. There is no "down time" for Steve as he is always found fixing and repairing things in the shop when they arise.

For the past five years, Steve has been responsible for the installation of the equipment in all of the new police vehicles. Normally, the dealer installs the police light bars, cages, back seats, emergency lights, sirens, etc., but with Steve's advanced mechanical skills and dedication to his trade, he has cut the downtime of vehicles to about 2-3 months by doing them himself. The police department even complimented Steve, noting that last year was the fastest they have ever received their police cars in service. For these reasons and many others, we are proud to congratulate Steve as the city's 2014 Employee of the Year!

Firefighter of the Year: Tim Millard, Engineer/Paramedic

Tim began his career with the city on March 12, 1990, as a firefighter. Over the past 24 years, Tim has stood as an example of dedicating one's career to service. He is continuously improving his abilities and overcoming barriers. In 1994, Tim completed his training and certification as a paramedic, and in 1996, was promoted to the position of Fire Engineer.



Tim Millard, Engineer/Paramedic

Throughout his career, Tim has developed into one of the agency's top paramedics and as a part of his service has continued to lead our community-wide CPR training program. During his career

Tim has literally instructed thousands of residents, business owners, and medical professionals on the skills needed to respond to a cardiac emergency. Tim's work throughout his career has not only been critical to the continued success of the organization, but has also educated and trained individuals who have then used those CPR skills to save lives.

In 2013, Tim was diagnosed with cancer. His fight throughout his treatment, eventual victory over this disease, and ultimate successful return to full duty is a testament to Tim as a person, his career as a firefighter, and his willingness to do whatever it takes to get the job done. For these and many more reasons, it is my honor and pleasure to congratulate Engineer/Paramedic Tim Millard as our 2014 Firefighter of the Year.

Officer of the Year: Tony Fairbanks, Officer

Keeping our roads safe has always been a priority for Officer Tony Fairbanks. Knowing the statistics of alcohol-related fatalities, with even one loss of life being one too many, Officer Fairbanks began working tirelessly to make the roadways of Winter Park safer. He has successfully done this with a combined approach of educating the public, working with our traffic engineers, and directing enforcement activities. His work has resulted in zero loss of life on our city streets for the past two years.

In addition, Officer Fairbanks created a "Stop Tailgating Before It Stops You" campaign that was featured in this year's International Auto Show at the Orange County Convention Center. This campaign focuses on increasing awareness about the prevention rear-end collisions, which are the #1 cause of vehicular crashes, and has made such an impression on transportation officials that it may be used region wide.

Officer Fairbanks' police expertise, strong ability to teach others about the importance of sobriety, focus on vehicular and pedestrian safety, and distinction as the "go to" person for the department's Special Operations Division is just a few of the many reasons why he was selected as the 2014 Officer of the Year. Congratulations, Officer Fairbanks!

We will be recognizing these three outstanding Employees of the Year at the Winter Park Chamber of Commerce's luncheon where I will deliver my annual "State of the City Address" Friday, January 16, at The Alford Inn at Rollins.

When you see these city employees, or any of our other humble hearts and hands that serve our city, please take the time to thank them for their dedicated service and helping make our city the best place to live, work and play in Florida. Congratulations to all three Employees of the Year!

Kenneth W. Bradley
Kenneth Bradley, Mayor



A. Fairbanks, Officer

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Maitland Mayor's Message

Mayor Howard A. Schieferdecker



Howard A. Schieferdecker

I-4 Reconstruction Begins in Early 2015

Interstate 4 is about to undergo the ultimate face-lift. Crews plan to break ground in early 2015 on the 21-mile reconstruction of I-4 from west of Kirkman Road in Orange County to east of State Road 434 in Seminole County.

The project team is currently working on design plans and developing the construction schedule. Visit I4Ultimate.com to see planned improvements, sign up for personalized alerts, and ask questions.

Maitland 2015 Municipal Election

A general municipal election will be held on Tuesday, March 10, 2015, for the purpose of electing a mayor. If a run-off election is necessary, it will be held on Tuesday, April 7, 2015. The person elected to office will serve a three-year term commencing April 13, 2015.

Any person - who is a resident of the City, has the qualifications of an elector, and has resided in the City of Maitland for the six-month period prior to qualifying - may become a

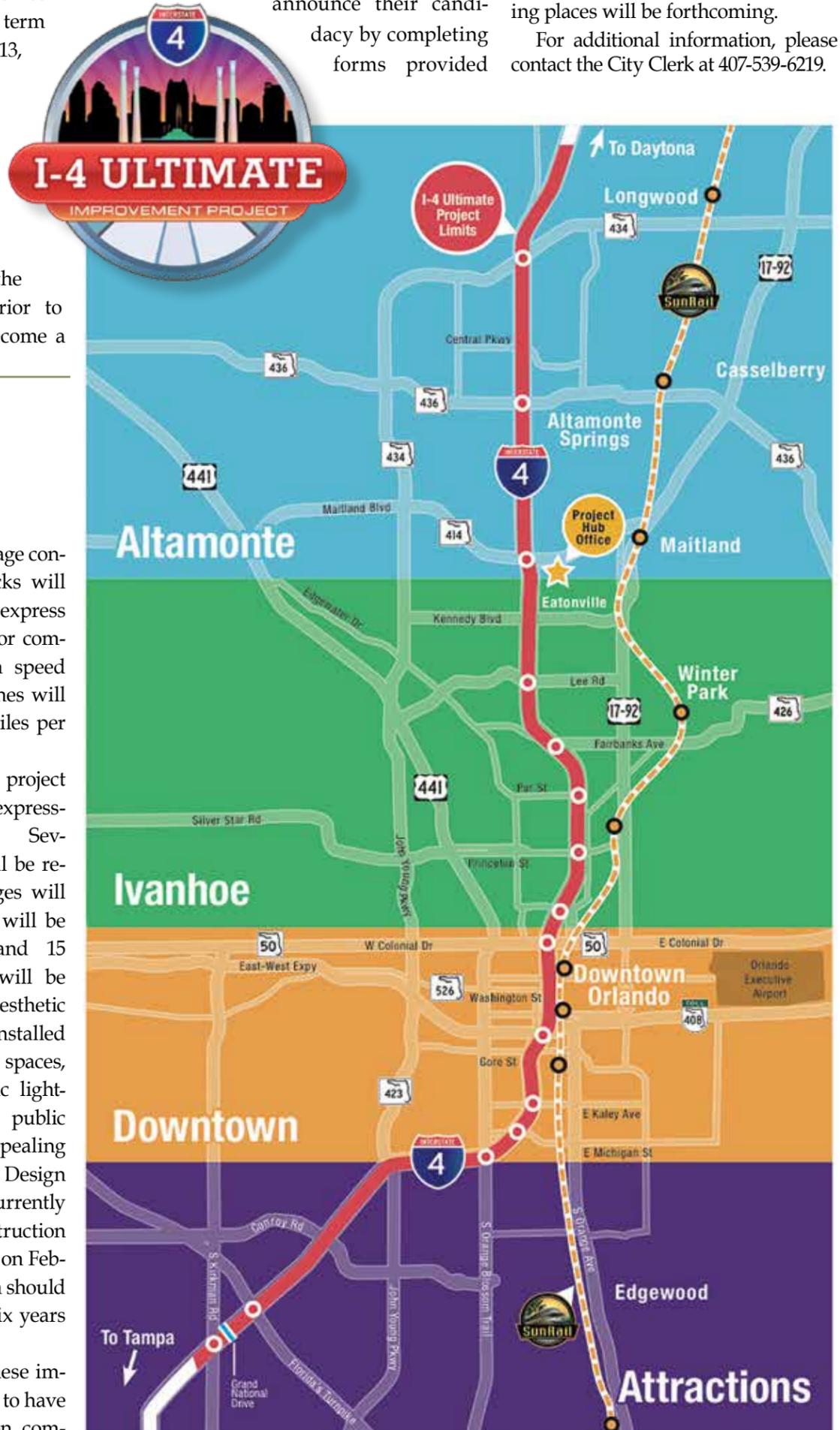
candidate for nomination to the office of city council.

The qualifying period officially opens at noon on January 19, 2015, and closes at noon on January 23, 2015. Individuals may announce their candidacy by completing forms provided

by the City Clerk any time prior to the qualifying period.

Voter registration application forms are available at City Hall for all non-registered voters. City Hall business hours are weekdays from 8:00 a.m. to 5:00 p.m. Information on polling places will be forthcoming.

For additional information, please contact the City Clerk at 407-539-6219.



County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



Ted B. Edwards

Happy New Year! I hope you had a great holiday season with your friends and family. As is fitting with a new year, it is

time to discard

the old and bring in the new. It is in this spirit, and beginning in 2015, the Florida Department of Transportation has planned to reconstruct Interstate 4 between Kirkman Road in Orlando and SR 434 in Longwood to make the roadway more accessible and less congested for commuters through the addition of new lanes and realignment of existing interchanges and bridges. The multi-year renovation and expansion of this stretch of roadway is known as the "I-4 Ultimate" project.

This section of I-4 running through Orange County was built in the mid-1960s to serve the transportation needs of a small but growing county. Original plans for the roadway date back to the 1950s and predate Central Florida's rise as a top tourist destination. In 1960, Orange County's population was 263,560. Since then, our population has increased to over 1.2 million residents. Interstate 4's capacity has not been able to keep pace with our nearly five-fold increase in population. Approximately 175,000 vehicles travel the I-4 Ultimate project area daily.

The I-4 Ultimate project will add two new tolled lanes in each direction of travel. The new lanes will be tolled dynamically with the goal of maintaining an average speed of 50 miles per hour for travelers in those lanes; the existing general use lanes will remain toll-free. These express lanes will use electronic sensors to determine traffic flow and adjust tolls

appropriately to manage congestion. Heavy trucks will not be allowed in the express lanes, freeing them for commuters. The design speed of the general use lanes will be increased to 60 miles per hour.

The I-4 Ultimate project will overhaul the expressway's infrastructure. Seventy four bridges will be replaced, 53 new bridges will be built, 13 bridges will be heavily modified, and 15 major interchanges will be rebuilt. Numerous aesthetic features will also be installed including green spaces, landscaping, aesthetic lighting, \$1.5 million in public art, and visually appealing bridge architecture. Design of the roadway is currently underway and construction is scheduled to begin on February 1. Construction should take approximately six years to complete.

Construction of these improvements will seek to have a minimal impact on commuters. During construction, the same number of lanes available on I-4 today will be open during peak hours. Work on the project will be limited to nighttime hours, and work on ramps will be scheduled so no two consecutive ramps are closed at the same time. Drivers will also have alternative transportation options available through SunRail, LYNX bus service, and ReThink, the Florida Department of Transportation's ride sharing program.

The I-4 Ultimate project is not the last major renovation planned for this

interstate. The Department of Transportation is studying plans to provide upgrades to other areas of I-4 outside of the I-4 Ultimate project area. The proposed areas include Kirkman Road south to US 27 in Polk County and SR 434 to SR 472 in Volusia County. In addition, the department is currently widening the northern end of I-4 from its intersection with State Road 44 just east of DeLand to its intersection with I-95. That project is scheduled for completion this winter.

