

Observer

Winter Park / Maitland

Thursday, May 15, 2014

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Getting out of 'dage

Massive Winter Park project on the market

TIM FREED
Observer staff

Winter Park's largest mixed-use development now has a price tag on it.

Developer Dan Bellows recently put his 73-acre Ravaudage Development up for sale through commercial real estate firm Cassidy Turley.

Bellows has slowly expanded the property along U.S. Highway 17-92 by purchasing smaller lots since the project started in 2012.

But plans to add a variety of developments to the property — from ballparks to grocery stores — never completely took shape. Today, only Miller's Ale House stands facing the intersection at Lee Road.

Mark Stratman of Cassidy Turley said that Bellows is hoping to test the waters to see what offers come up.

The response has been strong since the property first hit the market on April 28, Stratman said, with Cassidy Turley receiving more than two-dozen calls from people requesting more information.

"The process of selling anything is a long process in order to make sure you have the right buyer," Stratman said.

"It's really just starting to take shape, and we're starting to get some good activity right now."

Stratman noted that the prop-



PHOTO BY TIM FREED — THE OBSERVER

Estimates say Dan Bellows' 73-acre project could sell for upward of \$187 million.

erty — which he estimates could sell for at least \$187 million — will be best suited for a buyer looking to develop a vision over a 10- to 20-year period.

"Whoever it is will be somebody who can come in and have the foresight and vision to see what the site could potentially be," Stratman said. "The existing site plan that's in play is certainly a good one, but every buyer has their own ideas."

"If there's a market for it, [Bellows] certainly should be able to test the market," City Commissioner Steven Leary said. "We still hold him to the standards that are in the [Project Development and Environment study]."

Orlando-based developer Unicorp National Developments

purchased a piece of the Ravaudage property near the Miller's Ale House last year, preparing to build an 18,000-square-foot, two-story development that includes a Tony Roma's Steakhouse, retail space and a medical use upstairs, Stratman said.

Mayor Ken Bradley said he wished to see Ravaudage developed properly, regardless of who owns the 73 acres of land.

"My biggest concern about Ravaudage is that I want the vision Ravaudage had to be developed, which is with excellence and beauty," Bradley said.

"Vacant land sitting there doing nothing ultimately isn't good for Winter Park."

Bellows did not respond to phone calls requesting comment.

Manatees moving in to Alford Stadium?

City nears deal to bring minor-league baseball to Rollins field

TIM FREED
Observer staff

Winter Park's quest to land a minor-league baseball team may finally be reaching the seventh-inning stretch.

Rollins College, the Brevard Manatees Single-A baseball team, and the city of Winter Park are nearing an agreement to bring the Manatees to Rollins' Alford Stadium, which would be rebuilt with 2,500 seats by spring 2016 under the proposed deal.

The \$33 million project would include a potential 480-car parking garage nearby and give ownership of the new stadium to Rollins College, which would pay for nearly half the cost, just over \$16 million in land and funding.

Winter Park City Commissioners have looked at several locations for a baseball stadium since January — including the Ravaudage development and Martin Luther King Jr. Park — but Rollins' Alford Stadium moved to the forefront based on its feasibility and potential funding opportuni-

■ Please see **BASEBALL** on page 2

Wildcats team scores spot in history

Softball team takes districts, makes program history

TIM FREED
Observer staff

The Winter Park Wildcats felt their hearts sink at the softball field on a sunny Saturday afternoon as Vero Beach High School tagged first base to get the final out in the bottom of the seventh to end the game.

A score of 1-0 glowed in orange numbers on the scoreboard

at the Wildcats' diamond on May 3 — Vero Beach freshman Skye Collins' single at the top of the fifth had sent junior Maddie Brister in to tag the plate for the only run of the game.

Winter Park High School sophomore Parker Conrad kept it close all game with her sound pitching, striking out nine batters and only allowing four hits.

A tough loss may not have been the result they wanted in the regional tournament semifinal matchup, but the girls in orange and white kept their heads held high.

It wasn't long before Winter Park's softball squad was in better spirits. Most of them were already cracking jokes or heading to the snack bar by the time the bleachers emptied out.

They knew that every swing, pitch and catch in that game was history in the making.

The Winter Park Wildcats won the district championship and punched their first ticket to the regional tournament on April 18 with a 7-0 trouncing of Timber Creek High — earning the Wildcats' first district title for softball in the program's history.

Parker's pitching proved to be the difference. She kept the Wolves scoreless while Winter Park went to work at the plate. The Wildcats kept the offense coming, but their confidence reached new heights when senior Aubrey Craver hit a solo home run in the fourth inning to give the Wildcats a 4-0 lead as they played their way to victory.

"Every year I know all we wanted was that district championship," said catcher and senior Miranda Matheny. "To actually win that was the greatest feeling

■ Please see **SOFTBALL** on page 2

USPS 00-6186
Publisher's statement on page 4.



SOFTBALL | After a near-miss of the district title eight years ago, the Wildcats got redemption this season

■ CONTINUED FROM FRONT PAGE
I've felt in my life ... I've never won something so memorable and meaningful to me before."

A final win over Timber Creek made the school's first district title all the more sweet. Winter Park had earned a slew of third- and fourth-place finishes, with the Wolves typically giving them the most trouble and staying right above them in the standings.

They'd come close to the title in the past. In 2006, they finished second in districts and earned a ticket to regionals, but then came up short in the first round.

Coach Johnny Miller has watched the school's sports teams have their ups and downs

for 34 years, but the Wildcat softball team's journey to becoming an acknowledged sport has been an ongoing uphill climb, he said.

The Florida High School Athletic Association didn't recognize the school's softball program as a sport when Miller graduated from Winter Park in 1975.

Winter Park softball wasn't recognized until 1980, when they transitioned to slow-pitch. They brought back fast pitch by the mid-'90s, allowing for more opportunities for Wildcats to earn softball scholarships for college.

Miller said that softball has also taken a backseat to other Winter Park sports such as football, track and basketball, which has built a strong reputation

in recent years with three state championships since the 2009-2010 season.

He hopes the team's recent run will bring more people out to the games and promote the sport.

"These high school kids are role models for the little kids, seeing how they practice and enjoy themselves and how they compete," Miller said. "I think if anything positive is going to come out of us doing this, it's that. More kids are going to want to be a part of playing softball."

Miller's daughter Hannah played softball at Winter Park until she graduated in 2010. She said she sees far more support for the team now than back then.

"When I went there, I feel like we were building up the program and just getting more girls excited about it," she said. "Seeing these girls work so hard and so excited about the game, that's going to make Winter Park a bigger school to reckon with when it comes to sports and athletics."

"I just think it's an awesome thing not only for them, but for the program as a whole."

Winter Park went on to defeat Centennial High School out of Port St. Lucie in the regional quarter-

finals, closing out a 12-4 win and moving to the next round where they fell to Vero in the deepest regional run in program history.

The Wildcats may have fallen in the semifinals, but Miller said the team should be proud of all the work they put in to get as far as they did. He said the historic run could push the younger players farther as well.

"They've accomplished so much," Miller said. "It's nothing

to hang their head down, that's for sure."

"Once you see it happen, then you have to hope, 'God, I hope I do that in our senior year,'" he said.

It was a season Craver will never forget.

"You can't complain when your team makes history," she said. "We brought home the hardware and we got our name in the history books."



PHOTO BY TIM FREED — THE OBSERVER

The Wildcats fell in a regional game versus Vero, but their finish ranked in higher than ever before.

BASEBALL | Final vote set for August

■ CONTINUED FROM FRONT PAGE
ties, Mayor Ken Bradley said.

"The best place is ultimately the place that it can happen," Bradley said. "The best vacation is the one I can ultimately afford."

"Is it viable to happen at this place? Yes."

On Monday the City Commission approved a resolution requesting Orange County to add another five years to the Community Redevelopment Agency, a board dedicated to viability and livability within the CRA area, an area that already includes Alford Stadium.

The stadium's location in the CRA area played a significant role in choosing that location, City Manager Randy Knight said. It would allow the city to cover \$5 million for the project in partnership with the county through the CRA.

But residents at Monday's City Commission meeting were hesitant about Winter Park pursuing a deal at Alford Stadium. An

earlier discussion at that meeting about extending Lee Road to help mitigate traffic on U.S. Highway 17-92 brought up the issue of traffic as a whole in the city.

Building a baseball field along Denning Drive would simply add to existing traffic problems along that road, resident Steve Goldman said.

"This one I got to say just really blows my mind," he said. "Nothing against baseball, but you're talking about building a major venue right in the middle of Winter Park."

"Why do we want to put in thousands of people from out of town after we just had this big discussion about why we have such horrible traffic problems? ... This is why it gets worse. We keep doing this kind of stuff."

The City Commission will be presented with a formal deal at a meeting in August if the agreement moves forward as planned, Knight said. Construction would start by January of next year.

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Maitland City Talk
 BY HOWARD SCHIEFERDECKER
 MAYOR

Behind-the-scenes workers recognized

National Public Works Week, May 18 through May 24, is a celebration of the tens of thousands of men and women throughout North America who provide and maintain the infrastructure and services collectively known as public works.

On this 54th anniversary of National Public Works Week, the city of Maitland recognizes the 60 men and women within the public works department who operate and maintain our public works systems and programs. Public works is responsible for providing drinking, irrigation, and fire-protection water ser-

vices. We also perform all of the upkeep of city buildings, city vehicles and equipment, city-owned streets, and grounds maintenance tasks for all city-owned properties, and engineering services.

These responsibilities also include the protection and maintenance of all the lakes, storm drains, and wastewater collection systems within the city, as well as preservation and maintenance responsibilities for more than 110 sites including buildings, grounds, rights-of-way, ball fields, parks, and undeveloped lots. Along with these responsi-

bilities, the public works department also provides staff liaisons for two city advisory boards, the Transportation Advisory Board and the Lakes Advisory Board. If you are interested in serving on any of the city's volunteer boards or commissions, please contact the City Clerk's office at mwaldrop@itsmymaitland.com.

These systems and programs are often unseen by the general public, and the city's public works department usually plays the part of the "people behind the scenes." Success in our work is marked by silence. When our phones start ringing, it usually means something went wrong.

This year's Public Works Week theme is "Building for Today — Planning for Tomorrow." "Building" points out the day-to-day aspect of public works that is the quality of life, while "Planning" references the sustainable practices that ensure the quality of life for future generations.

— Rick Lemke, Public Works Director

PHOTO COURTESY OF THE CITY OF MAITLAND
 Mayor Howard Schieferdecker presents Public Works Director Rick Lemke with a proclamation recognizing Public Works Week 2014, which runs May 18 to 24.



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FAMILY CALENDAR

MAY 15

The Harlem Wizards are coming to the Winter Park High School gymnasium on Thursday, May 15, at 7 p.m. to play an exciting and hilarious game against the teachers and staff from Audubon Park Elementary School, Aloma Elementary, Brookshire Elementary, Cheney Elementary, Glenridge Middle and Winter Park High. A comedic take on a regular basketball game, the event is sponsored by the Lion's Pride Fund and will benefit Glenridge Middle School. Baldwin Park residents Becky Junod, president of the Lion's Pride Fund, and Rick Schreiber,

former Orlando Weekly publisher and vice president of sales and operations for the Harlem Wizards, put their heads together to bring this fun community event to our area. Visit harlemwizards.com for tickets, which start at \$10 for students and \$12 for general admission.

