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MARIANO VEGEL **BULLA**

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PUBLISHERS & EDITORS

Alena Benchova



Scott Richards

Jason Flitton

Scott Richards
EDITOR IN CHIEF

Jason Flitton
CREATIVE DIRECTOR

Jonathan Thielman
ART DIRECTOR

Alexandra Dimovski
DIGITAL MANAGER

Tony Cruz
ADVERTISING MANAGER

Park Ave Magazine
805 West Fairbanks Avenue
Winter Park, FL 32789
407-951-5341
hello@parkavemag.com
www.ParkAveMagazine.com



CONTRIBUTING WRITERS

Elizabeth Sanchez

Elizabeth Pacelko

Krista Knauer

Alex Dimovski

Jason Flitton

Scott Richards

Alena Benchova

CONTRIBUTING PHOTOGRAPHERS

Yvonne McClarin

Kelly Mangino

Scott Richards

CONTRIBUTING ARTISTS

Brian Carson

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LETTER FROM THE EDITOR

When the ides of march roll in...i'll still be very proud of the team we have had putting together this publication for the city and surrounding small businesses. We have received some incredible good responses from the businesses that are distributing as well as the readers themselves. We have had plenty of pleasant compliments. While also having plenty of fun things people have pointed out. Like the letter we received with a page torn out of the magazine and sent in to show our typos of the misspelling of a brand name.

I wondered how many think about the production or logistics of putting together projects of any magnitude. I know that even though "How'd they do that' might not have the highest ratings, anytime anyone watches an episode, it usually keeps them thoroughly entertained. Most though do not think of the time, effort, team and all the behind the scenes it might take to produce an event, or conference, or marketing campaign or even this publication.

I sure hope the details in the quality of the work are what matters the most. In our case, making sure we deliver good content that people truly want to read or find interesting while not delivering another ad rag filled with advert after advert. We deliver non biased good information while delivering and building a small network of local small owned businesses throughout Central Florida. From our neighbors in Baldwin Park or College Park as well as Maitland and Altamonte Springs, we will continue to bring you the present, history and future of this hub, some like to call the heart of Central Florida.

Please continue to send us mail, emails, posts on Social Media and let us know what we might be doing right as well as where we are missing the mark. We really want to hear from you all.

Until then, please enjoy our next issue for you. Our glasses raised to all our Irish friends this month as we say to you, Éirinn go Brách!



SCOTT RICHARDS

A handwritten signature in black ink, appearing to read 'Scott Richards', located to the right of the name and hat icon.



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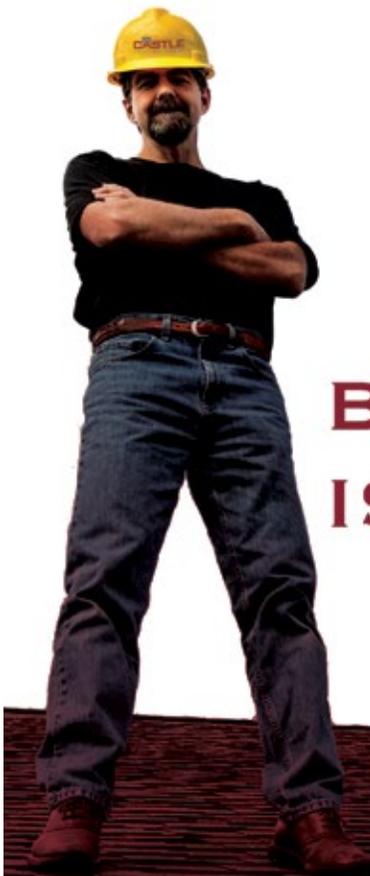


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“FOOD SHOULD TAKE YOU PLACES”

By Krysta Knauer



At Bulla (pronounced boo-ya) Gastrobar, a Spanish tapas style restaurant, located here in Winter Park, Chef Mariano Vegel aims to transport us back to his childhood. Growing up in Buenos Aires, Argentina, Chef Vegel was surrounded by cooking and food: his mom is a pastry chef, his dad loves to cook, his grandmother, who was born on the boat from Spain to Argentina, would cook Spanish meals that she learned from her mother and add a bit of Argentinian flavor, and he would also help his grandfather make pizza. His family would get together and sit and eat and talk for hours, which is just what Bulla would like its guests to do. In fact, the name of the restaurant, Bulla, means something along the lines of “chatter” in Spanish.