You can track the progress of con-

struction, view ramp and lane closure schedules, and review project documents at i4ultimate.com. As always, if you have any questions or concerns about any issue facing Orange County, please do not hesitate to contact me or my staff, Edgar Robinson and Lynette Rummel. We can be reached at 407-836-7350 or by email and district5@ocfl.net.

Ted B. Edwards



Protection And Service

The Winter Park Police Department

Pedestrian Safety

Florida's pedestrian and bicyclist fatality rates have consistently been among the highest in the nation. According to Metro Plan Orlando's regional crash data, pedestrian crashes account for two percent of the total reported traffic crashes in Central Florida this year. However, 28 percent of all fatal crashes -more than one in every four -involve a pedestrian.

Many drivers often believe that the road is theirs and that pedestrians shouldn't be there. This fact is regularly experienced by pedestrians attempting to cross a roadway. A driver should always yield the right-of-way to a pedestrian crossing at a marked or unmarked crosswalk at an intersection. However, many pedestrians complain that inattentive drivers fail to recognize their intention to cross, causing the act of crossing a roadway to be a precarious task for a pedestrian. To address this problem Best Foot Forward's safety initiative encourages pedestrians to stop at the edge of the roadway before entering the crosswalk and put their hand out, thereby signaling to the drivers of the approaching vehicles that they intend to cross the roadway.

Pedestrians often find themselves

in situations with few safe crossing opportunities and sometimes make risky decisions for where and when to cross. While pedestrians are encouraged to cross at intersections, in many circumstances it is legal for a pedestrian to cross a street at mid-block. However, many people do not recognize that in Florida it is a violation for a pedestrian to cross a roadway between two adjacent signalized intersections when there isn't an intersecting roadway. By crossing a roadway outside of a marked crosswalk at such a location, a pedestrian places themselves at significant risk of being struck by a vehicle.

In an effort to reduce pedestrian collisions by enhancing the public's knowledge of safe motoring, walking, and biking practices, the Winter Park Police Department has continued its partnership with the University of South Florida's Center for Urban Transportation Research and the Florida Department



of Transportation and has again been awarded the "Pedestrian and Bicycle Safety Enforcement Campaign" Grant.

Beginning November 2014, the Winter Park Police Department has been utilizing the funds afforded by the grant to enhance the safety of our walking and bicycling environment. The methods used will include the distribution of educational "Tip Cards" to motorists, pedestrians and bicyclists at intersections where collisions most frequently occur. Additionally, the department will provide presentations to school age children, and use social networking to get the message out.

Creating a safe and efficient motor-

ing, walking and bicycling environment has long been an integral part of the City of Winter Park. By enhancing pedestrian and bicycle safety we hope to ensure that the City of Winter Park will continue to be the best place to live, work and play in Florida for our residents and visitors.

For more information on the "Pedestrian and Bicycle Safety Enforcement Campaign", please visit: <http://www.alerttodayflorida.com/index.html>



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U.S. Marine's Warrior Of The Month From Winter Park by Lance Cpl. Skyler Treverrow

Special Purpose Marine Air Ground Task Force - Crisis Response - Central Command is an organization filled with exceptional men and women supporting the Marine Corps' newest crisis response force as it remains forward-deployed in the Middle East. The Marines and sailors who comprise its ranks represent the qualities, characteristics, core values and traditions that make them the few and the proud.

Amongst the ranks of the command, a select group of Warriors exceed expectations and serve as an example to their peers and model to the individuals they lead.

In this interview we recognize one of those Marines. Corporal Patrick W. McDonald, a data network specialist with SPMAGTF-CR-CC, was chosen by his leadership for his outstanding commitment, embodiment of the Corps' core values, and devotion to serving as an example to his fellow Marines. McDonald is from Winter Park.

Q: What motivates you to succeed at your job and in the Marine Corps?

A: It's just a matter of taking pride in what you do. Even if it's something trivial, like cleaning a floor, or whatever the task, you should be trying to kick the crap out of it every time.

Q: Why is your job important to the success of SPMAGTF-CR-CC?

A: Communications is an integral part of modern military operations, and that is even true within the structure of the Special-Purpose MAGTF. All these different moving parts spread out over hundreds or thousands of miles would be fairly useless if they couldn't talk to us and each other. From a



U.S. Marine Corps Cpl. Patrick W. McDonald, Noncommissioned Officer of the month in U.S. Central Command area of operations, Dec. 2, 2014. (U.S. Marine Corps photo by Lance Cpl. Skyler E. Treverrow)

help desk point of view, I think of myself as fluid that lubricates the machinery of the communications network connecting all our elements. More than likely everything would still function without me, but I help keep the machine running smoothly.

Q: How does your family feel about you being in the Marine Corps?

A: I would describe them as cautiously optimistic

to begin with. Now they're quite proud. My grandfather was a Brigadier General in the Army, so obviously everyone on that side of the family was happy to see me serving. Sadly he passed before I joined.

Q: Why did you join the Marine Corps?

A: I was 24, had stopped going to college just shy of an associate's degree, and was working extremely long hours in a few different restaurants in Orlando. I love food and cooking, but I didn't want to get stuck doing it for the rest of my life, so I took steps to make a drastic change. Also, two of my best friends were Marines, both of which are out now. I have huge respect for both of them and it seemed to have made a positive impact on both their lives, so I went for it.

Q: Why is it important to serve your country?

A: It keeps one from taking for granted all the great things about our country. Once you get out, and you're a civilian again, you can look around at contemporary American society and know that you had a small part in the framework that protects it.

Q: What do you value most about the Marine Corps and why?

A: I would say the camaraderie is a great aspect. When you meet the good ones, the friendships end up being stronger and tighter because of all the shared experience. It also just sets you up for the rest of your life.

Q: What advice do you have for other Marines who wish to succeed in the Corps?

A: Don't be content. Don't accept mediocrity, in yourself or in others. If you start a job, don't go home until it's done, and make sure it's done right the first time, lest you have to do it again. Find the happy medium between taking your job and your work seriously, but not so seriously that it drives you insane.

Making The Most Of Your Workout

Burn more calories in less time with high intensity interval training

By Jean Kingsford

If you could burn more calories in less time with your workout, wouldn't you want to know about it? There's a lot going around about High Intensity Interval Training (HIIT) and Excess Post-Exercise Oxygen Consumption (EPOC) as it applies to regular exercise. HIIT's effective, fun, and growing in popularity and fitness experts forecast it's a trend they will see continue throughout 2015. It's designed for any level of fitness and results happen quickly.

The buzz is that it maximizes the burn (average 400-1,000 for a one hour workout) and is the secret to faster fat loss, stimulating metabolism, increasing energy and results. Think P90x and Insanity.

"HIIT is one of the best ways to get the heart rate moving, as it alternates between short, intense anaerobic exercises, such as sprints, with less intense recovery periods," said Joe Casalese, director of fitness at MVP Sports Clubs. "Serious athletes have enjoyed its advantages for years, realizing its significant cardio-efficiency and enhanced

performance benefits, and yes, additional calories burned."

An additional workout bonus, EPOC, is the resulting "after burn" effect, helping burn more calories long after participants have left the gym. Research suggests these high intensity training sessions force the body to work harder to restock its oxygen stores, typically for a period of 16 to 24 hours post-workout. The result is more calories burned and for the majority of people looking to add a fitness routine to their sched-

ule, burning calories, losing weight, and toning are at the top of the list.

Area classes such as MVP Zone Training at RDV Sportsplex Athletic Club take HIIT workouts to a new level by utilizing a heart rate strap and projecting progress on a class monitor. Participants can effectively control the intensity of their workouts to meet their personal physical needs eliminating any guess work.

Tailor-made to any fitness level, "In real time, participants clearly see if they can push themselves beyond

what they thought they could, or if they need to pull back because they are pushing too hard." Casalese said. "Getting the heart rate to train in the right zones is the key to efficient caloric burn. Too low of a heart rate means less calories burned, too high of a heart rate and you begin burning energy sources stored in muscle."

Because of the effects during the work out, as well as after the work out, there are not many programs out there that compare to an effective HIIT and strength training program for achieving peak results.

"I love that with every workout, whether I choose the option to walk or run, I can still burn 500 plus calories while still having fun," said Trisha Wulff who takes classes at RDV Athletic Club.

"This type of training works for almost all fitness levels and results come pretty fast for most people," Casalese says. "It's also a whole lot of fun."

Jean Kingsford is regional marketing manager at MVP Sports Clubs, the sports facility management company that owns and operates RDV Sportsplex and nine other sports facilities in Central Florida and West Michigan.



Photo by Doug Nelson Photography

Because of the effects during the work out, as well as after the work out, there are not many programs out there that compare to an effective HIIT and strength training program for achieving peak results.

Award-Winning Authors Highlight Annual Literary Event

Five award-winning writers will take part in the **2015 Winter With the Writers, A Festival of the Literary Arts**. In keeping with Rollins College's long-standing commitment to bringing contemporary literature to the community, the 2015 season will feature a diverse mix of authors, including former poet laureate **Natasha Trethewey** and best-selling novelist **Sapphire**, author of *Push*. For several decades the series has hosted renowned writers who share their work and expertise with students and the community.

Afternoon master classes and evening readings will take place on the Rollins College campus on four consecutive Thursdays, beginning on February 5. The events are free to the public. Parking is available in the SunTrust Plaza Parking Garage at no charge.

Best-selling novelist Sapphire will speak on February 5 at 7:30 p.m. at Bush Auditorium (master class at 4 p.m.). She is the author of *Push* and *The Kid*. The *New York Times* bestseller, *Push*—about an illiterate, brutalized Harlem teenager—was made into the Academy Award-winning major motion picture *Precious*, which received the Academy Award for Best Screenplay. Sapphire is also the author of two collections of poetry: *American Dreams*, cited by *Publisher's Weekly* as, "One of the strongest debut collections of the nineties," and *Black Wings and Blind Angels*. Sapphire's works speak to issues of overcoming adversity and empowerment.



Natasha Trethewey



Sapphire



Katie Farris

Former two-time poet laureate Natasha Trethewey will speak on February 12 at 7:30 p.m. at Bush Auditorium (master class at 4 p.m.). She is the author of *Thrall*; *Native Guard*, for which she won the 2007 Pulitzer Prize; *Bellocq's Ophelia*; *Domestic Work*; and *Beyond Katrina: A Meditation on the Mississippi Gulf Coast*. On the PBS series *Where Poetry Lives*, Trethewey travels with Senior Correspondent Jeffrey Brown across the United States to explore societal issues through a link to poetry, literature and her own personal experiences.

Award-winning author **Katie Farris** and renowned Swedish translator and author **Malena Mörling** will speak on February 19 at Bush Auditorium (Mörling's master class at 2 p.m.; Farris' master class at 4 p.m.). Farris is the author of *Boysgirls*, and her work has appeared in various journals, including *Virginia Quarterly Review*, *Verse*, *Indiana Review* and *Mid-American*. She is the co-translator of several collections of poetry,

including Polina Barskova's *This Lamentable City* and Guy Jean's *If I Were Born in Prague*. Mörling is the author of two books of poetry: *Ocean Avenue* and *Astoria*. She also has published translations of work by Nobel Laureate Tomas Tranströmer and collaborated with Philip Levine on Edith Södergran's *On Foot I Wandered Through the Solar Systems* and the anthology *The Star By My Head, Poets From Sweden*.