MAY 16

Glenridge Middle School is proud to present "Annie," a family-favorite musical since it first appeared on Broadway in 1977. The show will go on for a limited, two-night engagement in the GMS Multi-Purpose Room on May 16 and 17. Both showtimes are at 7 p.m. General admission seating is \$5 per ticket at the door. Doors open at 6:45 p.m. For more information, contact Ronda Hornbeck at 407-622-5945 or rhornbeck@att.net

MAY 17

The Orlando International Fringe Theatre Festival continues this weekend with a series of Kids Fringe events starting on Saturday, May 17, in the sculpture gardens of the Mennello Museum of American Art. Children can join the festival on Saturday for a Cosmic Adventure Day, where they'll parade around the museum and shoot off a rocket. Other events include a Fringezilla's Slumber Party on May 18. All Kids Fringe events run from 10 a.m. to 2 p.m. Locals can observe a variety of artwork at the Visual Fringe Art Bazaar running Saturdays and Sundays from noon to 4 p.m. Visit orlandofringe.org for more information.

MAY 18

It's time for the annual **Friends of First Response kickball tournament** in Maitland! The fun competition will pit Maitland firefighters, Maitland police officers, Maitland Little League, Maitland Rotary, and local residents' teams against each other starting at 1 p.m. on Sunday, May 18, at the Keller Road Baseball Complex in Maitland. It benefits the Friends of First Response-Maitland charity, honoring and raising money for first responders in Maitland. Admission is free. There will be food and fun, along with a silent auction.

MAY 23

Winter Park High School and the Band Booster Board are pleased to announce "**Band Deconstructed,**" a concert of chamber music at 7 p.m. on Friday, May 23, at Winter Park High School's Ann Derflinger Auditorium, 2100 Summerfield Road, Winter Park. For more information, visit <http://bit.ly/1hl0870>

Calendar

MAY 15

Leadership Winter Park will present a Graduation Celebration Luncheon from 11:30 a.m. to 1:30 p.m. on Thursday, May 15, at the Rachel D. Murrah Civic Center, 1050 W. Morse Blvd. in Winter Park. The speaker will be Belvin Perry Jr. chief judge of Florida's Ninth Judicial Circuit.

It's time to network and have fun at the

Business After Hours event at Wells Fargo, 275 S. New York Ave. in Winter Park. It's \$5 for Winter Park Chamber members and \$15 for non-members to eat, drink and get to know the business community after work. It's from 5:30 p.m. onward on Thursday, May 15. Visit winterpark.org for more information.

MAY 16

Want to learn how to negotiate in business? It's coming up at the Small Business Education Series from the Winter

Park Chamber. Mark Van Valkenburgh will walk you through effective negotiation techniques that also help build relationships. It's from 8:15 a.m. to 9 a.m. on Friday, May 16, at the Winter Park Welcome Center, 151 W. Lyman Ave. in Winter Park. Visit winterpark.org for more information.

May 17

Nicole Curtis, star of "Rehab Addict" on DIY Network and HGTV, will headline the eighth annual **James Gamble Rogers II Colloquium on Historic Preservation.**

The event, scheduled for Saturday, May 17, from 9:30 a.m. to 4 p.m., is sponsored by the Friends of Casa Feliz. The Colloquium's morning session will be held at the Tiedtke Auditorium at Rollins College from 10 a.m. to 11:30 a.m. with Curtis speaking on the topic "Restore, Repurpose, Reuse!" After a lunch break, the program will resume with a tour of some of Winter Park's loveliest remodeled historic homes, mostly located in the Virginia Heights and Forrest Hills neighborhoods. Shuttle buses will be provided. Visit casafeliz.us for more information. Cost of attendance for the day's events is \$50 per ticket.

MAY 19

The Parks & Recreation Department of the city of Winter Park will present the fifth annual **Nancy Reed Memorial Round Robin Tennis Tournament** on Monday, May 19, at the Winter Park Tennis Center located at 1075 Azalea Lane. Check-in begins at 8:30 a.m. for round robin play from 9 a.m. to 11 a.m. Space for the Round Robin Tournament is limited and players are asked to RSVP by Friday, May 16, by emailing NancyReedScholarship@gmail.com. Snacks and beverages will be made available to players. A donation of \$10 to the Nancy Reed Scholarship Fund at Rollins College is suggested. For more information regarding the tournament, please call 407-599-3445.

MAY 20

Winter Park Memorial Hospital is hosting **Ladies Night Out: Spring Into Floral Designing** starting at 6 p.m. on Tuesday, May 20, at 200 N. Lakemont Ave. in Winter Park. Jump into spring by learning the basics of floral design with experts from Winter Park Florist. This unique art can help reduce stress and provide an outlet for creativity. Visit winterparkhospital.com or call 407-303-1700 to register.

Community Bulletin

Making the news

Maitland Middle School's News Crew students recently returned from a national film and broadcast competition, STN (Student Television Network). This year the national conference was held in Orlando. There were more than 144 high schools and middle schools from all over the country represented. Almost half of Ms. Farber's news crew kids attended this year. Her students competed in all eight middle school competitions and placed and/or received honorable mention in seven out of the eight contests. Maitland Middle defended their title from last year, when STN was held in Los Angeles, and continued to dominate the middle school competitions. U.S. Education TV also selected Ms. Farber's MMS web channel as one of the top-three middle school web channels.

Observer

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Josh Garrick Lecture and Book Signing at Winter Park Public Library

Observer Arts Editor Josh Garrick recently returned from making Art History as the first American in the 125-year history of the National Archaeological Museum of Greece, to be invited to exhibit in that World's Top Ten Museum ...

On May 18 and June 1, Josh will sign his new book and share insights about his decades-long love affair with the Parthenon at two FREE events at the Winter Park Public Library.

Sunday, May 18 at 2 pm

How the Parthenon Came to Be – Recognized through millennia as the world's greatest synthesis of Art and Architecture, the Parthenon may have also been the most expensive building ever created by human hands. Josh will share insights on HOW one ancient city — 2400 years ago — could come together to create this renowned temple.

Sunday, June 1 at 2 pm

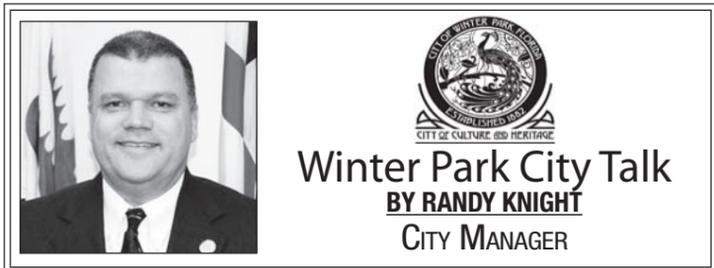
The Parthenon – Over 2400 years — From the most famous of temples to the Olympian gods, the Parthenon has endured through the world's transition to Christianity, looting, and even bombardment by the Venetian Doges. Josh will share the highlights — and low-lights — of the Parthenon's enduring history.

Mr. Garrick is represented by JAI GALLERY at 47 East Robinson Street in Orlando. Please visit jaigallery.com



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Winter Park City Talk
BY RANDY KNIGHT
CITY MANAGER

Aces for charity

May 12 City Commission meeting highlights

If you were unable to watch or attend the City Commission meeting held May 12 in City Hall Commission Chambers, below are a few highlights of decisions made at the meeting:

Mayor's Report

- Presentations and proclamations were held recognizing the following:
 - Winter Park High School State Championships
 - Best of Show from 2014 Winter Park Sidewalk Art Festival
 - Healthy Weight Community Champions Award
 - Building Safety Month
 - EMS Week
 - North American Occupational Safety and Health Week
 - The slate of 2014 board appointments were nominated and approved.

Non-action Items

- The Financial Report – March 2014 was presented.

Consent Agenda

- The minutes of April 28, 2014 were approved.

- The various purchases and contracts were approved (a complete listing can be found at cityof-winterpark.org/ccpackets)
- The lease agreement with National Railroad Passenger Corporation (Amtrak) for occupation of the new Winter Park Train Station located at 148 W. Morse Blvd. was approved.

Public Hearings

- The following were the results of the requests of Benjamin Partners, LTD and the Sydgan Corporation representing Bubbalous Inc. on the properties at 970,1000,1008 and 1306 Loren Ave.; 1141 Benjamin Ave. and 1313 Lewis Drive, in conjunction with the Ravaudage Planned Development:
 - The second reading of the ordinance amending the "Comprehensive Plan" Future Land Use Map to change the Future Land Use Designations of Commercial and Low Density Residential to Planned Development Future Land Use designation was approved.
 - The second reading of the ordinance amending the Official Zoning Map to change the Commercial and Low Density Residential District designations to Planned

Development District Zoning was approved.

- The second reading of the ordinance governing garbage collection service in the Center Street business corridor was approved.
- The resolution communicating support of an extension of Lee Road east of U.S. Highway 17-92 and turning south to intersect with Webster Avenue; authorizing the transmittal of this resolution to the Florida Department of Transportation, was approved.

- The resolution requesting the Orange County Board of County Commissioners to extend the life of the CRA for five years was approved.

A full copy of the May 12 City Commission minutes will be available at cityofwinterpark.org the week of June 9, pending approval by the City Commission. Remember, if you are unable to attend the City Commission meetings, you can watch them live, gavel-to-gavel as they happen. During the meeting, simply log on to cityofwinterpark.org/cclive to easily stay tuned-in to official city business.

Click It or Ticket

The Winter Park Police Department will be joining national and local law enforcement agencies for the National "2014 Click It or Ticket" seat belt enforcement wave. Stepped-up law enforcement activities will be conducted now through Monday, May 26. Officers will be focusing their enforcement efforts toward unbelted vehicle occupants around the clock during this time.

In 2012, seat belts saved an estimated 12,174 people from death. From 2008 to 2012 seat belts saved nearly 63,000 lives. Fatal injury of

front seat vehicle occupants is reduced by 45 percent and serious injury by 50 percent with proper seat belt usage.

WPPD encourages everyone to wear their seat belts and use proper child safety equipment at all times, but is asking drivers to have a heightened sense of awareness during the enforcement campaign. Buckle up and encourage your loved ones to do the same. You'll save \$114, the cost of a ticket, and may even save a life.

Tell us what you think about sustainability

Currently in draft form, the city is looking for public input to help fine-tune its Sustainability Action Plan that will ultimately help the city have a more sustainable future. Please help the city shape this plan by sharing your feedback in a survey found at cityofwinterpark.org/SAP by Monday, June 30. For more information regarding the Sustainability Program or action plan, please visit the city's official website at cityofwinterpark.org/sustainability or call 407-599-3364.