Originally, Chef Vegel had enrolled in law school upon completing his secondary education. However, he quickly found himself quite bored and realized that law was not for him. During this time, his sister was going to culinary school and would practice her skills at home. Soon enough, Chef Vegel found himself influenced by his family’s love of food and decided to study at the Instituto Argentino de Gastronomía in Buenos Aires. He graduated from there in 2006 and began his career at a Marriott hotel in his hometown.

Eventually Chef Vegel worked his way up through the Marriott brand and here to Florida, where he eventually became the Chef de Cuisine at Primo, one of the JW Marriott’s signature restaurants in Orlando. From Primo, he moved to the Rusty Spoon, before making his way and his heart into Bulla, a young chain that began in Coral Gables, and currently has seven locations throughout the southeastern US, with more coming soon.

If ever a chef has found his true restaurant, Chef Vegel has found Bulla. At Bulla, he can really express his passion. “Food should take you places,” says Chef Vegel, “either going back to your childhood or forward into the future.” He does this by taking the experiences that he had as a kid and mixing it with the current trends. You can really see that in the restaurant’s signature items that they will be unveiling for the spring where five out of the six dishes will be of Chef Vegel’s creation.





Chef Vegel draws his inspiration as a chef from talking with people about food. When he gets together with his family, food is often one of the main subjects. In fact, one of his main tenants as a leader in the kitchen is to “always be thinking and talking about food.” Another of his values in the kitchen is “no waste.” No waste of time (always keep moving, doing something). No waste of food!

As a leader, Chef Vegel is hands on, just like Chef Diego Solano, Bulla’s Executive Chef – originally from Costa Rica, who often visits the Winter Park location several times a month. Chefs Vegel and Solano have a great working and collaborating relationship. Chef Vegel says the visits with Chef Solano are like having “a Bulla training manual in a live person,” as Chef Solano provides a great feedback session and doesn’t mind throwing on an apron and helping out. When thinking about the food at Bulla, Chef Vegel loves working with the seasonal menus as he believes that using

only the freshest, in-season ingredients makes the best food. “The earth tells you the best time to eat different foods,” he says. He loves combining ingredients that have contrast, especially vinegar, tomatoes, and citrus zest. His favorite dish to make at Bulla is Huevos Bulla, made with homemade chips, potato foam, fried eggs, Serrano ham, and truffle oil. He also loves making and braiding the croquettes, which require a lot of care and attention. At home, Chef Vegel, enjoys rolling and cutting handmade pasta which he serves with tomato sauces, olives, anchovies, and capers. If you are looking for a few quick creative ideas that is.

As a relatively young chef in a field that is often dominated by age, Chef Vegel is always trying to learn. He still finds the industry so exciting, which inspires and promotes creativity every day. He feels that his position as Chef Partner at Bulla is a great reason for pride. He hopes to use his position to help install Bulla in as a fixture in the culinary landscape of Orlando, which, in fifty years, he predicts will rival places like New York and Miami in the culinary world.





March 20th is International Earth day, which is also known as Sun-Day. So, in honor of this day where we celebrate our planet earth, it is on us, the people who inhabit the planet, to make an effort to keep her clean and well treated. Though, we do live on such a large planet and it may seem like an impossibility to try and help the entire planet in just one day, but there is something you can do. Keeping the planet clean by picking up any stray trash you see on the ground is one of the many things you can do to help, but also there is an even easier thing you can do here in Winter Park for your planet. That is going outside and taking the day to enjoy what mother nature has to offer, luckily there are some fantastic places right here in Winter Park for you to do just that.



PARKS AND GARDENS OF WINTER PARK

Kraft Azalea Garden

If you are going to explore the outdoors this earth day, why not stop by Kraft Azalea Garden, located on the shore of Lake Maitland. Park hours are from 8 a.m. until dusk all year around. While walking through the garden you'll notice the incredible cypress trees and beautiful stone pillars looking over the water front. It is a beautiful sight to take in and really dive into what nature has to offer.

Shady Park

Centrally located in historical Hannibal Square is shady park. It is a fairly large and quite park and really has so much to offer you this Earth Day. Enjoy sitting along the parks path with its many benches that the city has provided and just take in the sounds of the birds, or squirrels running up the trees. Or maybe you can go sit by the fountain and take in the breeze, it's the perfect place for you to take your friends, family or loved ones to enjoy the day.