Acclaimed writer **Amy Bloom** will speak on February 26 at 7:30 p.m. at Bush Auditorium (master class at 4 p.m.). Bloom is author of the novels *Away* (a *New York Times* bestseller) and *Love Invents Us*. Her short fiction includes *Where the God of Love Hangs Out*, also a *New York Times* bestseller; *Come to Me*; and *A Blind Man Can See How Much I Love You*. Her first nonfiction book was *Normal: Transsexual CEOs, Crossdressing Cops and Hermaphrodites with Attitudes*, a staple of university sociology and biology courses. Her essays have been published in *The New Yorker*, *Vogue*, *The Atlantic Monthly*, and *Salon*.

Discussions and readings are free and open to the public. Guests are encouraged to arrive early, as seating is limited. For more information, visit the Winter With the Writers website at www.rollins.edu/winterwiththewriters.

Many Central Floridians Can Qualify For Tax Credits

With tax season underway, here's a little post-holiday relief for your wallet. Hundreds of thousands of Central Floridians will be eligible for credits of up to \$6,143 on their federal returns through the Earned Income Tax Credit (EITC).

To help qualified residents claim the credit, Heart of Florida United Way is partnering with the Internal Revenue Service's Volunteer Income Tax Assistance (VITA) program to provide more than 30 free tax preparation sites from the opening of filing season through April 15.

How does it work?

Approved by Congress in 1976, EITC allows those with low to moderate incomes to keep more of their earnings. The amount varies by income, among other factors, resulting in a refund when the credit exceeds taxes owed.

In Orange, Osceola and Seminole counties, more than \$2.5 billion in credits have been claimed over the past seven years, including more than \$570 million distributed in 2012. But still, the IRS estimates that one in four qualified taxpayers misses out.

"Many Central Floridians don't realize they're eligible, including those who might not have quali-

fied before but do this year," said Mark Batchelor, manager for financial stability initiatives at Heart of Florida United Way. "We encourage residents to research EITC, because it's free money just waiting to be claimed."

Credited with being the No. 1 program for lifting families out of poverty, EITC helps recipients reduce debt, enroll in job training and cover fundamental needs.

"For those who are struggling to pay for basic expenses such as rent, utilities and groceries, additional money in their pocket could be life-changing," said Robert H. (Bob) Brown, United Way president and CEO. "And since most EITC dollars are spent on goods and services right here in our community, local merchants and businesses also benefit."

Who is eligible?

For the 2014 fiscal year, credits range from \$496 to \$6,143. Among other qualifying factors, recipients must have received wages at some point that year, with both earned income and adjusted gross income less than:

- \$46,997 (\$52,427 married filing jointly) with three or more qualifying children
- \$43,756 (\$49,186 married filing jointly) with two qualifying children
- \$38,511 (\$43,941 married filing jointly) with one qualifying child
- \$14,590 (\$20,020 married filing jointly) with no qualifying children

How to claim the credit

Central Floridians can receive 100 percent of their refund for free by filing electronically with a trained tax preparer at local VITA sites, some of which accept appointments. By setting up direct deposit with a bank account, credits are usually available in seven to 10 days.

While many will want to claim the credit as quickly as possible, they should be aware that non-VITA sites offering free tax services often include only Form 1040EZ - and charge extra for the forms needed to claim the EITC or other deductions. "If people can wait a few weeks for the VITA sites to open, they can potentially save hundreds of dollars," Batchelor said.

Taxpayers do not have to be eligible for the EITC to utilize the free tax assistance at VITA sites. The VITA income limit to receive free tax help is \$52,000.

Continued on page 10



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From page 9

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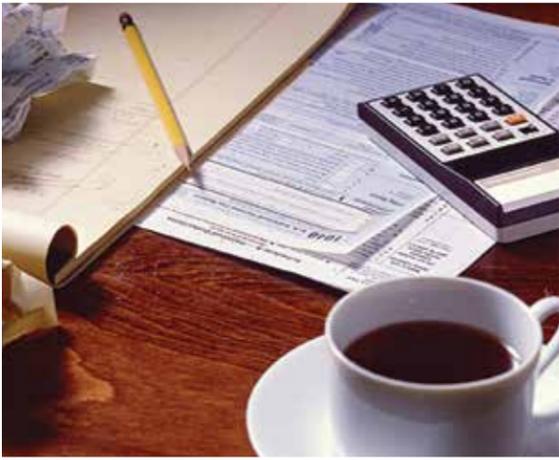
- Photo ID
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- Employer-issued W2 or I-9 form
- Receipts for any deductions
- Information about all other income
- Tax ID number for non-U.S. citizens
- Voided check or bank-tracking number for direct deposit
- A copy of last year's tax return (if available)

If filing jointly, both spouses must be present. Some sites offer translation for Spanish, Creole and American Sign Language.

Those who wish to file for EITC on their own can visit www.myfreetaxes.com. The income limit to receive free tax help on the site is \$60,000.

Additionally, Heart of Florida United Way is offering text alerts to remind taxpayers of important filing dates, locations and hours of their nearest free VITA tax assistance site. To receive the alerts, text "mymoney" to 898211.

Visit www.hfuw.org or dial 2-1-1 for the location and hours of the nearest free VITA tax-prep site.



Edyth Bush Charitable Foundation Sponsors Sensory-Friendly Series At The REP

The Edyth Bush Charitable Foundation is proud to sponsor the 2014-2015 Sensory-Friendly Series at Orlando Repertory Theatre (The REP) located in Loch Haven Park. The \$10,000 sponsorship covers the cost of performances specifically designed to meet the needs of children with autism, Asperger's syndrome or other sensory processing disorders, and special needs.

The flashing lights, loud noises and special effects that often occur in theatrical performances can overwhelm many children with sensory processing disorders. In addition, the requirements to remain seated quietly for an extended period of time is challenging for children. Often times, families forgo the world of theatre because the environment is not suitable for their child's unique needs.

The REP began working closely with the Autism Society of Greater Orlando to select and adapt current productions for audiences with sensory processing disorders. During the performances, volunteer helpers are stationed in the lobby and throughout the theatre to assist patrons. Adjustments have been made to alter the show's lighting effects and to decrease the intensity of the sound effects. A quiet room is also available in case patrons need to leave the theatre at any time to take a sensory break. In preparation of attending the theatre, a Social Story, a resource guide for parents and children, is available for download on The REP's website to allow parents and their children the opportunity to get a feel for the theatre experience before the day of the show. "Part of our mission is to make theatre accessible to families and young children throughout Central Florida. Edyth Bush Charitable Foundation's sponsorship of the Sensory-Friendly Series ensures that we are able to reach groups that may otherwise not be able to experience a live theat-

rical production," says Gene Columbus, The REP's executive director.

Current productions that will receive special modifications throughout the 2014-2015 theatre season include *Diary of a Worm*, *A Spider*, and *A Fly on Sunday*, March 22, 2015 and *Shrek The Musical TYA* on Sunday, April 19, 2015. In October 2014, more than 60 Central Florida youth enjoyed a performance of the Halloween musical, *Click, Clack, BOO! A Tricky Treat*. The mother of a child with autism said of the experience, "The entire family was more relaxed knowing it was a no judgment zone," and that the special adaptations made to the performance had an impact.

"Our founder, Edyth Bassler Bush, had a love of the theatre that started when she was a young girl and lasted throughout her life. This grant enables us to share her passion for the theatre with a new generation," says David Odahowski, Edyth Bush Charitable Foundation president and CEO.

The Edyth Bush Charitable Foundation was founded in 1973. Since its creation, it has been enriched by the Richard J. Conlee Fund and the H. Clifford Lee Fund. To date, the Foundation has issued more than 3,400 grants to more than 800 organizations, primarily in Central Florida, totaling more than \$102 million. Though it does not solicit outside donations, the Foundation will work with philanthropists to achieve their charitable goals. Board members are Gerald F. Hilbrich, Chairman; Herbert W. Holm, Vice Chairman; David A. Odahowski, President; Matt Certo, Secretary; Elizabeth Dvorak; Deborah C. German, M.D.; Harvey Massey; and Glenn "Doc" Rivers. For more information on the Edyth Bush Charitable Foundation, please visit www.edyrbush.org.

Orlando Ballet School Students To Compete In Switzerland

Talented Orlando Ballet School students Austen Acevedo and Gabriella Stilo have been selected to compete at the prestigious 2015 Prix De Lausanne from February 1-8, 2015, in Lausanne, Switzerland. Acevedo and Stilo received the coveted designation, and are two of the 67 students from among 300 worldwide applicants to be accepted to the competition. Prix De Lausanne is the most exclusive student ballet dance competition in the world.

Now 15, Acevedo has been training with Orlando Ballet School since age 10. He is the only United States

junior male to place in the top three at YAGP 2014 in NYC. Acevedo has won the Junior Grand Prix at the YAGP Tampa regional semi-finals and the Bronze at World Ballet Competition 2014. He is an American Ballet Theatre Merit Scholar for 2013 and 2014. Acevedo has danced in several Orlando Ballet professional productions including *Carmen* and *Vampire's Ball*. Acevedo is only one of seven American male dancers selected to compete at the 2015 Prix de Lausanne.

Also 15, Stilo is originally from Tampa and relocated to Orlando in

August 2014 specifically to train at Orlando Ballet School. Stilo has won the YAGP Grishko Model Search 2014, placed first in the pas de deux category at YAGP NY Finals 2014, won the Junior Grand at the YAGP Atlanta regional semi-finals and won the Junior American Dance Competition Grand Prize in 2013.

"We are extremely proud of Austen and Gabriella," said Deirdre Miles Burger, director of the Orlando Ballet School. "Being selected to participate in the prestigious Prix De Lausanne is a tremendous honor. We look forward to them representing

Orlando Ballet School, which provides the high caliber of training that has allowed these dancers to excel."

Both Acevedo and Stilo are raising funds for their trip to Switzerland for the competition. If you'd like to support Acevedo on his journey to compete in Switzerland, please visit <http://www.gofundme.com/austenacevedo>. If you'd like to support Stilo on her journey to the 2015 Prix de Lausanne, please visit her site at <http://www.gofundme.com/ids1i4>. For more information on the 2015 Prix De Lausanne, please visit <http://www.prixdelausanne.org/>.



Orlando Ballet School students, Austen Acevedo, left, and Gabriella Stilo.



Photo by Luis Pons.

Photo by Michael Cairns at Wet Studio.

Orlando Recognized For Career Coaching Program

Mayor Buddy Dyer of Orlando recently announced that the city's strategy to help middle school students make deeper connections between their education and career paths has been recognized as a runner-up in the Cities of Service Blueprint Contest. Orlando is a member of Cities of Service, a New York-based national nonprofit that supports mayors to engage citizen volunteers in solving specific urban challenges and to effectively implement service strategies that can be widely replicated.

As a runner-up, Orlando will receive \$5,000 and its Path Finders blueprint is now published in the Cities of Service online resource library. The grand prize winner, Nashville, Tenn., will receive \$35,000; first runner-up Albuquerque, NM will receive \$12,000; and runner-up Philadelphia also will receive \$5,000, in addition to their blueprints also being published. All



Cities of Service coalition members can receive technical assistance and support to bring these and other blueprints to life in their cities.