Winter Park to celebrate Farmers Market 35th Anniversary

You're invited to attend the Winter Park Farmers Market 35th Anniversary Celebration on Saturday, May 17, at 10 a.m. The Farmers Market is located at 200 W. New England Ave. Festivities will include door prizes, live music, vendor discounts, free market bags, and kid-friendly activities such as face painting, a bounce house and more. A doggie fashion show will be held on the main stage at 9 a.m. for dogs dressed in their favorite

baked good, produce or farmers market attire. Fashion show participants can register at 8:30 a.m. Call 407-599-3275 to learn more.

Round Robin Tennis Tournament

The city's Parks and Recreation Department will present the fifth annual Nancy Reed Memorial Round Robin Tennis Tournament on Monday, May 19, at the Winter Park Tennis Center located at 1075 Azalea Lane. Check-in begins at 8:30 a.m. for round-robin play from 9 to 11 a.m.

Nancy Corse Reed was born in Minnesota, raised in Maryland, and became Winter Park's internationally known professional tennis player. She was a longtime resident of Winter Park and a Rollins graduate, where she had established a scholarship fund in her and Patricia Graham's name. Reed was ranked in the Woman's USTA and ranked No. 1 in the senior USTA in seven different age divisions. She represented the United States competing as a member of six cup teams and also won 96 gold balls, the award given to a USTA national champion. The Winter Park Tennis Center at Azalea Lane was fortunate to have Reed as one of their teaching pros for 26 years, and she made invaluable contributions to all phases of their tennis programs.

Space for the Round Robin Tournament is limited and players are asked to RSVP by Friday, May 16, by emailing NancyReedScholarship@gmail.com. Snacks and beverages will be made available to players. A donation of \$10 to the Nancy Reed Scholarship Fund at Rollins College is suggested.

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Lifestyles

A place to make your dollars greener

Community bank uses environmental mission for a capitalist cause

BRITTON LARSON
Observer staff

It was 2006 and Ken LaRoe had just sold Florida Choice Bank. He had a no-compete contract, which took banking out of his near future, so the always outdoorsman took advantage of his newfound freedom to explore the U.S. with his wife. They got a mini RV and traveled the country taking in the awe-inspiring landscape while LaRoe spent hours driving and pondering: what next?

He'd always been passionate about the environment, and when he spent time on his trip reading "Let My People Go Surfing" by Patagonia clothing company founder Yvon Chouinard he knew he'd found his next endeavor. He was inspired by the philosophy of a company with a social mission, a company that focused on much more than profits. He was going to create a business that had a



service, including building community gardens.

LaRoe is hoping to be a leader and educator about green building and sustainability. He does talks and fields questions from business owners about going green. Lauren Maxwell, marketing director for First Green Bank, hopes that they can inspire big corporations to start considering environmental conservation.

"At the end of the day the strongest impact comes from those that have the biggest carbon footprint, and if the companies out there – the private organizations, banks included – all did something to contribute to the health of this planet, we could ensure that the planet as we see it today will live on for generations and generations," Maxwell said.

Many people who walk in the banks' doors aren't there because of their environmental mission, but for those who are or just so happen to be looking for information on green projects, lenders can act as a resource to connect cus-



PHOTO ABOVE BY **BRITTON LARSON** — THE OBSERVER
LEFT PHOTO COURTESY OF **FIRST GREEN BANK**

From their wheels to their electricity, First Green Bank branches are fueled by alternative energy sources.

tomers to architects and construction and solar companies that do LEED certified work. Many times they're the first stop when people don't know where to start with a green project, said Chris VanBuskirk, vice president for the bank.

Former Florida banking regulator Rod Jones – now attorney giving banks legal advice and representation – said that he's never seen anything like what First Green Bank does in Florida. They've created a niche for themselves, and while he said it remains to be seen whether it will draw more customers in the long run, their mission can't hurt.

"I think you've got to commend and respect that as a model of social responsibility and corporate responsibility," Jones said.

then I can be a rabid environmentalist too."

First Green Bank opened its first location in Winter Park, expanding the Central Florida community bank with a mission to conserve the environment to its fifth location. All the branches are built using sustainable materials and are energy efficient. The Winter Park branch is pending LEED Gold certification and its Mount Dora headquarters is LEED Platinum, both getting energy from solar panels. They offer discounted interest rates for projects that meet LEED green building criteria, fixed-rate loans for solar power panels, and the bank's First Green Foundation offers grants to locals for solar panel installation, and bank employees have offered thousands of hours of community

green mission, but had to figure out how to incorporate his banking expertise. That next year the idea of First Green Bank was born.

A lot of people told him he was crazy. Not only was he trying

something completely unheard of in the conservative financial world with his green mission, he was starting a bank during the worst financial crisis many had seen in their lifetime.

"I've always felt this way, but I was always afraid to take the leap, and now I'm taking the leap and I don't care if anybody likes it or not, it's what I'm doing," LaRoe said. "If I can be a rabid capitalist,

■ Please see **BANK** on next page

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BANK | Bank employees are encouraged to take green practices home with ongoing incentive programs

■ CONTINUED FROM PREVIOUS PAGE

And LaRoe's sense of responsibility reaches to his employees, too. He's got a passion and warmth that makes him an easy man to work for and be inspired by,

said Nancy Little, Winter Park's branch manager. The only time you might get a dirty look, VanBuskirk joked, is if he sees you with fast food.

But that's mostly because he is focused on employee health. No company money pays for junk food, but it will pay for athletic competition entry fees such as 5K races, and the Mount Dora headquarters has an on-site gym with a personal trainer available.

They also offer green loan incentives for employees, like a zero percent interest rate on loans for vehicles that get 30 miles-per-gallon and above, and there's a loaner electric car anyone can take on a long road trip - it's even been to the Grand Canyon.

LaRoe's done all this because "it's the right thing to do." He hopes that one day his model of doing business will be required for a company to be viable. He wants to disrupt the whole banking industry with First Green Bank.

"It's my personal belief that you do good by doing good," LaRoe said.



PHOTO COURTESY OF FIRST GREEN BANK

Charge up your electric car with plug-in stations installed outside of all five First Green Bank branch locations. The company encourages employees to talk the talk and walk the walk when it comes to making green lifestyle choices.



PHOTO COURTESY OF FIRST GREEN BANK

Roof-top gardens make First Green Bank branches literally green with seasonal foliage growing year-round.

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Healthy Living

Can two wheels be faster than four?



PHOTOS BY SARAH WILSON — THE OBSERVER

Rollins grad Peter Martinez was inspired to bring bike share to Orlando after a trip to D.C.

ALLISON OLCSVAY
Observer staff

Forbes.com recently ranked the city of Orlando ninth on its list of fastest-growing cities. Growth can be positive, but it can also bring major headaches for city planners and residents.

One of the most obvious and annoying growth-related concerns facing Orlando is traffic congestion. During peak commute hours, Interstate 4 turns into a parking lot. Even side streets become impassable as the area's ever-increasing populace fills the roadways, scrambling to get to work and back.

And then there's the cyclist. He whizzes by on a side street, free of the encumbrance of traffic. There's a chance he'll reach home before you do, and in a much better mood.

Two-wheeled commuters are on the rise nationwide, as well as here in Central Florida. With SunRail fresh on the tracks, Central Floridians are jumping aboard the idea of public transportation in droves; more than 50,000 riders took to the rails in the commuter train's first five days of service.

Every year the League of American Bicyclists ranks states by the percentage of bike commuters. In 2013, Florida ranked 17th overall, with a 59.3 percent increase in bike commuting since 2005. And that number is likely to rise in the Orlando area, as rail riders take to two wheels to get to and from SunRail stations.

Having recognized the need for alternate modes of transportation to and from SunRail, and



the vital role cycling can play in easing congestion, Orlando city leaders recently sent out a request for bids to bring the growing trend of bike sharing to the city.

Last month, they awarded the contract to a team of Rollins

grads who founded SunCycles, inspired by popular bike-sharing programs in other cities, such as Washington, D.C.

It was on a trip to D.C. that one of the founders, Peter Martinez, first got his wheels turning with the idea of bringing bike sharing to Orlando.

"When I was in D.C., I saw all these bikes flying everywhere. I was in a taxicab getting passed by these [bike share] bikes. They were passing us in the bike lane and I was intrigued by the concept," Martinez said.

Bike sharing works like this: throughout the city, there are stations or hubs with bikes that cyclists can rent on an hourly, monthly, or even annual basis. Users register a credit card, choose a level of membership, and reserve a bike at the location of their choice. When it is time to pick up the bike, they head to the hub and enter their reservation code on the bike to unlock it.

SunCycles, which is now a part of CycleHop, will initially offer a minimum of 20 stations located throughout downtown and surrounding areas.

Prior to the official launch in December, Martinez said anyone can suggest a bike share hub location through the app Social Cyclist available in the App Store or on Google Play.

Currently, Orlando Bike Share is considering locations in downtown Orlando, Baldwin Park, and near SunRail stations.

"We'd certainly like to be in such a bike-friendly community like Baldwin Park, but it is all in what the people suggest. We will go where riders want us," he said.

Winter Park has its own small-scale version of bike

■ Please see **BIKE SHARE** next page

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BIKE SHARE | Commuting by bicycle can reduce transportation costs like gas, tolls and maintenance

■ CONTINUED FROM PREVIOUS PAGE
 sharing thanks to a grant from Healthy Central Florida that made a handful of bikes available for checkout from the Winter Park Public Library. The city has said it will also keep tabs on the Orlando Bike Share program to see if a similar program could expand across city lines, making bikes more broadly available to Orlando-area residents.

Martinez encourages those interested in growing bike shar-

To learn more about Orlando Bike Share, or to suggest a station location, visit orlandobikeshare.com

ing in Orlando to get involved and speak up.

"We have a great opportunity to bring this to Orlando, but we need everyone's help to do it. You've seen this in other cities, if you want to make this a success, speak out, share it with friends,

suggest a station or consider sponsoring one."

Many of the hubs will have ad space that local businesses could use to promote themselves, while supporting bike share.

The bikes will be equipped with GPS tracking to prevent theft and enable lost bikes to be easily located. The onboard computer, electronic lock and bike lights will be powered by solar cells located on the back of the bike. Each bike will feature

a chainless drive shaft, which will decrease maintenance and repairs. They've even included a shopping basket. The only thing riders will need to provide is a helmet.

With a population base more than 2 million in the greater Orlando area, and no end to the growth in sight, Martinez said bike sharing is an idea whose time has come.

By removing common bike ownership worries such as maintenance and theft, Orlando Bike Share aims to bring cycling

within everyone's reach.

According to Esri statistics, the average Orlando resident spends over \$9,000 per year in transportation costs alone, a number that can be lowered with bicycle commuting.

When asked about convincing Orlando residents to give bike sharing a try, Martinez said, "Once people see bikes cruising past them while they are stuck in traffic, just like I was that day back in Washington, D.C., people will learn there is a better way to get around."



PHOTO BY SARAH WILSON — THE OBSERVER

Sharable bikes will be equipped with low-maintenance frames, shopping baskets for convenience, and GPS tracking to discourage theft.