Central Park

Central Park, is Winter Parks place to be when thinking of spending this Earth day outside with your friends and loved ones. Conveniently located on Park Avenue right in the heart of the downtown shopping district, not only can you go out and enjoy the spacious 11 arcs of land for a quite picnic, but you can also opt into enjoying one of the many restaurants facing the park. Sip some wine and watch the bees buzz around the bushes and the birds nesting in the trees.

Boat Tour Around Winter Park

Maybe sitting and watching nature while having a snack isn't your style. Why not take things this earth day out to the waters? Head over to Scenic Boat Tours located on East Morse Boulevard. You and your friends can float along the chain lakes while watching the sunset, take in all of the beautiful views while looking at what beautiful scenery Winter Park has to offer, and possibly discussing your new approach towards a greener lifestyle!

While, it is a beautiful notion to take one day of the year to celebrate the planet and what she has to offer us, we must remember to appreciate the beauty of the world, and Winter Park of course, us every day.



WISH YOU WERE

THE GOLDEN AGE OF ORLANDO

The Langford Resort Hotel

The Ideal Floridian Vacation - Palm Trees swaying in the breeze, tropical plants and fruits, gorgeous lakes and beaches, and sunny weather 365 days out of the year. Dive into the "Golden Age of Hotels" Exhibit at the Winter Park History Museum.

"The location of Winter Park is perfect for such a scheme. In six square miles, embracing over 4,000 acres, is beautiful high-rolling land, covered with tall, majestic pines far enough apart to permit teams to be driven anywhere at will; a tract (see fold map at end) give over ten miles of as beautiful lake frontage as can be found in the world. The whole state of Florida is challenged to produce a prettier or healthier spot. Look everywhere, but be sure and see Winter Park before locating.

The magnificent Hotel Seminole, of 200 rooms, for which 11 lakes can be seen: Rollins College, with 4 fine buildings and ten professors; it's elegant residences; it's flourishing orange groves, etc. - all unite to make Winter Park the most desirable town in the State."

- Excerpt from an 1890 pamphlet for *The Seminole Hotel*

To say that Winter Park is an ideal vacation spot is an understatement. Winter Park as a town was established in the late 1800's specifically for northerners to escape the harsh winters.

How do you think "Winter Park" got its name? And what better place to escape than a destination city in Central Florida where you can relax, rest, and explore. When the original train depot was built in 1882 and a passenger station opened up in 1913, it gave rise to Winter Park as a hotspot for travel. Between the establishment of the city of Winter Park and increased travel to the area, there was a rise in newly founded hotels.



RE HERE

ENDO'S HOTELS

By Alex Dimovski



Winter Park History Museum – The Golden Age of Hotels

The Winter Park History Museum was established to collect, preserve, and promote the research and history of Winter Park and the surrounding areas. The museum is the place to go in Winter Park to learn about a variety of Winter Park – its art, history, and culture. The museum's current exhibit is "The Golden Age of Hotels" – a spotlight feature on the era of Floridian hotels that thrived in the late 19th Century and early 20th Century in Winter Park. I was excited to check out the featured exhibit, as I love the retro/vintage style of the hotel exhibit. The Winter Park History Museum is located on 200 W New England Avenue, right next to the Sunrail station. It's the building where the Winter Park Farmer's Market is located.

When Winter Park was founded by Loring Chase and Oliver Chapman, they had a plan—they had made sure that streets were created, a town hall was built, orange trees were planted and buildings met certain standards. Part of their vision was that they wanted to attract wealthy families from the north. They did this by promoting Winter Park as a prime tourist destination with first-class hotels on the lakes, stunning landscaping and a thriving Park Avenue.

Rogers House/Virginia Inn

Something that I was surprised to learn that the train station is one of the first buildings that pop up after land is settled. In Winter Park, the train station was the first structure to be built. The second being the Rogers House—also known as Virginia Inn. The Rogers house was a boarding house that was located on the southeast corner of Morse and Interlachen on Lake Osceola.

Most notably, I learned that the hotel was opened on April 8, 1882 with a gala dinner party attended by a few guests, including Loring Chase – one of the founders of Winter Park. This date became the official "founding date" of the city. Through the 20th Century it went through several changes. In 1904, it was purchased by Charles Hosmer Morse for \$7000. In 1915 it was sold for \$20,000 and renamed the Virginia Inn.