"Path Finders is one of many programs in which our business and community leaders are serving as citizen volunteers and helping our youth find their way to future careers," said Mayor Dyer. "I'm am

honored by Cities of Service's recognition of the city's collaboration with our citizens who volunteer and use their time

and talents to help us solve community challenges and make our city a better and brighter place for everyone."

Path Finders is a six-week after-school program through which local business employees volunteer to coach middle school students in academic and career planning. Student participants also receive mentoring and engage in guided self-exploration and Junior Achievement curriculum. Among

participating students, outcomes have included no reported incidences of juvenile crime, improved grades and better school attendance. Eighty-eight percent of students reported increased desire to graduate from high school.

"At Cities of Service, we know that the best ideas come from the field - where community and local

government leaders are recognizing the power of citizen volunteers to make a difference in collaborative, innovative ways," said Myung J. Lee, Cities of Service executive director. "Cities of Service Blueprints capture the strongest programs and partnerships and allow more cities to apply those best practices, significantly increasing the potential for impact."



BJ's Charitable Foundation Donates To Second Harvest

To help in the fight against hunger and food insecurity, BJ's Charitable Foundation, the giving arm of BJ's Wholesale Club,

recently donated \$21,000 to Second Harvest Food Bank of Central Florida.

"We are extremely grateful for the generous donation from BJ's Wholesale Club," said Dave Krepcho, president and CEO of Second Harvest Food Bank. "This grant will help our partner network get the equipment they need to pass along the nutritious foods that their clients are really struggling to afford."

Second Harvest - which has 550 partner organizations throughout six



counties - selected The Neighborhood Center of West Volusia, Islamic Society of Central Florida, Lake Cares, Inc., UBIC Holly Hill Food Pantry and Church of Christ Oceanside to benefit from the grant.

Until now, these organizations had little capacity to house a substantial amount of perishable foods. By adding these units an additional 190,000 pounds of food can be distributed to at-risk children and families in the community each year.



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John Gill

fiscal fitness *by John Gill*

The Case For Life Insurance

For those of you that have read this column for any length of time, you know that one of my recurring discussions is life insurance. This is one of those columns. I bring this up periodically because it is one of the cornerstones of fiscal fitness. It's also really important. People will often say in jest, "Well, I won't be around anyway." Not humorous!

From my perspective it is a key component to savvy financial and personal planning, and an indication that you care enough about your family and loved ones to maintain their standard of living if death comes unexpectedly. Philosophically I think that is an interesting comment because death is rarely expected. We all have some time in our minds of when death is likely to occur, but at the end of the day, no one knows. As for all contingencies in life, we must plan, and life insurance is one of the most cost effective contingency planning tools available.

The best rationale for life insurance is the peace of mind

knowing that the family will be able to function financially. Life insurance helps to remove one potential burden and insure that plans laid out for the family are able to be executed.

One common objection is the assumed complexity of purchasing life insurance. The different types of insurance available make the purchase seem complex. There is term life, whole life, universal life, variable universal life and the list goes on. Term life insurance is the best policy for most because it provides protection without the investment component provided by the other policy types.

Finding a reputable agent is another point of resistance. To find an agent, seek recommendations from trusted friends or relatives. I can provide several recommendations and will be happy to do so. Services like Select Quote or IntelliQuote provide quotes from several, financially strong companies with options that fit any situation. Talk with the insurance agent that provides your auto or homeowners insurance.

There are many reputable contacts that can give direction to make life

insurance a reality in your life.

Determining the proper amount of life insurance to purchase is another perceived roadblock. An agent from a reputable company with any tenure will take good care of you because so much of their business is built on referrals. The amount of insurance purchased should equate with the amount of money necessary to maintain the

family's standard of living. A loose equation for life insurance should look something like this; the amount of short-term obligations/debt (car loans, credit cards, etc.), plus long-term obligations like your mortgage, college expenses, etc., plus the income to be replaced for a certain period of time, minus savings, investments, and other liquid assets. Below is a simple example.

Car Loans	\$10,000
Credit Card Debt	\$10,000
College Expenses	\$30,000
Mortgage Balance	\$250,000
Income Replacement (5 years)	\$300,000
(Five years child goes to college and surviving spouse returns to work)	
Less Saving and Investments	\$100,000

Total Estimated Life Insurance Need.....\$500,000

Nobody likes talking about life insurance, but it is a major component of sound financial planning. Life insurance will protect the remaining family members when one of life's guaranteed events, the other being taxes, occurs unexpectedly.

How to Buy Life Insurance Resources on the Web

- <http://www.smartmoney.com/plan/insurance/how-to-buy-a-life-insurance-policy-1304837548050/>
- <http://money.cnn.com/magazines/moneymag/money101/lesson20/>

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@gmail.com. Follow John on Twitter, @john_gill1.

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Business In The Parks

John Maloney, the former long-time Edwin Watts Golf retailer, has started a new on-line golf store, professional fitting services and golf club repair business. The new site is called **GolfersTrunk.com**. His office is located in Winter Park.

BIGEYE, a full-service integrated advertising agency based in Orlando, announced today that **Ashley Tice** has joined the team in the role of account manager, adding another valuable employee to the fast-growing agency. Tice joins BIGEYE as an account manager, and joins the Orlando agency from Wingnut Advertising in Minneapolis, Minn., where she fulfilled a similar role. She will serve as both a strategic partner, and a liaison between the BIGEYE team and its valued clients. Tice is a graduate of Minnesota State University in Mankato, Minn., where she received a bachelor's degree in mass communications with an emphasis in public relations, and a minor in marketing. Tice joining BIGEYE is the latest in a series of new hire announcements in recent months since August, BIGEYE has welcomed six new employees in total, including Marketing Manager Megan Bobiak, Account Manager Lauren Steckroth, Designer Justin Sooter, Account Coordinator Aubrey Rangel, Project Manager Kendra Strink, and most recently, Tice.

Heart of Florida United Way president and CEO Robert H. (Bob) Brown recently welcomed new officers to the board of directors, including newly elected board chair **E. Ann McGee, Ed.D.** Dr. McGee is president of Seminole State College, and has been involved with United Way since 2011, when she joined the board of directors. She eventually became vice-chair of the board and was named chair in October 2014. **David Fuller**, SunTrust Bank, is now United Way's vice chair. Jane Garrard, Tupperware Brands Corporation North America (retired), was named treasurer and John Pisan, Wells Fargo Wealth Management Group, will serve as secretary. **Sean DeMartino**, Florida president at Balfour Beatty Construction, joined the board as a new member. He will serve a three-year term.



David Fuller,
SunTrust Bank



Anne McGee, Seminole State College

United Way's Executive Committee now includes:

- Chair, **Ann McGee**, Seminole State College
- Vice Chair, **David Fuller**, SunTrust Bank Central Florida
- Treasurer, **Jane Garrard**, Tupperware Brands Corporation (retired)
- Secretary, **John Pisan**, Wells Fargo Wealth Management Group
- Chair of Investing in Results Council, **Ed Timberlake**, Seaside National Bank and Trust
- Chair of the Nominating Committee, **Bill Wilson**, Holland & Knight
- Chair of the Audit Committee, **Mike Harding**, Deloitte & Touche LLP
- Marketing Committee Chair, **John Fadool**, Longhorn Steakhouse
- President and CEO, **Robert H. (Bob) Brown**, Heart of Florida United Way

Orlando Ballet recently added two members to its board of directors increasing the ballet's governing body to 25 members. The newest board members are Rachael Elliott, government relations specialist for Orlando Health and Jody Barry, administrative director of Strategic Property Development for Adventist Health System Florida Division. Elliott monitors public policy at the local, state, and federal level and supports all advocacy initiatives for the Orlando Health. She will bring her insights in this arena to the Ballet. Barry has led Adventist Health's development team on many projects including the Florida Hospital Orlando Ginsburg Tower, Health Village DRI, Florida Hospital SunRail Station, AHS Corporate Headquarters Complex and various medical office buildings. His input will be valuable as the ballet builds its new home at the Loch Haven Community Center. Orlando Ballet's board includes: **Andrea Batchelor**, president/community volunteer; **Matthew Ahearn**, treasurer, Finance Committee chair/Dean, Mead, Egerton, Bloodworth, Capouano & Bozarth P.A.; **Christi Ashby**, executive vice president/

CEO, editor, & publisher, Orange Appeal; **Susan Bounds**, Education Committee co-chair/CFO, Strategic Partners; **Hillary Cohen**, community volunteer; **Earl Crittenden, Jr.**, DPC committee chair/Gray, Robinson, P.A.; **Terry Dola**, VP Sales Channel Services, Walt Disney World; **Ava Doppelt**, Allen, Dyer, Doppelt, Milbrath & Gilchrist, P.A.; **Madeline Eckett Oden**, Madeline Eckett Oden Interiors; **Jose' Fajardo**, Development Committee co-chair/executive VP, Orlando, Inc.; **Carolyn Fennell**, Governance Committee chair/director of public affairs, Greater Orlando Aviation Authority; **Laraine Frahm**, president, Millennium Management; **Lynne Frederick**, Marketing Committee chair/VP of marketing, Massey Services; **Marcia Hope Goodwin**, chief service officer & director, Office of Community Affairs & Human Relations, City of Orlando; **Danny Humphress**, president, Surpass Software; **Joseph Kolb**, director of land development, Vanasse, Hangen & Brustlin Inc.; **Ted Maines**, Development Committee co-chair/Ted Maines Interiors; Judy Sandefur, secretary, Education Committee co-chair/community volunteer; Jill Schwartz, Personnel Committee chair/ Jill S. Schwartz & Associates, P.A.; Geanne Share,

community volunteer; **Trish Wingerson**, asst. director of Communications, Orlando Magic; **Heidi Zerivitz**, Building Committee co-chair/president, CITY Commercial

Winderweedle, Haines, Ward and Woodman, P.A. (WHWW), established in Central Florida more than 80 years ago, was recently named a 2015 "Best Law Firm" by U.S. News & World Report and Best Lawyers. Several areas of practice were recognized in the report, including Banking and Finance Law, Commercial Litigation, Litigation - Banking & Finance, Litigation - Bankruptcy, and Real Estate Law. Firms included in the 2015 "Best Law Firms" list are recognized for professional excellence with persistently impressive ratings from clients and peers. Achieving a tiered ranking signals a unique combination of quality law practice and breadth of legal expertise. The 2015 rankings are based on the highest number of participating firms and highest number of client ballots on record. To be eligible for a ranking, a firm must have a lawyer listed in The Best Lawyers in America, which recognizes the top four percent of practicing attorneys in the US. Over 17,000 attorneys provided almost 600,000 law firm assessments, and almost 7,500 clients provided more than 40,000 evaluations.

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Stephen & Kristin Pategas

in the garden *by Stephen and Kristin Pategas*

Fun With Plant Names

We work with plants constantly and we typically use their scientific names which are in Latin. These names confirm the identity of the plant since many plants have multiple common names or one common name is shared by more than one plant. A number of plants have com-

mon names that are also their scientific names: magnolia, camellia, podocarpus or pittosporum. So, you are already speaking Latin when you discuss them.