ADVERTORIAL

Beating the belly bloat after 40

What happened? You hit 40 and your belly just started to slowly expand despite your best attempts to control it? We know you're thinking, "I'm getting fat!" and you're starting to panic, aren't you? Of course, fighting the battle of the bulge after 40 takes on a new urgency and more work, but that may not be the only reason you seem to be expanding around the waist. The problem could be bloating. Most often bloating is caused by what we eat, so here are a few suggestions to help you beat the bloat!

Cut out highly processed foods, refined sugar and flour. These foods are all notoriously difficult on the digestive system. Sugary foods, for example, cause a lot of gas because the body needs to produce more enzymes and intestinal flora to break them down. They're not so easy to digest. The increased production leads to an expanded intestinal tract because of all the gas created and — ba-bam! — you're bloated!

This next one is rather unpleasant, so we'll move through it quickly (though, if you suspect this to be the culprit behind your bloating, go see a doctor and ask for help). People who deal with chronic indigestion and bloating may have a high percentage of parasites in their systems because their food has not been cooked hygienically.

If you've been paying attention at most restaurants in the last few years, you've probably seen gluten-free menu items offered. If you're wondering why, we'll tell you: food intolerances and sensitivities. Wheat and sugar are the two most com-

mon offenders (and the two most common ingredients in the American diet). The best way to beat this bloat: Stop eating these two foods. Cut them out. It may be painful, but try it for a week or so and see what happens. Do you notice a difference in your bloating? Does your digestion just seem easier?

Darn that cream of broccoli soup and cheesecake! Lactose intolerance is also a major cause of bloating. Lactose intolerance happens when your body doesn't produce enough lactase, an enzyme that breaks down the sugars in milk. Lactose intolerance can cause bloating, flatulence, stomachache and diarrhea. Lactose supplements can help with the problem, but your best bet is to avoid foods with lots of lactose.

We all know hormonal changes can cause bloating as well, but this bloating should subside after a couple of days.

Bloating isn't comfortable and it isn't pretty, and when you're working hard to stay fit, it can be downright discouraging. Take a look at some of these common reasons for bloating and think about how they apply to your life and your diet. Pay attention to how you feel after eating some of these foods, and then try removing them from your diet and see if you notice a difference. If you're still having trouble, consider talking to your doctor to find out if there may be a different reason for your bloating.

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Summer Gardening

Tia Silvasy,
 OWC Garden Consultant

May in Florida means summer is here! The month of May is a transition time in the garden, moving spring crops and planting the summer garden. It's going to get hot and rainy, so gear up your garden with heat-loving plants.

It is a myth that you can't grow anything in the summer. In fact, there are a lot of vegetables that grow well in the summer. Some of my favorite summer vegetables include black-eyed peas, collards, rattlesnake pole beans, speckled lima beans, New Zealand spinach, okra, cherry tomatoes, sweet potatoes, Malabar spinach, turnips, and yard-long beans. Make sure to get the Florida heirloom variety of the Seminole pumpkin, as this variety is resistant to squash borers.

Don't forget to grow some herbs and flowers too! Good herbs to plant now are basil, chives, dill, sage, mint and thyme. Flowers are a delightful addition and help bring color and pollinators. Try the native gaillardia, coreopsis, marigolds, cosmos and zinnias.

Cover cropping is a great way to keep your garden beautiful with minimal maintenance. Cover crops help to increase the organic matter in the soil and add some nitrogen too. One easy cover crop to grow is the sunn hemp (*Crotalaria juncea*),



which is even known to reduce root-knot nematodes in the soil. Other crops that are good for Central Florida gardens include cowpeas, sorghum, millet, lablab bean and velvet bean.

If possible during this transition time, clear all of the old vegetation out of your garden bed and fill it to the top with compost. Also, apply a thick layer of mulch to the garden to prevent weeds from growing and keep the soil from drying out.

Our Whole Community, a 501(c)(3) non-profit faith-based organization that brings communities together to establish relationships and share resources resulting in innovative programs that inspire, motivate and educate individuals in their pursuit of optimal health. For more information on Our Whole Community, please visit ourwholecommunity.org. Our Whole Community is pleased to contribute monthly to the Winter Park Observer. Email owc_ed@me.com for inquiries about OWC.

Free Comic Book Day



PHOTOS BY SARAH WILSON
— THE OBSERVER

Members of The 501st Legion representing those of a galaxy far, far away descended upon the Maitland Public Library to celebrate Free Comic Book Day with local kids on May 10.

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Grilling our way to colon cancer?

DEAR DR. ROACH: Americans are infatuated with grilling, barbecuing and charring meat — all forms of high-temperature cooking. Isn't charred food carcinogenic, leading to stomach and colon cancers? — S.B.

ANSWER: Yes, charred meat is carcinogenic, at least according to the preponderance of the data. In fact, increased consumption of red meat of any kind probably increases overall cancer risk, but high-temperature cooking creates several kinds of toxic chemicals and increases colon cancer risk specifically.

There is some evidence that leaner cuts of red meat aren't as dangerous, and also that marinating, especially in wine, reduces the production of the dangerous chemicals. I recommend limiting consumption of high-temperature-cooked red meats.

DEAR DR. ROACH: Two years ago, at age 90, my gynecologist told me that I did not need to see him anymore because of my age. When I mentioned this to my daughter, she became outraged, and said that I need to continue my mammograms and visits to the doctor. What is your opinion? — I.W.

ANSWER: This is actually three questions in one — and none of them are easy. How long do you "need" to continue Pap smears and mammograms, and do you need to keep seeing your gynecologist?



The Pap smear question actually is the easiest, since there is very good evidence that a woman who has had normal Pap smears regularly until age 65 is very unlikely to get cervical cancer. This does not apply to anyone with a history of cancer.

When to stop mammograms is controversial. I feel that they can continue in healthy women indefinitely, but especially in the presence of some other serious disease, a woman over 75 could choose to stop.

I still recommend a regular visit with the gynecologist. Even if a mammogram or Pap smear isn't being done, the gynecologist can discuss other concerns and do an exam.

Questions about breast cancer and its treatment are found in the booklet on that subject. To obtain a copy, write: Dr. Roach — No. 1101W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for

delivery.

DEAR DR. ROACH: Our 48-year-old son has been diagnosed with pityriasis rubra pilaris. He is miserable with the burning, red rash and the loss of skin cells. He now has extremely swollen ankles and feet. We know this is extremely rare. Can you lend any insight into treatment of symptoms? — C.D.

ANSWER: Pityriasis rubra pilaris (PRP) is a rare inflammatory skin disease of unknown cause.

Generalized redness, sometimes with islands of unaffected skin, is common. Scaly plaques and raised red bumps also occur.

There are several treatments that have been effective for some people, but nothing is effective for everybody. Vitamin A derivatives are the usual first treatment, but more-powerful medicines often are needed. As is so often the case for rare diseases, finding the most experienced local expert (in this case, a dermatologist) can

lead to better treatment for your son. I found a support group at prpsupport.org

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to P.O. Box 536475, Orlando, FL 32853-6475. © 2014 North America Synd., Inc. All Rights Reserved

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ADVERTORIAL

Taking compliments with ease and grace

Our culture values giving way more than receiving. There is a moral greatness attached to it that everyone aspires to. If we're not giving – our time, resources, energy, love – then guilt and shame chase us down till we're fully enveloped in them, desperate to give even more to compensate for this disgraceful moment of not-giving-enough. Women, particularly mothers are naturally drawn into this web of guilt and shame if we are not giving, giving, giving.

And then one day we stop. We feel angry, resentful and misunderstood for giving so much of ourselves and not receiving enough. And these three words spill out of our mouth "I've had enough."

And in that moment of blocking of our giving side, our suffering truly begins.

Each woman in her true essence, has the capacity to experience an explosion of love,

compassion and generosity in her heart that guides her to share her joy, laughter, love, blissfulness and ecstasy with any and everyone.

She doesn't hold back, all she wants to do is share.

And yet, we find ourselves saying, "I've had enough" way more than "I want to share all I've got." Why is that?

In my understanding, this is because we suck at receiving. And when we block one entire half of the equation, the other becomes lopsided, creating imbalance and disease in our body-mind. We get tired, resentful, angry and frustrated. And sick.

Imagine if the tree said to the sun and the river: "I really don't

want to receive sunshine or water. All I want to do is give fruits (or shade) to the world."

We can't survive, let alone thrive, celebrate or truly shine, if we don't learn to receive well.

When we squirm uncomfortably during a hug, brush off a compliment, hastily put aside that gift (and promptly bring out ours), refuse that spa treatment ("I don't have time for that!"), pretend the promotion never happened: it not only creates an unhealthy imbalance in us, it is offensive and hurtful to the giver.

As we move into the summer, there is both a sense of excitement and trepidation: we look forward to it, but also wonder if we might get exhausted from giving, arranging, offering, doing aspects that come with it. But when we open our hearts and minds to the idea of truly receiving, then the stress-levels start to plummet.

I want you to close your eyes

and think for a few moments about the last time you received with grace and ease.

Was this receiving accompanied with a feeling of deservingness? Did you acknowledge yourself fully, unabashedly, unapologetically in that moment? Were you able to look into the eyes of the giver and thank them? It doesn't matter what was shared, it could've been attention, a compliment, gift, promotion, new friendship, pleasure, money, a hug, kind gesture or any other acknowledgement. Did you really receive it with gratitude, grace and ease?

Here's a proposed experiment for the next few weeks: receive all compliments with grace and ease.

My tips:

1. Don't diminish the compliment by talking about how old or cheap the dress/accessory/scarf/shoe is.
2. Don't negate the compli-

ment by offering another one right away.

3. Take a few deep breaths and allow the compliment to truly sink in.

4. Look into the person's eyes, feel your heart, and express your gratitude.

5. Allow yourself to experience the joy of receiving a compliment.

6. Share this joy whenever it overflows.

Puja Madan is a women's health coach, writer and speaker. She has received her training from the world-renowned Institute for Integrative Nutrition, New York. Puja offers powerful health and wellness programs for young women, in person or online, empowering them through healthier food and lifestyle choices. Puja practises Yoga and meditation daily and believes that all inner growth starts with a love affair with oneself! For more information visit www.innerscientist.com or www.facebook.com/innerscientist



ADVERTORIAL

Healthy Central Florida to award \$25,000 in grants to improve access to healthy food

Healthy Central Florida offers mini-grants for innovative ideas to improve access to healthy food

Healthy Central Florida is offering \$25,000 in Health Innovation Grants for the second year in a row. This year, grants

will focus on projects that promote healthy food access, connect consumers to healthy food, or encourage availability

and consumption of fresh/healthy food. The primary target area for these grants is the service area

of Healthy Central Florida: Eatonville, Maitland and Winter Park.

Today more than 50 percent of all adults and nearly a third of all children are either overweight or obese. Many people have greater access to unhealthy food options than to healthy ones, which makes eating well even more



difficult. "We want to help improve access to fresh fruits and vegetables and healthier food options throughout our communities," said Jill Hamilton Buss, executive director of Healthy Central Florida. "The goal is to make the healthy choice the easy choice in every environment. For kids at school, adults at work or for

people at church or shopping in their community, we want to see healthy options available at every turn, and these grants are designed to promote that."