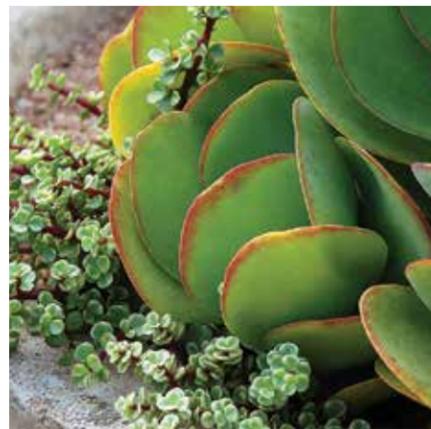
There are also plants with common names that provide an interesting description of a particular characteristic. Many names relate to animals (gator, squid, spider) or their body

parts (ear, foot, tongue). There are also names that are physical shapes (cylinder, ribbon, needle) or objects (mask, saw, trumpet). Some words are more ethereal or represent motion (snow, whirling). The fun part is that when you hear the name and see the plant, you look for the relationship. When it becomes apparent you may even smile.

All of these plants can potentially grow in Central Florida, however make sure you have the proper growing conditions.

- Alligator plant - *Acanthus montanus* (very spiny leaves)
- Squid agave - *Agave bracteosa* (yes, it does look like one)
- African mask - *Alocasia x amazonica* 'Polly' (mask shaped variegated leaves)
- Foxtail fern - *Asparagus densiflorus* 'Meyerii' (very fuzzy and tail-like)
- Lady of the night orchid - *Brassavola nodosa* (sensuously fragrant at night)
- Snow bush - *Breynia distichia* (white splotches on the leaves)
- Spider plant - *Chlorophytum comosum* (it even travels, but slowly)
- Bow tie vine - *Dalechampia dioscoraeifolia* (trendy purple bracts look like bow ties)
- Rabbit's foot fern - *Davallia denticulata* (exposed roots are furry)
- Whirling butterfly - *Guara lindheimeri* (get ready for takeoff!)
- Lobster-claw - *Heliconia rostrata* (this claw of a bloom is safe to shake)
- Lifesaver cactus - *Huernia confusa* (amazing look-alike but not edible)
- Bottle palm - *Hyophorbe lagenicaulis* (swollen base on its trunk)
- Fiber optic grass - *Isolepis cernua* (remember those vintage fiber optic sculptures?)
- Red shrimp plant - *Justicia brandegeana* (flower bracts look like a shrimp)
- Cow's tongue/flapjack plant/paddle plant - *Kalanchoe thrysiflora* (thick round flat leaves)
- Nodding hibiscus - *Malvaaviscus arboreus* (a droopy blossom)
- Bunny ears cactus - *Opuntia microdasys* (they look furry but don't touch)
- Cat's whiskers - *Orthosiphon stamineus* (aptly named for the blossoms)
- Devil's backbone - *Pedilanthus tithymaloides* (zig zag stems)
- Needle palm - *Rhapidophyllum hystrix* (serious needles adorn the base)
- Firecracker plant - *Russelia equisetiformis* (the start of a flower explosion)
- Cylinder sansevieria - *Sansevieria cylindrical* (cylinder-like leaves)
- Saw palmetto - *Serenoa repens* (small teeth on the stems)
- Starfish flower - *Stapelia gigantea* (blossom has an uncanny resemblance)
- Yellow trumpet tree - *Tabebuia umbellata* (trumpet shaped bloom)
- Black bat plant - *Tacca chantrieri* (bat-shaped black flower)
- Winged elm - *Ulmus alata* (winged corky protrusions on the branches)
- Spanish bayonet - *Yucca aloifolia* (very sharp pointed leaves)

Let us know if you have other interesting common names to add to the list - and if you smiled.



Pictured top left: Fiber optic grass; top right: African mask; bottom left: Cow's tongue; bottom right: Cat's whiskers.

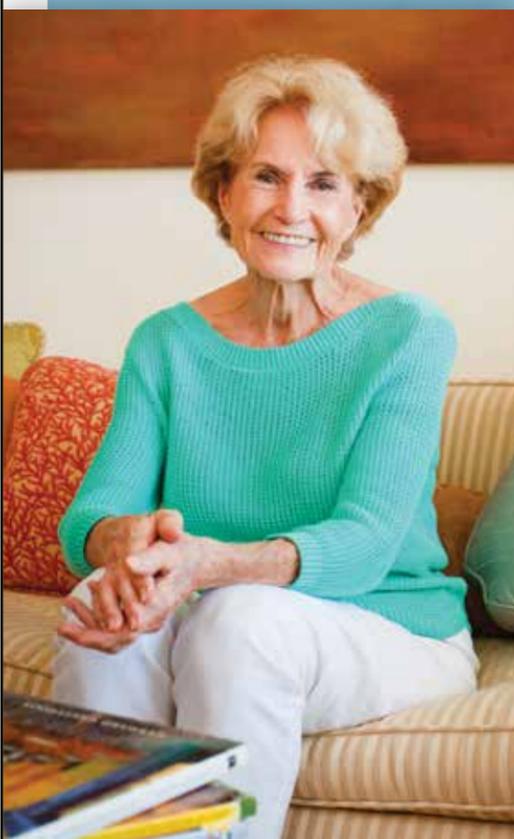
Photos by Stephen G. Pategas, Hortus, Oasis.

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

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Rae DelFosse cherishes proximity to culture and family

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"The pace of life is perfect for me," she says. "When I visited The Mayflower, I fell in love with everything about this place: the layout, the grounds, the Fitness Center and pool ... it's even right next door to the Crealdé School of Art!"

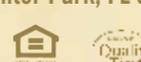
With family in New Smyrna Beach, Clermont and Windermere, Rae also enjoys The Mayflower's Winter Park location. "I'm just a short drive away from everyone I care about," she says, "and I have access to everything I need."

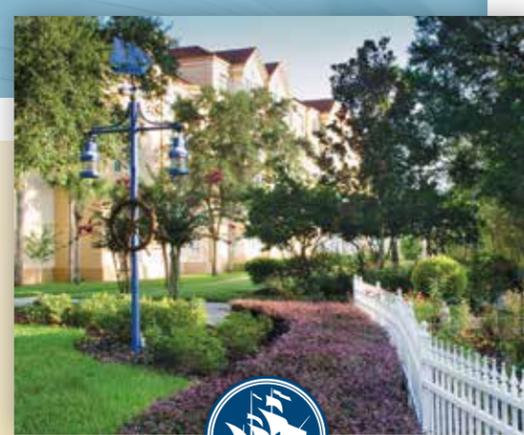
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Scott Hillman

real estate in the parks *by Scott Hillman*

A Great Time For Area Renters To Achieve Dream

Buying a home has long been the American Dream. Statistics show 95% of American homeowners see homeownership as a positive experience while 88% of renters aspire to own a home. And right now is a great time for some Orlando area renters to seriously consider buying a home for a number of reasons.

For starters, prices remain very attractive and mortgage rates are at an all-time low---3.99% for a 30-year, fixed rate as of November 20. In fact, one national study reports it was 38% cheaper to own a home than rent in 2014. How does that play locally? A Wall Street Journal study by Deutsche Bank identified Orlando as one of five markets nationwide where it's more affordable to buy than rent. Locally, rents have increased 52% since 2000 while wages have risen just 25%, resulting in renters paying their landlords 32% of their monthly income.

Homeownership is the biggest and best investment a person can make. A Pew Research Center "Home as an Investment Survey" reported 81% of Americans agree that buying a home is still the best long-term investment a person can make. If you only plan to live in a



residence one or two years, renting may be the way to go.

However, homeownership is not just about the money. Owning a home is well worth it for

personal, psychological and emotional reasons that go far beyond financial calculations. According to Steve Harney, a respected educator and residential real estate expert specializing in market trends for more than 25 years, the top four reasons people buy a home are: having a good place to raise children and provide them with a good education; providing a physical structure where your family feels safe; providing more space for your family; and giving you control over what you do with your living space, including renovations and updates.

As a homeowner you also develop a pride of ownership, have more privacy, build equity (historically homes rise in value from 4-6% annually), have tax advantages, and know what your payments will be with a 30-year fixed-rate mortgage. There are no surprises or periodic rent increases. Homeowners also develop a greater sense of community by establishing roots and are more apt to participate in local activities and organizations.

To determine whether it makes more sense to for you to own rather than rent, contact a local real estate professional whose job it is to be your guardian and guide to help make your American Dream a reality.

Scott Hillman is president of Fannie Hillman + Associates, a 33-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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Happy New Year – Here’s To A Remarkable 2015



Here’s wishing you all a very happy 2015. Usually around the end of a year or early in the following year, I spend some time in reflection. Reflection is a very good practice to apply from time to time.

Reflection...

In that spirit, as I look back on 2014, I am amazed at some of the great things that have happened in Central Florida. This year we saw some very good restaurants open in the area; notably, but not an exhaustive listing, Strand opened up in the Mills 50 district in January; a chic modern interpretation on American cuisine. Txokos opened up in the East End Market in March and Scott Copeland’s Artisan’s Table opened up in the old space left vacant by Pine Twenty2 around the same time. Greg Richie’s Soco (Southern Contemporary) opened up in Thornton Park in September and was one of the many restaurants participating in Cows ‘N Cabs. Other noteworthy openings, RA Sushi in the Pointe Orlando location and of course who could not think about Danny Meyer’s Shake Shack on 17-92 and Morse, yep... right near Trader Joe’s.

What will 2015 mean to you?

I am sure 2015 will be an exciting year for us all and to that end, I am hopeful 2015 will be a year that will impact your sphere of influence. Isn’t that what life is all about? Got a bucket list? Knock off a few of those items on that list. Finding it too busy to take time off and be with your family, friends, and coworkers? Take time to enjoy those who are close to you. Support your local businesses. Enjoy a restaurant you’ve not tried for a while

or ever. Go see an event at Dr. Phillips Performing Arts Center and support restaurants in Downtown Orlando. Life is too short not to enjoy and get those things you want to accomplish... get them off your bucket list.

My Top Nine Food Trends for 2015

As I was perusing the usual outlets that predict trends in food for 2015, most had a common thread of “nothing much will change.” So I thought it would be cool to come up with a few that I believe will be trends, and if not, they should be a trend here in Central Florida... here goes.

1. **Menu items that are created with social media in mind...** a chef says “I’m creating a dish that will be bragged about on Twitter or Instagram.”
2. **Smaller foods on the plate.** Smaller menus. Smaller staff in some cases. Staff being replaced by new technology.
3. **More Asian fare coming to the forefront** of choices made by those of us who make Central Florida home.
4. **Bitter tastes...** customers are developing a taste for hoppier beers, deeper, richer chocolates, and even darker roasts of coffee.
5. **Paleo...** more people will be choosing Paleo-centered foods.

Restaurants will catch onto this and offer these foods on their menus. For those not aware of this dietary term, it is simply trying to eat as close to the diets that our Stone Age ancestors would have eaten, i.e. fruits, nuts, proteins and less dairy and carbs.

6. **Locavore-based menus** will continue to become popular among our restaurants - it’s the trend, it isn’t going anywhere. Buying foods that are produced locally of course will help small business grow.

7. **Food integrity will begin to take hold on some menus.** Chefs are beginning to understand the anthropology of foods and going back to the original root forms of their dishes.

8. **Good is no longer good enough.** Customers now want “remarkable” experiences. Foodies, food bloggers, and restaurant/food critics will begin to understand this concept. It is not all about the food, it is about the whole experience. Speaking of which...