In order to inspire public participation in what must be a collective effort to improve health, Healthy Central Florida is offering up to \$25,000 total in grants to individuals or organizations which have innovative ideas on how to increase healthy food choices and access for people in Eatonville, Maitland and Winter Park.

To educate the community about promising strategies and engaging them in the grant process, Healthy Central Florida hosted a health innovations grant workshop on May 14 at the East End Market. The workshop featured Jessica Donze Black of Pew Charitable Trusts, along with other local food experts and entrepreneurs who are working on innovative food projects.

More than 70 people attended the workshop, a prerequisite for applying for the grant. Applications are due May 28, and winners will be announced the week of June 9. The \$25,000 will be distributed among multiple grantees.

Last year, Healthy Central Florida offered its first round of Healthy Innovation Grants that focused on encouraging physical activity. A bike check-out program at the Winter Park Public Library, a program to help kids walk and bike to school safely, and marked walking paths in Maitland are just a few of the grant-funded projects that came out of last year's workshop.

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Fresh asparagus makes spring recipes pop

Nothing says spring is here like a beautiful bunch of crisp asparagus. While asparagus is available year-round, it's much better when purchased locally.

Asparagus is easy to select and prepare, and comes in a variety of vibrant colors including green, violet, purple and white. It also grows wild and is commercially available fresh, frozen and canned. The stalks range in size from colossal to small. Various types and colors of asparagus can be used without a noticeable difference in taste, so mix and match colors and sizes for visual interest. It tastes delicious hot or cold.

Asparagus should be crisp and firm, not limp or wrinkled, with tightly closed tips. Dull colors and ridges in the stems are an indication of a lack of freshness. The stalks should not be limp or dry at the cut, but should be of uniform thickness.

If you're planning to use the asparagus on the same day, rinse it under cool water and pat the stalks dry with a paper towel. Smaller stalks can be broken or cut at the point where the stem naturally snaps. Peeling the end of thicker stalks with a paring knife or a vegetable peeler removes any woody stems and can be done up to two hours before cooking. Place the prepared asparagus in a plastic bag in the refrigerator to stay



crisp. Never wash or soak fresh asparagus before storing. If the asparagus is bound with a rubber band, remove it, as it will pinch and bruise the stalks.

Asparagus can be stored up to two days if the stalks are trimmed and placed upright in a jar with about an inch of water in the bottom. Cover the asparagus with a plastic bag and store the spears in the refrigerator. It also freezes well if blanched first in hot water.

Asparagus is a nutritional powerhouse. One-half cup of cooked asparagus contains

significant amounts of folic acid, vitamin C, potassium and beta-carotene. It's also a heart-healthy food, and a natural diuretic.

This versatile vegetable works well as a room-temperature appetizer, blended into a soup, as a flavorful side dish, the main ingredient in a colorful salad or as part of a main course like my recipe for Lemon Chicken with Asparagus:

1. In a large non-stick skillet, heat the oil over medium-high heat. Season the chicken pieces with the salt, pepper and poultry seasoning. Place the chicken, skin-side down, and cook for 5 to 7 minutes. Turn the pieces skin-side up, and cook until golden brown and done, about 5 minutes.
2. Stir in the garlic and red bell

pepper. Add the asparagus and cook for 1 minute. Stir in the zest and the chicken stock and bring to a simmer. Cover and cook for 3 minutes. Serve immediately over hot rice.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven

cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is divapro.com. To see how-to videos, recipes and much, much more, 'like' Angela Shelf Medearis, The Kitchen Diva! on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis. © 2014 King Features Synd. Inc. and Angela Shelf Medearis

LEMON CHICKEN WITH ASPARAGUS

- 4 chicken breasts, about 3 pounds, washed and with fat trimmed and removed
- 1 1/2 tablespoons olive oil
- 4 garlic cloves, chopped
- 1 red bell pepper, chopped
- 1/2 pound asparagus, stalks trimmed and cut into 1-inch pieces
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 1/2 teaspoons poultry seasoning
- 1 teaspoon lemon zest
- 1/2 cup chicken stock
- 3 cups cooked rice

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Tips and tricks to living until you're 100

The U.S. Census Bureau has released a long-term research report on the differences between centenarians and seniors who are age 65 and older.

Pulling in data from a previous report, Centenarians 2010, this research is an overview of 2007 to 2011 and focuses on marital status, education, veteran status, income and poverty levels.

Here's what it learned:
 — Women made up the majority of those who had lived a century or more, at 81 percent. In the over-65 group, women were at 57 percent.

— Marital status: Most centenarians (82 percent) were widowed. Because of age, the over-65 group had a lower rate

SENIOR NEWS LINE

by Matilda Charles

of 29 percent widowed.

— Education: A surprising 43 percent of centenarians did not finish high school. In the over-65 age group, 23 percent didn't receive a diploma. Of those who went on to college, 15 percent of centenarians earned a bachelor's degree or higher, with 21 percent of the over-65 group earning a degree.

— Veterans: Only 0.5 percent of women centenarians were veterans, but the num-

ber wasn't much higher for women in the over-65 group, with 1.15 percent having served their country.

— Income: Of the centenarians, 83 percent received Social Security, compared to 88 percent of the over-65 group. The amount of benefits was lower, of course, for the centenarians because Social

Security is based on what you put into the system. Of the centenarians, 17 percent lived in poverty, compared to 9 percent of the over-65 group.

Want to live to be a centenarian? Dr. Thomas Perls, co-author of "Living to 100: Lessons in Living to Your Maximum Potential at Any Age," has some tips: Be adapt-

able and flexible. Get rid of stress. Be optimistic. Exercise. Own a pet. Those are good goals for people of any age.

Matilda Charles regrets that she cannot personally answer reader questions, but will incorporate them into her column whenever possible. Send email to columnreply2@gmail.com. © 2014 King Features Synd. Inc.

Bridging the gap between reality and our grasp of it

Our church just finished a "50 Days of Fitness" program, which kick-starts "Journey 365," a health program designed by local pastor Todd Lamphere of The Venue Church in Apopka (www.enjoythejourney365.com/journey-365). Originally designed for a church, Journey 365 was eventually given a secular track for use in public institutions and has transformed the physical lives of



Jim Govatos
Reality Lines

people throughout Central Florida.

It certainly transformed me. During the 50 Days of Fitness, I set some goals for myself. I wanted to lose 10 pounds and I wanted to be able to work up to a 3-mile run without stopping. Marathoners may scoff, but for someone who had never run more than a half-mile in his life, it was pretty challenging. I accomplished both goals. Now, I tell you that not to brag, but to share some things I relearned along the way.

Before I began the 50 Days of Fitness, I was already in reasonable shape, working out at the local YMCA about five days per

week. However, reasonable is not the same thing as good, so I set out on a journey to improve. Here are some things I was reminded of:

1. Numbers don't lie. Before the 50 days, I watched what I ate. During the program, I actually counted what I ate using an iPhone app. Until I started counting, I didn't realize how delusional I had been! The same thing goes for the running. Prior to the program, I would run until I felt really tired, then quit. Paying attention to the numbers helped me push through the feelings to the reality.

2. You develop a taste for what you pursue. Prior to my "get fit" commitment I had two major downfalls when it came to food: fried foods and ice cream, neither of which is the breakfast of champions. Oh how I missed those things when I first started counting the numbers! But a funny thing happened about halfway through. I tried eating some fried food and my stomach really didn't have room for it. I wish I could say the same thing about ice cream! The point is this: As I started eating more healthily, healthy seemed more normal.

3. Inch by inch, life's a cinch. Most of us are impatient for results. I wanted to lose 10 pounds the first week and be marathon-fit by the end of 50 days. However, I took a more modest approach, taking each day one bit at a time, and eventually I began to see the change happen. In my case, consistency was more important than valor.

Of course, I gained far more from the 50 days than just a little weight loss and stronger legs. I was reminded in a fresh way of how physical lessons transfer into all aspects of life. Numbers don't lie — even though we'd like them to at times. There is often a significant gap between reality and our grasp of it. What we pursue will eventually become normal for us. The challenge is: what will we pursue? Real change happens when we make daily commitments to attend to little things that eventually compound into big things.

My journey all began with a feeling of dissatisfaction, however slight, with the way things were. I think most of us experience that transformative dissatisfaction in our lives from time to time. We see the gap between how things are and how they ought to be. The question is, do we have the courage and patience to close the gap?



*Are you ready for summer?
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Before



After

"My goal was to lose another 10 pounds and firm up my legs and arms. I firmed them up and lost 20 more pounds in 6 months"
— Monica Meier

"They fit me! I haven't worn my jeans since 3 years ago! It only took four months."
— Elisa Ochoa



Before



After

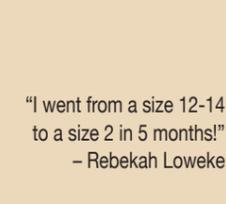


Before

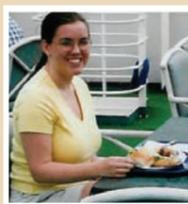


After

"Going from a triple D to a size A in bras!"
— Loreen Lott



"I went from a size 12-14 to a size 2 in 5 months!"
— Rebekah Loweke



Before



After



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Dr. Nancy Rudner Lugo
Health Action

working in the midday Florida sun.

Drinking water throughout the day can keep the body well-hydrated and feeling more satisfied. Many times we sense our body craving food when we really are thirsty. A cold glass of water can curb the appetite.

You are what you drink, and water is the best drink. You can't beat the price of our local tap water. Calories and sugar: zero. In contrast, a 12-ounce can of soda is packed with 140 calories and 39 grams sugar. The sugar-free sweet drinks have artificial sweeteners that have their own drawbacks. Other drinks can be deceptive. Popular sports drinks, such as the one named after a popular Florida team, were designed for 48 minutes of intense offense and defense play in the heat, not for all day activity. They are also loaded with sugar or sugar substitutes as well as salt, which most of us do not need. You lose salt when you sweat, but most people get plenty of salt through prepared foods.

Bottled teas may sound like a good alternative, but a typical 16-ounce bottle of sweet tea delivers more calories and salt than a can of soda, about 180 calories and 46 grams of sugar. In spite of advertisements about quenching your thirst, beer and other alcohol actually add to dehydration. All of this brings us back to the best drink of all, water. A wedge of lemon or lime in a glass of tap water can add a nice flavor.

When you are exercising in the Florida heat, it helps to start out well hydrated. The American Council on Fitness recommends you drink 20 ounces of water a few hours before exercising, 8 ounces a half hour before exercising, and 8 ounces every 20 minutes during your workout. It is important to drink before you get thirsty.

When you do not have enough fluid, your body naturally tries to preserve what you do have. Your urine may become more concentrated. If your urine is bright or dark yellow, you may be dehydrated.

It should normally be almost clear.

When you don't have enough water, the body protests. Dehydration can happen quickly in the summer heat or when you lose fluids from vomiting or diarrhea. Headaches, muscle cramps, thirst, dizziness, and lack of sweat are dehydration signs. Severe dehydration is a medical emergency, as it can lead to heat stroke as the body shuts down.

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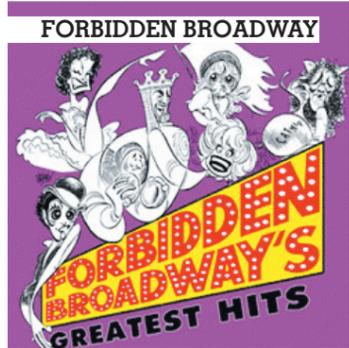
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Josh Garrick
Culture for your calendar

Final week – Now through May 17 – ‘Forbidden Broadway’s Greatest Hits’

“Forbidden Broadway” has been a hit musical revue — lovingly satirizing Broadway shows and stars — for decades. Now the singing actors of the Winter Park Playhouse are producing the



laughs as they present “Forbidden Broadway’s Greatest Hits” — where Broadway’s music legends meet Broadway’s greatest satirists in a hilarious tribute to the “Great White Way.” Call 407-645-0145 or visit Winterpark-playhouse.org

Now through May 18 – ‘Ghost the Musical’ at the Bob Carr

For one week only, “Ghost the Musical” delivers a visual experience that allows us to relive the magical moments from the Oscar-winning movie in a Broadway musical. Using the latest theater technology, we’ll see holograms, back-screen projections and other amazing special effects accompanied by an original score

from Grammy Award-winners Dave Stewart and Glen Ballard. Adapted from the hit film by its Academy Award-winning screenwriter Bruce Joel Rubin, this eye-poppingly brilliant musical is at the Bob Carr from May 13-18. Visit orlandobroadway.com



Now through May 27 – The 23rd annual Orlando International Fringe Festival

The wacky, weird and always wonderful festival of plays called Fringe will present 100 performance groups in Fringe 2014. The oldest non-juried festival in the United States, the Orlando International Fringe Theatre Festival’s philosophy is to be 100 percent uncensored, 100 percent non-juried, and 100 percent accessible. This celebration of the arts takes place at Loch Haven Park in the last two weeks of May. It offers uncensored performances, an outdoor stage, Visual Fringe (fine art) and Kids Fringe! Note: You’ll want to check the schedule for plays that are adults-only and which ones are age-appropriate for kids. Visit orlandofringe.org for a complete schedule.

Opening tonight – May 15 to June 14 – Redefine Gallery presents ‘Dualities’

Redefine Gallery, located within the CityArts Factory at 29 S. Orange Ave. in Orlando, will present “Dualities,” a two-person show featuring paintings by artists Loaf Ninja and Chad Pollpeter. Both artists paint sub-

■ Please see CULTURE on next page

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UNIVERSAL Observer Winter Park / Maitland

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CULTURE | Catch a peek inside some of Winter Park's loveliest remodeled historic homes this weekend

■ CONTINUED FROM PREVIOUS PAGE
jects of a surrealistic nature with works focusing on concepts of time, life and death, beginnings and endings, religion and science. The public is invited to an opening reception, set for May 15 and beginning at 6 p.m. Call 407-648-7060 or visit redefinegallery.com

Opening tonight – May 15 to June 13 – 'Picturing Main Street' at CityArts Factory

As part of Third Thursday's May 15 events at the CityArts Factory in downtown Orlando, an opening reception will begin at 6 p.m. for "Picturing Main Street," hosted by Lisa Cuatt, showcasing Orlando's artists and the city's eight Main Street districts: Audubon Park, Church Street, College Park, Downtown South, Ivanhoe Village, Mills 50, Semoran Boulevard and Thornton Park. Central Florida artists will create works depicting what is unique to each district. While you are having fun recognizing the street where you live, the surprise judge for the event will be Orlando's Mayor Buddy Dyer. Call 407-648-7060.



CHER

May 16 – Cher comes to the Amway Center

The original one-name diva — Cher — comes to the Amway Center on May 16. 'Nuff said. When I can write one syllable, and everyone in the world knows exactly whom I'm writing about, this is a celebrity who truly needs no introduction. So the simple fact is Cher will appear at the Amway Center in Orlando on May 16. Cher's special guest is Cyndi Lauper who, in 2013, became the first solo woman to win the Tony Award for Best Original Score for "Kinky Boots," itself a Tony Award-winner for Best New Musical. Visit Amwaycenter.com

May 16 to Aug. 29 – 'Honoring, Gratitude and Guilt' – The art of Linda Brant

Recent artwork by Linda Brant will be featured in an exhibit at the Winter Park Welcome Center with an opening on May 16 from 4 to 6 p.m. The exhibit, titled "Honoring, Gratitude and Guilt," showcases Brant's multi-year investigation into the subject of "honoring" animals. Maps, diagrams, photographs and bone sculptures coalesce as Brant presents us with the contradictions

and inconsistencies in our treatment of non-humans. The Winter Park Welcome Center is at 151 W. Lyman Ave. Visit cityofwinterpark.org

May 17 – The James Gamble Rogers II Colloquium on Historic Preservation

Nicole Curtis, star of HGTV's "Rehab Addict," will headline the eighth annual James Gamble Rogers Colloquium on Historic Preservation set for May 17 from 9:30 a.m. to 4 p.m. Sponsored by the Friends of Casa Feliz, the morning session will be held at Rollins College. Curtis will speak on the topic "Restore, Repurpose, Reuse!" After lunch, the program will resume with a tour of Winter Park's loveliest remodeled his-

toric homes. (Shuttle buses provided.) The cost is \$50 per ticket, and registration information is available at casafeliz.squarespace.com

May 16, 17 and 18 – Breakthrough Theatre presents 'Mimes, Freaks, and Actors'

An evening like "Mimes, Freaks, and Actors" — an evening of original pantomime scenes and comedy and dramatic sketches written by local playwrights — deserves our respect for the simple reason that it brings attention to local talent. Playwrights Coletyn Hentz, Eric Callovi and Justin Hughes offer a variety of topics — from the creation of a big-budget movie to a pantomime of a father watching his son join the Army. For three performances only — May 16, 17 and 18 — call 407-920-4034 for your reservation.

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9420 Deep Lake Road, Suite 1024, Oviedo (407) 706-3900 www.SchoolofRock.com

PRESENTS LIVE! TRIBUTES TO:
QUEEN
- AND -
JIMI HENDRIX

Saturday, May 10, 2014
Tribute to **QUEEN** @ 1:00 PM
Tribute to **JIMI HENDRIX** @ 2:30 PM
88 King's Blues Club, Pointe Orlando
9101 International Drive
Tickets \$5 In Advance from **SCHOOL OF ROCK** or at Door



May 17 – The music of Chicago; Earth, Wind & Fire; and Blood Sweat & Tears

May 17 is the date for the always popular Orlando Philharmonic's annual outdoor concert at The Springs at Woodbridge Road in Longwood. This year the concert features the Orlando Philharmonic rocking to popular hits like Chicago's "Does Anybody Really Know What Time It Is?" and "25 or 6 to 4," Blood Sweat & Tears' "You're the One" and "Spinning Wheel," and Earth, Wind & Fire hits like

"Boogie Wonderland" and "Let's Groove." Bring a picnic! Gates open at 5 p.m. and the concert begins at 8 p.m. Call 407-770-0071 or visit orlandophil.org

May 17 – The School of Rock turns up the volume in Orlando

Demonstrating its teaching concept that gets kids and adults rocking to the classics while performing live with their peers, the performance-based School of Rock will have young Orlando-

■ Please see CULTURE on page 18

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- June 9 - 13
- June 16 - 20
- June 23 - 27
- July 7 - 11
- July 14 - 18
- July 21 - 25
- July 28 - 1
- Aug. 4 - 8
- Aug. 11 - 15

Campers will participate in Gymnastics, Obstacle Courses, Rock Wall, Arts and Crafts, Games, and Batting Cages.



\$150 for week - \$40 per day

*Must register 3 days in advance

Camp runs from **9:00 am - 3:00 pm** daily with extended care options of 7:30 am - 6:00 pm

Bring your own lunch and snacks

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NYPHOMANIAC: VOL. II
Sat 11:30

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FREE on the lawn with Happy Hour Specials from 7-11PM!
Wed 8PM

ENZIAN
FILM • FOOD • FRIENDS

CULTURE | Come celebrate the Winter Park Farmers Market's 35th anniversary with a doggie fashion show

■ CONTINUED FROM PAGE 17
 area musicians rocking on stage at Will's Pub at 1042 N. Mills Ave. on May 17 at 3 p.m. and 4:30 p.m. Forty students, ages 8 to 18, will perform live concerts featuring the music of Jimi Hendrix (3 p.m.) and Queen (4:30 p.m.). Visit oviedo.schoolofrock.com

May 17 and 18 – Orlando Gay Chorus presents 'Pillow Talk'

Inspired by the classic romantic-comedy movies of the 1950s and 1960s — the naively "sexy" Doris Day-Rock Hudson comedies such as "Pillow Talk" — the Orlando Gay Chorus brings two performances of romance, sophis-



JOSH GARRICK



WINTER PARK FARMERS MARKET

tication, fun and intrigue to the stage of Plaza Live. Performances are May 17 at 7:30 p.m. and May 18 at 4:30 p.m. Plaza Live is at 425 N. Bumby Ave. in Orlando. Visit plazaliveorlando.com

May 17 – Winter Park Farmers Market's 35th anniversary

Beginning at 9 a.m. on Saturday, May 17, the Winter Park Farmers Market will begin the celebration of its 35th anniversary. The fun will include door prizes, live music, vendor discounts, free market bags, and activities for the kids. A doggie fashion

show will be held on the main stage at 9 a.m. The Farmers Market opened May 19, 1979, with eight vendors; 35 years later, the market hosts more than 80 vendors and more than 5,000 visitors shopping for kitchen and garden items. Located at 200 W. New England Ave. Call 407-599-3275 or visit cityofwinterpark.org

May 18 and June 1 – Josh Garrick book signing at Winter Park Public Library

Observer Arts Editor Josh

Garrick recently returned from making art history as the first American in the 125-year history of the National Archaeological Museum of Greece, to be invited to exhibit in that world's top-10 museum. On May 18 and June 1, Josh will sign his new book and share insights about the Parthenon at two free events at the Winter Park Public Library. On May 18 at 2 p.m. – "How the Parthenon came to be," and June 1 at 2 p.m. – "The Parthenon – Over 2,400 years." Both lectures are free. The library is at 460 E. New England Ave. Call 407-623-3300.

Josh Garrick is a writer, photographer, educator, and fine art curator. He is a member of the Curatorial Council for the Museum of Florida Art. Garrick can be reached at joshgarrick9@gmail.com or 407-522-3906.



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Opinions



Chris Jepson

Perspectives

Whatever is, does not have to be

Everything is a human construct. All of our material possessions, how we organize society and govern ourselves, our economic system, religion, our personal relationships (marriage/family), what we deem relevant and important, our values, everything associated with being human is the result of our (historical) actions. Such awareness begs the question, "Is this the best we can do?"