9. **Millennials are coming into their own.** These folks are beginning to get to the age that they are making their own food decisions... where to eat? What does this mean for restaurants? High-tech service, louder music, moving visuals, and heightened experiences, all will need to be pragmatically embraced in order to attract the next generation of foodies!

2015 looks like it will be a fascinating year. I hope you will enjoy some remarkable food and wine from amazing Central Florida restaurants this year! Cheers!

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Orlando ✨ Key West

pop culture detours *by George McGowan*

My Favorite "TV" Show Of The Year

In the past couple of years, the definition of a TV show has been altered for all time. Netflix and other streaming services are releasing entire TV series directly to their customers over the Internet. At first, I thought this was disingenuous. How could something that does not appear on my TV screen be considered TV? But I had a revelation. At first, TV was only what could be broadcast over the air and received by the rabbit ears on top of our black and white TV sets. Then, we could see these broadcasts in color. After a while, it became possible to receive these signals over wired cables.

Then, cables changed from wire to high-speed light impulses. Finally we can stream content to our TVs from the internet. Yes, now you can also use your laptop, tablet, and smartphone as a "TV" but that doesn't mean that the content was intended for those uses, only that you chose to see them in that way.

So, while I consumed my favorite TV show of the year on my laptop, while eating my lunch at my desk, and watched its entire season in just five days, that shouldn't disqualify my choice. Should it?

Assuming it doesn't, let me inform you that the TV show I most enjoyed, considered, thought about, and re-considered in 2014 is "Transparent," an Amazon original series made available for streaming on Amazon.com. This series in ten installments of about 30 minutes each is a family "dramedy" about the Pfeffermans. Of course, a series about a family must be about more than that- so in this family, the patriarch, Mort is a male transitioning to a female, Maura. But, please please please do not let that scare

you off. This series is about how every member of a family has insecurities, secrets, quirks, and foibles. Instead of learning a lesson after every episode, ala "The Cosby Show" or "Family Matters," these quirks and foibles fester and build and bounce off their

loved ones in interesting and sometimes profound ways. One interesting nuance about the series is the assumptions made by the family members based on the facades that each presents to the others. Besides Maura, who is played by the fantastic Jeffrey Tambor, the mother

(and Maura's ex-wife) is played with verve by Judith Light. She is a revelation as a not-quite-stereotypical Jewish mother who requires her children to visit regularly and bring the standard order from the local deli when they do so. The children are all grown and out of the house, but none of them have really "launched" completely. And, most interestingly, the revelation made by Maude in the first episode stimulates each of them to transition in their own way to something appearing like their true selves.

Just as most kids do, they will infuriate you and inspire you to some deep consideration of how you have chosen to raise your family. Needless to say, the three

Pfefferman children are superbly played by Amy Landecker as Sarah, Jay Duplass as Josh, and Gaby Hoffman as Ali.

I love that this series is easily "digestible" in 30 minute chunks. The laughs are organic and feel like the laughs that naturally generate from life of a family with older (and loving) children. The drama is the right mix of "soapy" and modern, thoughtful, and challenging. The tone of the series is its greatest strength. It does not belt you over the head with its premise. The locations are a part of Los Angeles that seems a bit foreign yet familiar. The interiors look like lived-in interiors of real houses, condos and apartments. The music is spectacular. When is the last time you could say that about a TV series? Interestingly, the creator of the series, Jill Soloway, is married to the music supervisor on the series, so the fact that the music is fantastic has its own familiarity. The music is primarily piano solos by Dustin O'Halloran but it also includes some rock and folk "deep cuts" and a subplot of the series revolves around a treasured copy of the vinyl album of "Steamboat Annie" by Heart. Even the opening credit sequence is heart-breakingly beautiful!

I am very pleased that Amazon has ordered a second season of this unique and interesting look at family. Give its first 30 minutes a try - but please know that the themes are very adult and I would not recommend gathering all the children around the hearth (or laptop) to watch the show. You may just want to have the big boys and girls, as well as anyone transitioning or questioning, check it out with you.

theater in the parks *by Barbara Solomon*

It's A Party, Not A Wake

JAMES JOYCE'S THE DEAD

WRITTEN BY RICHARD NELSON AND SHAUN DAVEY

DIRECTED BY MARK EDWARD SMITH

STARRING MEGHAN MORONEY AND NICHOLAS WUEHRMANN

"The Dead" transports us to Dublin, Ireland, in the year 1905. It is Christmas Eve and two maiden aunts are hosting their usual celebratory party. On the surface we have a fun-filled evening of song, but "underneath is an unimaginable depth." This play struck me as a treatise on Irish culture. The myriad songs were quite enjoyable; I especially liked "Killarney's Lakes," which had a lovely melody. The most interesting characters were Gabriel (Nicholas Wuehrmann), the aunt's nephew and Freddy (Cole NeSmith), a dyed-in-the-wool drunk. There was also some dancing to be had - "Parnell's Plight" was well choreographed by Sara Barnes. There is not much of a story until near the end, when Gabriel and his wife Gretta have some over-the-top drama.

The wonderful costumes by Mandy Swing were detracted from by the horrid wigs. I don't know why some directors feel they must put everyone in wigs-it rarely works out well. The singing was superb, lovely voices abounded, except for Gabriel. But he made up for that by some fine acting.

There are several themes here-Irish tradition, hospitality, love of family and friends. The party-goers have such a lovely time they say "who cares if you wake the dead." That might be the source of the play's title. Or it could be two very different deaths-the peaceful one at the end where Aunt Julia just seems to go to sleep, and the heartbreaking one Gretta tells us about in her youth. Come see the show and tell me what you think.

Playing through January 6 at The Mad Cow Theatre, 54 West Church Street. For more information call 407-297-8788 or visit madcowtheatre.com.

As 2014 ends we say a fond farewell to Theatre Downtown as we knew it for 25 years and look forward to attending many shows in their new home, wherever it may be. I will keep you informed!

BARB'S BEST BETS FOR JANUARY: "THE RAT PACK LOUNGE" AT THE WINTER PARK PLAYHOUSE; PRT'S "LAUNCH 2015" AT ORLANDO SHAKES; AND "TO KILL A MOCKINGBIRD" AT ORLANDO SHAKES.

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Peter Schreyer: Returning Home Opens January 17 At Cornell Fine Arts Museum

It's not surprising that the morning SunRail made its first public run, Peter Schreyer was among the first to jump aboard from the new Winter Park station. The eagerness comes into focus when you see the images from his solo documentary exhibition opening January 17 through April 5 at Cornell Fine Arts Museum: Peter Schreyer: Returning Home.

After 35 years in the United States photographing the communities and culture of America, the Swiss native offers a twist, having returned to his hometown of Pieterlen, Switzerland and captured his childhood stomping grounds in subtle, black-and-white photographs with accompanying texts that are his signature presentation style. As it turns out, the small town of Pieterlen is strategically located midway on the Geneva to Zurich route, and when Schreyer was growing up, as many as 300 trains would pass through the town each day. Trains took him out of the small town of 4,000 people to nearby "big cities" for school, social life and adventure.

While the return to his beginnings was steeped in nostalgia, "I was never sad," says Schreyer. "I was clearly there as a mature man, content with my life, with my camera ... full of memories of the

town. And a ton of new memories came back. I felt a sense of belonging."

The town of Pieterlen has changed so little over the years, explains Schreyer, so his challenge was to "find the middle ground between the memories and making an artistic statement."

Having just started his 20th year as executive director of Crealdé School of Art, Schreyer is a full-time administrator, who also teaches at the school and has never stopped actively producing and exhibiting his documentary photography. The award of a solo exhibition at Cornell Fine Arts Museum at Rollins College falls at the beginning of the 40th Anniversary of the founding of the school.

Another of Schreyer's lasting accomplishments was the founding in 2007 of the Hannibal Square Heritage Center in Winter Park. The cornerstone of the center is The Heritage Collection: Photographs and Oral Histories of West Winter Park, the permanent collection which was drawn from the community through extensive field research. The collection speaks of the hardships and the triumphs of Winter Park's African-American community from 1900 to the present. The center also serves as

the second campus for Crealdé, hosting classes.

Schreyer is committed to the concept of community building through the arts. "I do see a relationship there. How we take care of our communities parallels how we take care of ourselves."

In 1998, Schreyer and a team of farmworker youths documented the demise of the muck farming industry in Lake Apopka and its impact on the workers in the agricultural industry. Since then, he has participated in and mentored numerous projects, including 17 segments of Storytellers, in which teens from underserved communities are given cameras and mentored through the process of documenting their own lives.

"Through photography, I saw how communities lost their heart and soul, and how the character is destroyed by development. A lot of people are missing their roots," observes Schreyer, which was an impetus for Schreyer to reexamine his own roots. Schreyer's favorite images in Peter Schreyer: Returning Home are of the trains, "because they were such a big presence in my town."

This project was supported by a United Arts of Central Florida Professional Development Grant.



Peter Schreyer, "Passenger Train Stop at Night" – 2013, Pieterlen, Switzerland
Pieterlen has been a railroad town since the middle of the 19th century. Its location midpoint on the important Zurich-Geneva railroad line brought industry to the small town in the coming decades. I grew up two blocks from the tracks, which were travelled by over 300 trains per day in the 1970s. Both the passenger and freight depot are gone now, but commuter trains still stop frequently at the platform station.



Peter Schreyer, "Cows and Trees" – 2013, Pieterlen, Switzerland
To this day, cows are grazing in the meadow between the Sonnenhof neighborhood where I grew up and the nearby forest. Not visible to the eye is the Autobahn that is buried in a tunnel underneath the peaceful fields. While Pieterlen still represents itself with a nice mix of residential, industrial and agricultural character, there are actually only five remaining families who make their living in farming, according to Brigitte Sidler, elected Town Mayor.



Peter Schreyer, "Town Center with Schoolhouse" – 2013, Pieterlen, Switzerland
The town's Primary School still serves grades first to nine in the 1911 history building. Attending school there as a child, the building felt more like a fortress, and I was glad to switch to a brand-new modern facility in 1967, when I advanced to Secondary School in fifth grade.

Resources: Cornell Fine Arts Museum: www.rollins.edu/cornell-fine-arts-museum/exhibitions/2015/peter-schreyer.html
Crealde School of Art Faculty page: http://www.crealde.org/Faculty/Peter_Schreyer/index.html

HAPPY NEW YEAR!



Kristin Haughwout-Osorio
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Ayesha G. Bullock

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

Welcome 2015...

"May Light always surround you;
Hope kindle and rebound you.
May your Hurts turn to Healing;
Your Heart embrace Feeling.
May Wounds become Wisdom;
Every Kindness a Prism.
May Laughter infect you;
Your Passion resurrect you.
May Goodness inspire
your Deepest Desires.
Through all that you Reach For,
May your arms Never Tire."
—D. Simone

Writing an article to begin a new year always sort of confounds me; there is so much promise and such wide breadth to the possibilities that may unfold.

However, I suppose I will say this: Though I firmly believe in remaining in the present and being mindful and engaged in the daily goodness and gratitude of your life, endings offer an opportunity to reflect honestly as well project hopefully. The new year (and for me, my birthday) are the

times I believe it to be most important to spend some quiet time in the past and some intentional time considering the future so as to wholeheartedly claim your present.

Over the last year I have witnessed some extraordinary things – peoples' lives changed, hearts broken, journeys unfolded and truths revealed. I've seen what fear, honor, courage, strength, love and resilience look like up close. I've experienced the profound power of vulnerability and authenticity and beheld the kind of growth that being really honest with oneself welcomes. I've learned so much about how extraordinary it is to be human and live this life.

I have the distinct honor of walking alongside some of the most heartbreakingly beautiful people I know as they navigate the intricacies of the human condition and find meaning in their existences. And, as a result, they have allowed me the privilege of finding meaning in mine.

So, though I know that not everyone has the opportunity to see as much life unfold as perhaps my office allows (and I am deeply grateful and respectful of the blessing I have been afforded)... I would still ask, what have you witnessed this past year that has touched or shaped you? Who have been the authors of the existential messages you've learned along the way? In what ways have you been the same for another? What are the choices you've made over the last twelve months that have shaped where you are today? Have you taken responsibility in your portion of relational hurts and healings? Have you been the kind of parent/child/

friend/lover/spouse/sibling/colleague that you would be proud to claim? Where may you grow in 2015? And what are the hopes and visions of your heart that you may intentionally walk towards in the coming year?

I recognize this is some pretty heady stuff and it's easy to shelve along with the decorations and Christmas lights in the hustle and bustle of finishing out the holidays. Gifts are wrapped and unwrapped, decorations hung and taken down and acquisitions wished for and soon forgotten. But I would invite you to spend at least an hour in a quiet space with paper and pen.

Take some soft moments to pay homage to what was and welcome what is yet to come. Make some promises to yourself as to how you will grow and learn from all that 2014 offered and who you aspire to become in the coming year... or as Jonathan Larson would say, in the coming 525,600 minutes*.

Whether you measure the last year or the coming year in 'In daylights, in sunsets, In midnights, in cups of coffee, In inches, in miles, in laughter, in strife' I certainly hope you'll 'measure in love.'

Cheers to the coming unknown, to the vistas yet explored and the wanderers yet to wander.

I wish you a wondrous 2015.

*Larson, J. (1996). "Seasons of Love" from the original Broadway musical Rent.

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 ayasha@livemeaningfully.net or 407-796-2959.

schools



Audubon Park Elementary
PRINCIPAL ANNA FERRATUSCO

This school year Audubon Park Elementary started many school-sponsored clubs for students. Many clubs required students to audition. These clubs include Robotics, Math, Science, Literature, Yearbook, Music and Art. The clubs will promote critical thinking and project-based learning.

The Robotics club recently went to their first competition and came back with a first place trophy for best research project! We are very proud of their efforts this year thus far. The team was recognized for Best Research Project. The team will work throughout the rest of the year to develop a robot that meets the research conducted. It will be very exciting to see their progress!



Brookshire Elementary
PRINCIPAL SUSAN MULCHRONE

New Holiday Tradition at Brookshire

Brookshire Elementary Principal Susan Mulchrone and Assistant Principal Jared Scott started a new Holiday tradition this year on the last day before Winter Break, of milk, cookies, and singing and dancing to Christmas carols. Organized by Debbie Pappas, the students and teachers alike were surprised by being invited out to the P.E. pavilion and met with songs, treats, a DJ and helper "elves."

According to Principal Mulchrone, "the idea was to bring unity to the school." Scott added that "it would be a great morale booster and the kids would love it. It's a great way to send them off for the Holiday break. It would also be a chance to create Holiday memories with classmates, teachers, the Principal, Assistant Principal, and staff."

The kids really seemed to enjoy the surprise, and appeared to have a great time singing, dancing, and ultimately ending with a Christmas Conga line. What a

great new tradition for a wonderful school community!



Brookshire Elementary students dancing in the Conga line.



Dommerich Elementary
PRINCIPAL DR. JUNELLA HANDLEY KREIL

Wow, what a great first semester we have had at school! It is incredible how fast the year goes because we are so excited about our learning! The holidays have provided a bit of rest and time with family; we are refreshed and eager to see all that we will achieve in 2015. Our second marking period ends on January 15th, and report cards will go home on January 23rd. This marks the official mid-point of our school year.

As we kick off our New Year, please mark your calendar and plan to join us for the following events! Dommerich will be skating at Semoran Skateway on January 8th and Walking n' Rolling to school on January 14th. Then you can stop in to purchase the latest best sellers at our Book Fair during the week of January 26th. Join us for Family Night on January 27th, and reading with Grandparents on January 29th - when we will treat them to breakfast! Finally, we gear up for some serious running with the Fast Start track event on the January 31st and our Dommerich Chiefs on the Run 5K and Dommerich One-mile Dash on February 7th.

So as we prepare for a New Year of learning, we wish everyone a safe, productive and happy New Year!



Killarney Elementary
PRINCIPAL KELLY STEINKE

Our students and faculty have had a very busy couple of months leading up to the winter break!

In November, our students participated in Family Science Night and our annual Teach-In event. At Family Science Night, students and their parents were part of a fun evening where Killarney teachers along with future teachers from the Education program at Rollins College conducted family-friendly science experiments.

Teach-In is an event sponsored by the Foundation for Orange County Public Schools which highlights the importance of bringing together teachers, school staff, parents, students and communities in a unified effort to build great public schools. Parents and community members were invited to Killarney to be a "teacher for a day" and shared information on their careers, read to children in class, and even engaged students in fun crafts. It was a great day for all involved!

On December 6th, our students and faculty represented Killarney at the 62nd annual Ye Olde Hometown Christmas Parade through downtown Winter Park! Our amazing Partner in Education, Massey Services, sponsored our school and rode in the parade along with our students and teachers. Later this month, to celebrate

schools

cultural diversity, our students will learn about the customs and traditions in a variety of countries in our Holidays Around the World Day.

Please be sure to visit our new Killarney Elementary School blog at <http://teacherpress.ocps.net/stephaniechandler/> to see all of the wonderful things going on at Killarney!

 **Lake Silver Elementary**
PRINCIPAL SARA BIGALKE

The 4th annual Lake Silver Foundation Read-A-Thon was a huge success! Over 4,500 books were read by Lake Silver students and over \$20,000 was raised! Student winners were Caroline, Madison, Nico, Tucker, Chapel, Tatiana and Diamond. Teacher winners were Mrs. Bass, Ms. Perez, Mrs. Cravey, Ms. Zinn, Ms. Nichols and Ms. Began. Thank you to our sponsors: AIT Life Safety; Dellecker, Wilson, King, McKenna, Ruffier & Sos; Riles & Allen Ins.; Speer Price; Palmer's Garden & Goods; McCall Properties and Dubsdread Catering. The Foundation has used the funds that were raised to purchase 25 laptops for the students to use in their classrooms!

Kindergartners recently met Elizabeth Howland, who arrived in Plymouth on the Mayflower in 1620. Through interactive storytelling, stu-

dents learned about the Mayflower's journey and about daily life for the Pilgrims. The children were able to handle and play with reproduction artifacts from the 17th century, giving them an engaging look into a child's life at Plimoth Plantation. The Pilgrim came to us from Plimoth Plantation, a nonprofit living history museum located in Plymouth, MA.

Congratulations to our 30 students and art teacher, Mrs. Thibault, for presenting their artwork at the College Park Art Show. Funds raised will go towards the College Park Neighborhood Arts & Theatre Center.

Lake Silver fourth graders had an amazing day at Camp La-No-Che. The students were taken back in time to an era in early Florida history and participated in many hands-on activities. The Pioneer Day was sponsored by Learning for Life.

Have a very healthy and Happy New Year!

 **Maitland Middle School**
PRINCIPAL DR. STEFANIE C. SHAMES

Maitland Middle School has much to be proud of! Our Film Academy hosted an evening extravaganza; combining a formal dance with a celebration of the top 13 scary films they created and edited. Over 300 showed up for the Friday Night Formal Fright Fest and all enjoyed the celebratory atmosphere.

Our boys volleyball team made it to the quarterfinals, and girls volleyball team has advanced to play in the finals. Maitland's Orchestra, Band and Chorus have each held performances and made us proud with their display of talent. Lastly, Mrs. Lainie Clowers has made it to be one of the top five Teacher of the Year finalists for all of Orange County Public Schools. We will not find out whether or not she won until the dinner celebration event later this year.

 **Orlando Science Schools**
PRINCIPAL DR. YALCIN AK

Orlando Science Schools (OSS) marked a new educational partnership Dec. 11 by hosting 20 science

students from Meizen High School in Kurume City, Japan.

In addition to sharing information about their country and high school, the Japanese students attended OSS science classes and presented research on the freezing point of water. OSS students demonstrated their award-winning robot, gave a tour of the robotics workshop, and threw a pizza lunch for their new friends. At day's end, both schools exchanged gifts.

This was the first time Meizen selected a school to visit during its annual trip to the United States.

OSS continues efforts to share knowledge and best practices in education through partnerships that help inspire students and spark interest in the fields of science and math.



Meizen High School students and staff with OSS Robotics Club students and staff.



**Open House Sunday, January 11th
and Sunday, February 8th**
Join Us Between 2:00 pm and 4:00 pm



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schools



By Erica Keckley
Grade 6 English, Spelling,
and Writing Teacher

Traditions have long been a mainstay of the Park Maitland experience. Traditions are everywhere in the culture of our school, including the curriculum itself. As the sixth grade English teacher, I love teaching diagramming, which has been a part of the curriculum since I was a student at Park Maitland myself 26 years ago. I fondly recall diagramming with my 5th and 6th grade ESW teacher, Mrs. Rolph, and I am so proud to carry on the tradition with my own students.

For some people, however, who did not grow up learning how to diagram, the practice can seem enigmatic. Well, I believe diagramming sentences is one of the most valuable tools I have for teaching grammar. It allows students to see sentences in a different way—as a picture made up of parts that create the whole. For visual learners, especially, it just makes sense. I teach diagramming in conjunction with lessons on nouns, compound sentences, and subordinate clauses, and when students see how the words literally fit together, their understanding of grammar deepens.

Moreover, diagramming is the map for someone who is lost and needs directions. Though some individuals prefer written directions — turn left onto 50, then right at Mills — others prefer seeing a picture. I try to provide my students with both ways of arriving at a destination by having them copy and practice grammar rules and also diagram sentences. By teaching the two in conjunction, their sentence structure improves, as does their writing. It is simple and effective.

Plus, it's fun. In class students diagram a sentence every day. Through constant repetition, they begin to recognize prepositional phrases, appositives, and possessive pronouns. When students diagram a sentence correctly, they get to shoot a basket in class. The first time students make a basket, they take a victory lap around the classroom, high-fiving their classmates and basking in their achievement. It is a

definite highlight!

I love that Park Maitland is constantly improving upon its curriculum with technology and the inclusion of current research on best teaching practices, and I am also glad that they value tradition and maintaining tried and true methods that have been taught forever. Here's to many more years of diagramming!



The 26th annual St. James Cathedral School golf tournament was held at Metro West Golf Club. 131 players, dozens volunteers, and staff members all came out to support Catholic Education. The day started with



St. James Cathedral School's golf tournament was held at Metro West Golf Club.

some dicey weather, but eventually the skies cleared, the Black and Gold Brigade - Bishop Moore Catholic High School Band - played their signature fight songs, Father John Mc Cormick blessed the event and the tournament produced its 2014 championship team which included St. James parent Chris Groom, along with John Clarke, Ron Moulden and Billy Watson.