One of my favorite jazz songs is "Compared to What," by Les McCann and Eddie Harris. It's off their 1969 album, "Swiss Movement." The chorus rocks with, "Tryin' to make it real compared to what." When I ask, "Is this the best we can do?" it is within the context of, "compared to what?"

I've been reading history in large doses since the late 1960s when I finished my undergraduate degree and began my master's in history. Our history is accessible. With a little perseverance the "average" person can get their minds around our story. Depending on "current" theory, we started walking out of Africa anywhere from 60,000 to 125,000 years ago. We started writing down "our story" approximately 5,000 years ago.

I remember when I first read Isaac Asimov's science fiction classic, "Foundation." One of the themes of his book is the inexorable spread of humanity, that we'd been at it, off-earth (populating the "known" universe) for hundreds of thousands of years. Imagine trying to have any historical grasp of our species if we had to deal with that amount of time passing. But we don't, we have, at best, 5,000 years of texts (accounts) and, oh, say 40,000 years of art (symbols) of our species. It's unequivocally knowable, our story.

And what a slog it has been. From isolated individual "family" units, to tribes, to city-states, to nations and empires, and all manner of "governance" in between. All of it we made up as we went along. Through trial and error it was so many steps

forward with so many steps backward. Undeniably, along the way, we've pursued better governance.

We have documents dating to approximately 2400 B.C. of one of the first legal codes from the reign of Urukagina in Mesopotamia. Know what? They were dealing with problems similar to our own, limiting both religious authority as well as that of large property owners. Some historians also assert that Urukagina's Code records the first written examples of the degradation of women. Ah, two steps forward, two steps backward.

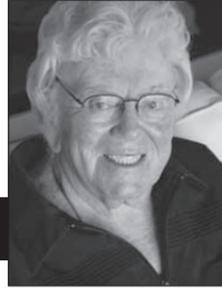
So here we are in America some 4,500 years since the reign of Urukagina, governed by the longest-running democracy in the history of our species. Everyday the United States exists is another one for the record books. America has done, comparatively speaking, a laudable job of providing "rights" and opportunities for a lot of its citizens — that is if you didn't have the misfortune of being a minority or poor.

Right now our democracy is so ineffectual and polarized I fear for America's future. It's as if some dystopian, bastardized version of Orwell's "1984" is in the ascendancy, of nation states, of people supplanted by their corporate "citizens." We will all lose.

We watch Nero (our representative democracy) fiddle as Rome (America) burns. Nothing lasts. People. Nations. Stars. We all feel this. But it's profoundly disturbing when citizens begin wondering, "Will I or America succumb first?"

Yes, America is a human construct. But must we step backward, uh, rightward? Can we not be better, compared to what we might imagine? Whatever is, does not have to be.

Jepson is a 27-year resident of Central Florida. He's fiscally conservative, socially liberal, likes art and embraces diversity of opinion. Reach him at Jepson@MEDIaAmerica.US



Louis Roney

Play On!

'Pot' and Proust

- Last Friday, b.w. and I, along with our good buddy Victor, drove to the west coast of Florida and visited two great museums: the Henry B. Plant and the Salvador Dali — eminently worthwhile!

- Marijuana: Having never used "pot," my attitude toward the marketing of the drug in our fair city is negative. If there is urgent need that medical marijuana be available, wouldn't it make sense to sell it at drug stores located in hospitals? Additionally, hospitals might enjoy the income.

- Almost all New Yorkers come from somewhere else. B.w. came from Columbus, Ohio, and I was an Atlanta-born Cracker raised in Winter Park. B.w. and I met in New York and, after an extended period of admiring each other, finally caught a cab downtown to City Hall and got hitched. In NYC we were "west-siders" — natch, being musical performers and realistic, down-to-earth human beings! B.w. opines that "east siders" in NYC are mostly corporate officials and business types —Dullsville!

B.w. and I probably never did anything the way normal people do. For example: when we went on our Florida honeymoon, we bought a house we didn't need, when we weren't even looking for one! (Don't you just love nuts like us?) Of course, neither one of us was working at the time, but thank God we had both saved up a few shekels for dangerous occasions such as getting married.

You may recall that when we drove down to Winter Park so b.w. could see where I had sprung from, we did the craziest thing we possibly could have done — buying that house with lots of rooms, two stories, and four bathrooms! We were prepared to be a big family, except that I was already pushing 60, and b.w. was some 17 years younger. You may have heard that people in love do stupid things, and I offer our case as a perfect example.

A higher power soon engaged me as a distinguished professor at the University of Central Florida, and b.w. and I capped off the madness by starting Festival of Orchestras, bringing five world-class sym-

phony orchestras to Orlando each year. B.w., who had played in many orchestras for years, was to run it. Everything we did somehow worked — and we didn't end up in debtor's prison. Instead, by the time I was only 85, we were self-sufficient and could enjoy the many beckoning years before us, as well as the misjudgments that, looking back, we had camouflaged as virtues.

- I had grown up in the heyday of Franklin D. Roosevelt, a man who converted a string of goofs into the longest presidency on record. Today's political errors we recognize immediately as part of a present that we would like, in vain, to put behind us.

Time is the most difficult of dimensions to manipulate — however, we're stuck with it. The human race futzes around studying the history of a barbaric past, while trying unsuccessfully to envision the scary unknown that we must dare to face eventually. In retrospect, human occupancy of this Earth appears to be a long account of destructive activities bundled up into neat little books stacked in rows in libraries. But centuries of history are, in truth, a jumble of man's inhumanity to man, a hodgepodge of immoralities without much rhyme or reason even as it unfolds.

We talk a lot about logic, but when have we managed to string any two periods of logic together to make sense for long? It is the permanent unknown that spurs us on as it concomitantly holds us back, while we read Proust and try to rethink "Remembrance of Things Past" — times when we probably never even existed. The past contains our pleasures and our regrets. The future holds our unrealized hopes. A doctor feeling your heartbeat measures your present more meaningfully than you may ever do.

About Roney: Harvard'42—Distinguished Prof, Em.—UCF 2004 Fla. Alliance for the Arts award (Assisted by beautiful wife Joy Roney)

EDITORIAL CARTOONS



THE MARKETPLACE



OBSERVER
Open Houses

KELLY PRICE & COMPANY

Saturday, May 17th:

627 Dunblane Drive, Winter Park, FL 32792
3 BR | 2 BA | 2,554 SF | \$374,250
Adorable pool home in sought-after Kenilworth Shores neighborhood with great curb appeal! Completely updated with crown molding, resurfaced wood floors, completely new modern kitchen, remodeled bathrooms, updated windows, new fixtures and more. Fantastic floorplan with large rooms that flow seamlessly from one to another with designer niches, perfect for entertaining.
Hosted by: Pamela Seibert with Kelly Price & Company from 2-5 PM

Sunday, May 18th:

627 Dunblane Drive, Winter Park, FL 32792
3 BR | 2 BA | 2,554 SF | \$374,250
Adorable pool home in sought-after Kenilworth Shores neighborhood with great curb appeal! Completely updated with crown molding, resurfaced wood floors, completely new modern kitchen, remodeled bathrooms, updated windows, new fixtures and more. Fantastic floorplan with large rooms that flow seamlessly from one to another with designer niches, perfect for entertaining.
Hosted by: Amanda Geller with Kelly Price & Company from 2-4 PM

5121 Dunblane Place, Orlando, FL 32814
4 BR | 3.5 BA | 2,704 SF | \$475,000
Great two story family home with four bedrooms, three and half bath in Baldwin Park with new hardwood floors, new carpet and fresh paint throughout. Nice family floor plan with open kitchen with granite counter tops, stain steel appliances and study. Master suite is located upstairs with additional 3 bedrooms, bonus area and upstairs utility room.
Hosted by: Erica Sears with Kelly Price & Company from 2-4 PM

1544 Holts Grove Circle, Winter Park, FL 32789
5 BR | 6.5 BA | 4,646 SF | \$1,485,000
Modern sophistication seamlessly flows throughout this absolutely stunning home in prestigious Windsor! Beautiful travertine and onyx flooring adorn the grand hallways and architectural details such as floating ceilings, custom iron railings, and built-in cabinetry can be found throughout! Includes an impressive Chef's kitchen, pool views, outdoor entertaining area and dramatic theater. This home brings new meaning to the term "outdoor living". Two-story screened enclosure encompasses the tranquil pool with water fall, an outdoor kitchen and two seating areas with exterior speaker system, and outdoor heating and air conditioning.
Hosted by: Tiffany Prewitt Grindstaff with Kelly Price & Company from 2-5 PM

653 E. Marks Street, Orlando, FL 32803
4 BR | 3.5 BA | 2,757 SF | \$799,900
This architecturally stunning and meticulously renovated Mediterranean home is available for you. Renovated and expanded for modern living. The gourmet kitchen is a chef's dream featuring professional grade Thermador gas appliances, built-in double ovens, granite counters, custom tile work and exposed brick. Amazing outdoor living space made for entertaining with built-in Alfresco grill and gas fireplace. Includes hardwood floors throughout, formal living and dining rooms.
Hosted by: JJ Mackle with Kelly Price & Company from 2-5 PM

2516 Middleton Avenue, Winter Park, FL 32792
3 BR | 2 BA | 1,449 SF | \$215,000
Wonderful three bedroom home in the

highly desirable neighborhood of Brookshire Heights. Located just steps from Brookshire Elementary, highlights include and open floor plan with large formal dining room and family room, new wood-like laminate flooring and the kitchen has been updated with new cabinets, granite counters and stainless appliances. Large Florida room is perfect for entertaining or great as a playroom. Additional features include large fenced yard and a two-car garage. Top-rated Winter Park Schools.
Hosted by: Jennifer King with Kelly Price & Company from 2-4 PM

405 Lakewood Drive, Winter Park, FL 32789
4 BR | 3 BA | 4,208 SF | \$3,220,000
Exquisite, custom designed lakefront estate on the Winter Park Chain of Lakes. Inspired by Anglo-Caribbean architecture, this home combines indoor/outdoor living and inspires elegance beneath its cathedral ceilings and exposed trusses. Includes designer gourmet kitchen with custom cabinetry and Carrara Marble counter tops, Travertine tile and Brazilian Walnut floors throughout the home and exterior entertainment areas with an outdoor kitchen and fireplace. Professional landscaping, paved motor court, oversized 3-car garage, privacy gate, security system, pre-engineered elevator capabilities and original designer touches throughout.
Hosted by: Kelly L. Price with Kelly Price & Company from 2-5 PM

960 Georgia Avenue, Winter Park, FL 32789
4 BR | 4 BA | 3,654 SF | \$995,000
Stunning traditional pool home located just steps from Park Avenue on a large corner lot, in Winter Park's most sought after neighborhood. This home offers natural light, high ceilings and windows which overlook the pool and spa. Numerous upgrades have been included in this rare gem of a home; three fireplaces, wood flooring and crown molding throughout, plantation shutters on every window, built-in cabinets, walk-in closets, Jacuzzi tub in master bath, private patio off of master bedroom, balcony overlooking pool and spa off of the second-floor bedroom, storm shutters, security system, ceiling fans, central vacuum, and heated pool and spa. Air conditioning units, kitchen appliances, and pool equipment all come with warranty.
Hosted by: Jenni Sloan with Kelly Price & Company from 2-4 PM