This year's tournament theme recognized the fact that St. James is the oldest Catholic School in Orlando. We have a strong and unique community that comes together to support those in need and that tradition remain strong to this day. As stated in the tournament program, our tradition of caring may be "Old School", but it has worked since the tournament was founded in 1988. All participants, players, volunteers, student speakers and staff received an Old School t-shirt for their contributions. Our

school has many great traditions, and our tournament organizers would like to thank everyone who came out to support this one. For more information, visit www.stjcs.com.

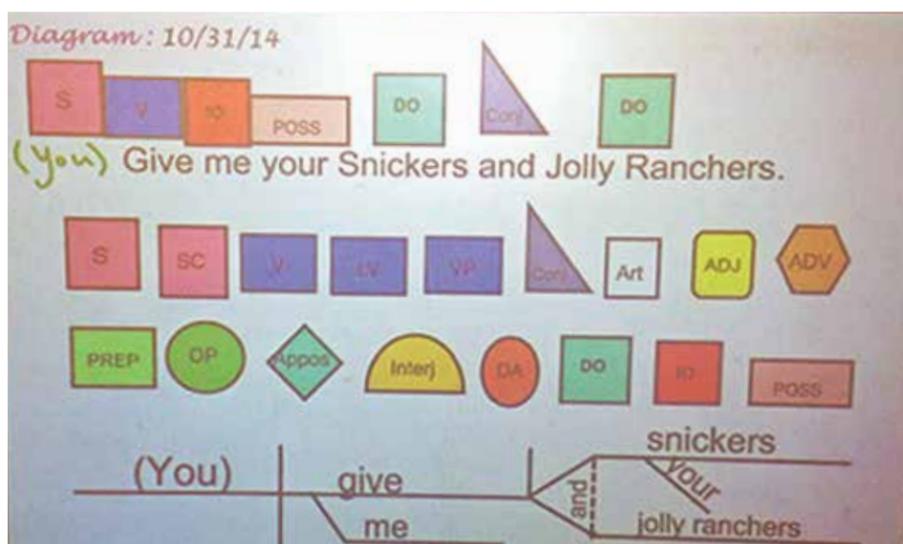


At The Christ School, we partner with families to provide an academically rigorous and Christ-centered K-8 experience that establishes a foundation for flourishing. This year, we enhanced our curriculum with a new lower school course, COMPASS, designed to challenge our students and expand their critical thinking, problem-solving, collaboration, communication and creativity skills. In this

weekly class, students enjoy risk-taking, become creative problem-solvers, and experience success as they work through various challenges. The classroom environment fosters an atmosphere that encourages creativity and critical thinking without fear of failure, and focuses on the process rather than the product. The overall mission of COMPASS is to escalate the level and variety of learning experiences for all students, regardless of rates, styles, and levels at which they learn.

A benefit of being an independent school is that our academic team was able to identify this opportunity, conduct research, and implement a new program to further enrich our students' educational experience. We are able to decide what is best for our school and our students and to take advantage of new teaching opportunities.

All of our lower school students enjoy this time dedicated to engaging in higher level thinking activities. The skills acquired from these activities help our students in all areas of their academic development. Their abilities to persevere, to take a frustrating situation and work through it, and realize that there may be more than one way to solve a problem have all been enhanced through participation in this program. We are excited to see our students thrive as they grow through these challenges and learn valuable life skills.



Erica Keckley Grade 6 English, Spelling, and Writing Teacher illustrates how to diagram a sentence.

St. James Cathedral School

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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.

First Mondays of Every Month Story Time – 10:00 to 10:15 a.m. infants to 18 months, 10:20 to 10:35 a.m. toddlers, and 10:40 to 11:00 a.m. preschoolers at Leu Gardens located at 1920 N. Forest Ave. For more information please call 407-246-2620 or visit www.leugardens.org.

January 10 - March 31 A.J. Cobb's Ribbit the Exhibit at Leu Gardens – The exhibit will feature over 20 large scale, copper frog sculptures located throughout the gardens. The sculptures are made from flat sheets of copper that are cut, hammered and folded in a three dimensional image. Leu Gardens is located at 1920 N. Forest Ave., Orlando, Florida 32803. For more information please contact the Leu Gardens at 407-246-2620 or visit www.leugardens.org.

Baldwin Park, College Park and Orlando Area Events

Ongoing Events

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

Every Wednesday 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 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.

Every Second Saturday Through May 2015 Vintage Flea Market – 8:00 a.m. to 3:00 p.m. at 2000 Alden Rd. For more information please visit www.thecarouselemporium.net

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

Now Through May 9, 2015 - Vintage Flea Market – 8:00 a.m. - 3:30 p.m. at 2000 Alden Road. For more information please visit www.thecarouselemporium.net.

January 8 The Orange County Retired Educators Meeting – 10:00 a.m. at College Park United Methodist Church, 644 W. Princeton St. Anyone who has worked in education is invited to attend. For more information please visit www.ocrea-fl.org, or call 407-677-0446.

January 17 31st Annual Downtown Orlando Martin Luther King, Jr. Parade – 10:00 a.m. along N. Orange Ave. and N. Rosalind Ave. This event is sponsored by the Southwest Orlando Jaycees. For more information please visit www.swojaycees.org



January 26 Affordable Care Act Discussion and Enrollment Assistance – 6:30 p.m. at the Orange County Public Library Edgewater Branch located at 5049 Edgewater Dr. Walk-ins are welcomed, and to schedule an appointment, please call 407-340-0844.

February 7 Out Of Darkness Walk – 7:30 a.m. near the Baldwin Park Village Center located at 2420 Lakemont Ave. Proceeds benefit Central Florida Chapter of the American Foundation for Suicide Prevention. To register, donate or to learn more please visit www.outofdarkness.org.

February 8 The Orange County Retired Educators Meeting – 11:30 a.m. at College Park United Methodist Church, 644 W. Princeton St. for Pot Luck Luncheon. Anyone who has worked in education is invited to attend. For more information, please visit www.ocrea-fl.org, or call 407-677-0446.

February 21 Orlando Wetlands Park Festival – 9:00 a.m. to 3:00 p.m. at Fort Christmas located at 1300 North Fort Christmas Rd. Free admission and free door prizes. For more information, call Orlando Wetlands Park, 407-568-1706 or visit www.cityoforlando.net/wetlands.

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily

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

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

Winter Park Events

Ongoing Events

Every Monday "Sit-to-Be-Fit" Chair Exercise Class – 10:15 a.m. at the Winter Park Community Center. This free class is designed for all ability levels and sponsored by the City of Winter Park. For more information please call 407-754-6190.

Monday - Friday "Art in Chambers" exhibit – Monday through Friday from 8:00 a.m. to 5:00 p.m. This free exhibit is on display at the City Hall Commission Chambers located at 401 Park Avenue South.

Every Tuesday and Thursday "Hands-on Gardening" – 9:30 a.m. – noon at the Albin Polasek Museum & Sculpture Gardens. For more information regarding this free year-round event please call 407-647-6294.

Every Tuesday and Thursday Beginning Pilates Class – 5:15 p.m. at the Winter Park Community Center. For more information please call 407-671-9599.

Every Tuesday, Friday and Saturday Winter Park Benefit Shop – The shop is located at 140 West Lyman Avenue and is open from 9:30 a.m. - 1:00 p.m. on Tuesdays and Fridays, and from 10:00 a.m. - 1:00 p.m. on Saturdays. Donate or purchase clothing, bedding, jewelry, kitchenware and more. Proceeds benefit various children's programs and the local branch of Orlando Blind. For more information please call 407-647-8276.

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

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

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

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

Every Saturday Line Dance Class – 10:00 a.m. at the Winter Park Community Center. Beginners are asked to come at 9:30 a.m. to learn the basic steps. For more information please call 407-592-7835.

Every Sunday Music at the Casa – This free event featuring professional musicians and performers is hosted at Casa Feliz every Sunday from noon – 3:00 p.m. For more information call 407-628-8200 ext. 3 or visit www.casafeliz.us.

JANUARY HIGHLIGHT



Popcorn Flicks In The Park - "To Have and Have Not" starring Lauren Bacall and Humphrey Bogart. January 8, 7p.m. - 9 p.m. on the Central Park main stage.

January 6 - Energy-Efficiency Workshops – 6:30 p.m. to 8:30 p.m. at the Winter Park Community Center. For more information please visit www.cityofwinterpark.org.

January 8 Popcorn Flicks In The Park – 7:00 p.m. to 9:00 p.m. at the Central Park main stage featuring the showing of "To Have and Have Not."

January 9 through February 6 ABC's & XYZ's of Caregiving – Hosted by the Alzheimer's & Dementia Resource Center at Winter Park Towers located at 1111 S. Lakemont Ave. For more information and to register please call 407-843-1910, ext. 312.

January 16 Winter Park Mayor Kenneth Bradley's State of the City Address – 11:30 a.m. at The Alford Inn. Reservations are \$35 for Chamber members and \$40 for non-members. Corporate table sponsorships are also available. For additional information or to reserve a seat, contact the Winter Park Chamber of Commerce at 407-644-8281 or visit www.winterpark.org.

January 17 2015 Metropolitan Opera National Council Auditions/ Vocal Competition – 10:00 a.m. to 5:00 p.m. at Trinity Prep located at 5700 Trinity Prep Lane. Forty young, classically trained singers will compete for the opportunity to sing on the stage of the Metropolitan Opera in New York. This event is free and open to the public. Donations are welcome. For more information, please call 407-922-4688 or visit www.metauditionsflorida.org.

January 18-19 13th Annual Unity Heritage Festival – This event is held in Shady Park in Hannibal Square. For more information please visit www.cityofwinterpark.org.

January 21 Free Lecture At The Morse – 2:30 p.m. featuring "Stained Glass of the J. & R. Lamb Studios and Its Contemporaries of the 20th Century" by Donald Samick. The Morse Museum, 445 N. Park Ave., is home to the world's most comprehensive collection of works by American artist and designer Louis Comfort Tiffany. For more information, please visit www.morsemuseum.org.

January 31 - The Florida Hospital Lady Track Shack 5K – 7:30 a.m. at Mead Gardens with a free kids' run following the 5K at 8:45 a.m. This marks the 38th Anniversary in helping to raise funds for the Florida Hospital Breast Cancer Care Fund. For more information and to register, please visit www.LadyTrackShack5k.com.





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Haley realized that when you have scoliosis, it's not just your back that needs support.

When Haley and her family toured Arnold Palmer Hospital for Children as part of her preparation for surgery, she met another teenager who was in the middle of the same treatment for the correction of scoliosis. That made a lasting impression on her, as she realized the importance of having someone who understands exactly what you're going through.

In December 2009, Haley underwent treatment to fix the deformity of her spine. And thanks to the expert care she received, she was able to quickly return to the activities she loved, like playing volleyball. Soon after her surgery, Haley was inspired to help other scoliosis patients by creating a Facebook support group just for teens.

Arnold Palmer Hospital for Children has helped thousands of kids like Haley. To see her full story and many others, visit 25yearsofcaring.com.