2739 Lion Heart Road, Winter Park, FL 32792
3 BR | 2 BA | 2,000 SF | \$265,000
Updated Winter Park Pines home. Sought-after Winter Park schools. A light and bright home with new kitchen and new baths. Open floor plan. Tile and wood floors throughout with a great room and bonus room. New wood cabinets, granite countertops, stainless steel appliances. Oversized laundry room and spacious storage room. 19x19 screened patio overlooking fenced backyard.
Hosted by: Patrick Higgins with Kelly Price & Company from 2-5 PM

2390 Temple Avenue, Winter Park, FL 32789
3 BR | 2.5 BA | 2,650 SF | \$575,000
Newer Key West style three bedroom home with sparkling pool and detached one car garage. Charming wood burning fireplace in family room. Gourmet eat-in kitchen with stainless steel appliances, butcher's pantry, granite counter tops and center island.
Hosted by: Lori Godbold with Kelly Price & Company from 2-5 PM

1400 Place Picardy, Winter Park, FL 32789
5 BR | 5.5 BA | 4,411 SF | \$1,595,000
This gorgeous home is overflowing with charm, nestled among towering oaks in quaint Winter Park. Highlights include shuttered doors to slate and wood floors to detailed moldings and ceilings. The living room has wood ceiling details, wall sconces and overlooks the front porch. At the heart of the house is the gourmet kitchen with marble counter tops, an island work area, glass front cabinetry, gas stove and griddle, stainless steel appliances and large eat-in area. Includes fireplace, warm wood flooring and custom built-ins, wet bar with wine cooler.
Hosted by: Audra Wilks with Kelly Price & Company from 2-5 PM



SUNDAY 12-3

SUPER HOME FOR FIRST TIME BUYERS
382 Perth Lane, Winter Park
3BD/2BA, 1,277SF. Features include wood & tile flooring, volume ceilings, stainless appliances, a privately fenced backyard with deck and much more. The property is approximately 87 x 101 and is located minutes to shopping, restaurants, Winter Park Hospital, parks, playing fields and Cady Way. \$269,000

CHARMING RANCH IN WINTER PARK
2937 Sanbina Street, Winter Park
3BD/2BA, 1,226 SF. Charming Ranch style home with brick exterior and zero-scape landscaping with all Florida Native Plants! Interior features split floor plan, hardwood flooring throughout, galley Kitchen with stainless steel appliances, and oversized laundry/ mud room. Located just off of Howell Branch Rd. in "A" Rated school district, Dommerich Elementary, Maitland Middle, and Winter Park High. \$199,000

BEAR LAKE ESTATE
6091 Linneal Beach Drive, Apopka
5BD/4Full + 3 Half BA, 7,315SF. Private gate welcomes you to this magnificent custom home offering soaring ceilings, stunning office/library, game room, in-law/guest suite, 4 car garage + storage, craft room and more! Incredible Master Suite boasts a lakefront balcony, elegant bathroom & an expansive walk-in closet. Lanai with summer kitchen overlooks oversized, screened pool, manicured yard and custom boat house on serene Bear Lake. \$1,800,000

CUSTOM LAKEFRONT BEAUTY
6135 Linneal Beach Drive, Apopka
5BR/3BA, 3,740SF 105 feet on Big Bear Lake with seawall and custom two story boathouse with boat and jet ski lifts. Serene back porch extends the length of the home & overlooks beautiful back yard & lake. Open floor plan boasts 12 ft ceilings & fantastic lake views from most rooms. Downstairs Master suite with sitting area, 2 walk in closets & lovely bathroom. Split bedroom plan offers 2 additional downstairs bedrooms and den/bedroom. \$964,000

SUNDAY 1-4

2007 NEW CONSTRUCTION IN WP
1816 Magnolia Avenue, Winter Park
4BD/2BA, 1,906SF. Home with open floor plan and accommodating living spaces. Kitchen is open to great room and dining room and has granite, stainless steel appliances, eat-in space and pantry. Backyard is an oasis with built-in fire pit, waterfall/stream, and brand new 8 ft fence for privacy. Inside laundry room. "A" rated schools include Dommerich, Maitland, and Winter Park HS. \$299,900

REMOVED HOME WITH FANTASTIC LOCATION
914 Moss Lane, Winter Park
4BD/3BA, 3,335SF. Pool home with tons of space, on a large lot, in a fantastic location! Renovated in 2003, upstairs added with 2 bedrooms features large Jack 'n Jill bath. Two master suites downstairs - one currently being used as a movie/media room. Pool area is surrounded by lush landscaping providing privacy. \$689,000

BEAUTIFUL CUSTOM BUILT HOME
1350 Lyndale Boulevard, Winter Park
4BD/3.5BA, 3,478SF. Stunning newer home located just a short stroll to downtown Winter Park and WP Village. Fabulous floor plan with downstairs master and three bedrooms plus bonus room up. Chef's kitchen with gas range, wood cabinets, and granite. Kitchen overlooks family room with fireplace. Screened lanai overlooks pool/spa. \$875,000

ZONED FOR WP SCHOOLS
801 Halifax Avenue, Winter Park
3BD/3BA, 2,458SF. Spacious and brightly lit home with split floor plan. Updates include granite in the kitchen and bath, porcelain tile floors in the main living areas, updated lighting fixtures. Large entertainment-ready kitchen and dinette area opens to a huge family room. An additional bonus room is the perfect flex space for an office, game room or kid's retreat. \$349,900

3-STORY DOMMERICH ESTATES POOL HOME
1610 Chippewa Trail, Maitland 4BD/3BA,

3,894SF. NEW PRICE! Southern traditional pool home with two fireplaces, crown molding, plantation shutters and more. Large kitchen features built-in desk and island with eat-in area. Florida room is wrapped in windows and built-ins. Master suite offers hardwood floors, fireplace and Jacuzzi tub. Deeded lake access to Lake Minnehaha.
\$775,000

FANTASTIC WINTER PARK MEDITERRANEAN
1330 Hibiscus Avenue, Winter Park
4BD/2.5BA, 2,286SF Foyer and Living room open to private screened courtyard. Eat-in kitchen opens to family room with vaulted ceilings and wood burning fireplace. Large master downstairs with ample closet, garden tub, and separate shower. Three bedrooms upstairs with walk in closets. \$425,000



OBSERVER
Just Sold Homes

KELLY PRICE & COMPANY

30 W. Preston Street, Orlando, FL 32804 sold by Jenni Sloan with Kelly Price and Company

1441 Cardinal Court, Winter Park, FL 32789 sold by Kelly L. Price with Kelly Price and Company

2058 Prospect Avenue, Orlando, FL 32814 sold by Liz Jones with Kelly Price and Company

1655 Barcelona Way, Winter Park, FL 32789 sold by Pamela Ryan with Kelly Price and Company

712 Monmouth Way, Winter Park, FL 32792 sold by Mary Ann Steltenkamp with Kelly Price and Company

442 Cherokee Drive, Orlando, FL 32801 sold by Padgett McCormick with Kelly Price and Company

1581 Chippewa Trail, Maitland, FL 32751 sold by Pamela Ryan with Kelly Price and Company

164 Brewer Avenue, Winter Park, FL 32789 sold by Erica Price with Kelly Price and Company



Wendy Crumit **3623 Pelican Ln, Orlando** \$225,000. 05/02/2014

Janis Fuller **311 E Morse Blvd #6-4, Winter Park** \$199,000. 05/07/2014

MaryStuart Day/Megan Cross **300 S Interlachen #201, Winter Park** \$1,450,000. 05/07/2014

Sharon Helsby **103 Duncan Trail, Longwood** \$230,000. 05/08/2014

Lanie Shower - Nixa Dreyer **1770 Windsor Drive, Winter Park** \$567,775. 05/12/2014

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King Crossword

ACROSS

- 1 Boar's mate
- 4 Deteriorate
- 7 Blender setting
- 12 N.A. section
- 13 GI's mail address
- 14 Game venue
- 15 Transgression
- 16 Precursor
- 18 Coop dweller
- 19 Calamari
- 20 Mideast nation
- 22 Sailors' org.
- 23 Existed
- 27 Handle
- 29 Alluring quality (Var.)
- 31 Nome dome home
- 34 Duck
- 35 Escargots
- 37 Strike
- 38 Hybrid pooch
- 39 - Baba
- 41 Region
- 45 Production number?
- 47 Japanese pond carp
- 48 Snack for Wimpy
- 52 Tractor-trailer
- 53 Pong creator
- 54 "Rocks"
- 55 Tray contents?

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- 56 Knapsack part
- 57 Dance syllable?
- 58 Prepared
- DOWN**
- 1 Futomaki e.g.
- 2 Wickerwork willow
- 3 Would like to, colloquially
- 4 Bleacherites' calls
- 5 Not transparent
- 6 Doughnut shape
- 7 Picked up the tab
- 8 Grecian
- vessel
- 9 Rule, for short
- 10 Away from WSW
- 11 Corn spike
- 17 Bob's longtime pal
- 21 Ring used in a throwing game
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The Winter Park-Maitland Observer e-newsletter

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ANNOUNCEMENTS

Summer Swim Team!
June 9-July 18. Ages 5-14.
6:00-7:00 p.m. M-F/ \$255.
Learn the basics of competitive swimming: stroke mechanics, racing starts, racing turns, in a safe & fun environment. Located @ Trinity Preparatory School Pool. 321.282.2558, www.tpaswim.org, aceter@trinityprep.org

Winter Park Benefit Shop:
at 140 Lyman Avenue, Winter Park needs items to sell: clothing, bedding, jewelry, kitchenware/ bric-a-brac. Need volunteers - contact Elizabeth Comer 407-647-8276. Open 9:30am-2pm every Tues & Fri (and Sat 10am-2PM). Proceeds support children's programs and the Orlando Blind Assoc.

AUTOS

06 Ford Mustang Conv
122k miles \$9999. Call United Auto Sales 407-730-3581

08 Honda Civic
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Winter Park Real Estate - Offices for rent
(Winter Park/Goldenrod/ University). Doctor's office w/5 exam rooms + extra features. Other office units available from 800-3000 SF. New Orleans style bldg; great prices. Call Ann 407-293-1934. annpolasek@cfl.rr.com

I	S	S	A	H	C	H	A	V	I	L	S
H	S	V	I	C	E	I	A	V	L	T	A
I	G	I	R	G	E	R	A	B	I	R	A
K	I	O	A	V	A	O	O	A	V	A	H
N	O	E	I	L	L	A	I	L	L	M	A
T	I	L	L	I	L	S	T	I	V	N	S
D	D	E	I	L	L	O	O	L	G	I	G
O	M	A	R	E	L	A	R	E	L	L	E
I	N	S	E	R	E	U	S	N	E	I	H
I	D	I	D	O	S	H	N	I	H	E	H
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