So what happened to The Virginia Inn? It remained the Virginia Inn until 1966 when the building was torn down to build the Cloisters Condominiums. If you happen to live there right now, you might already be familiar with the history behind your home.

The Seminole Hotel

You may or may not have heard of the Seminole hotel, as I have. It is one of the larger and more well-known historic hotels in Winter Park. Built in 1886, the Seminole Hotel was located at the eastern end of New England Avenue and Lake Osceola. The hotel itself was massive – a five story, 200 room structure. At the time, it has cost \$150,000 to build and finish. When it was completed, it was the largest hotel in Florida.

The Seminole Hotel celebrated its grand opening on January 1, 1886 with a banquet and ball gala with over 400 people. The hotel grounds and features were gratuitous, featuring croquet grounds, tennis courts, billiard rooms, a bowling alley, orchestra, fishing, rowboats, sailboats, and yachts. Toward the end of that year, The Seminole Hotel already had over 2,300 guests. It boasted that it had “more millionaires and beauties were gathered on its piazzas than any other space in Florida” Some of the most notable guests at The Seminole Hotel in 1889 were William Rockefeller, President Grover Cleveland, and Henry M. Flagler.

When a fire caused irreversible damage to The Seminole Hotel in 1902, Winter Park decided not to rebuild over the remains. Instead, they build a second one on the western shore of Lake Osceola in 1913, it is where modern day Webster avenue and Kiwi Circle is. The second Seminole Hotel was sold for \$250,000 in 1970 and was cleared out for development of new homes.



Alabama Hotel

One of the more lesser known hotels featured in the exhibit is the Alabama Hotel – built in 1921 on Alabama Drive and overlooked Lake Maitland. The Alabama Hotel was built in a “California Mission” style. It was an impressive hotel – featuring a private beach, boats, phones in guest rooms, steam rooms, and a restaurant with excellent cuisine and service.

What happened to the Alabama Hotel? It remained a hotel until 1979, and it was then converted into condominiums. Parts of the Alabama Hotel remain today, including the original barn, garage and refectory. If you are curious, you can check it out at 1700 Alabama Drive.



Hamilton Hotel/Park Plaza Hotel

The modern-day Park Plaza Hotel was once known as the Hamilton Hotel. It was built in 1921 and in 1977 it was purchased by John and Cassie Spang, and it was converted into the Park Plaza Hotel we know today. It’s the only hotel that is right on Park Avenue

The Langford Resort Hotel

With its 50's charm and style, the Langford Resort Hotel became an iconic hotel in Winter Park. The Langford Resort Hotel opened in 1956 on East New England Avenue. It was built by Robert Langford. The Langford Hotel was a very modern hotel: it was Central Florida's first air-conditioned hotel, and had a modern design that included the Empire Room, supper club with nightclub acts, a 75 foot swimming pool and a petting zoo with tropical birds. During the 20th century, the Langford Hotel had a few notable famous guests: Walt Disney, Frank Sinatra, Hugh Hefner, Eleanor Roosevelt, and Nancy and Ronald Reagan.

In 2000, The Langford Hotel officially closed with a farewell gathering attended by Robert Langford himself. The remainder of the hotel has been redeveloped into what we are now familiar with: the Alford Inn, which is owned and operated by Rollins College.

Motels/Inns in Winter Park

Hotels weren't the only tourist destinations in the Winter Park area. There were also a few motels and small inns that dotted in the area:

The Osceola Inn – This inn was located on the north of Lake Osceola, opposite of the Seminole Hotel. It had light airy rooms and 200 feet of veranda.

Mt Vernon Inn Motor Lodge – located on 17-92, it was Winter Park's largest accommodation along 17-92 and was one of 30 motor courts along Maitland's railroad overpass.

Fortnightly Inn – built in 1986 by Frank and Judi Daley. It was a 60-year-old house on Fairbanks Avenue across from Rollins College.



Icons in Orlando History

Walking through the hotel exhibit at the Winter Park History Museum offers a glimpse into the past era of Winter Park: simpler times, shine and shine, and the Floridian care-free attitude.



BREWERIES IN WINTER PARK

By Elizabeth Sanchez

Are you someone who loves drinking beer? Or maybe it's that you are just in the market for a new drinking place for you and your buddies to enjoy a good drink on your days off or any time of the week. Well, if this sounds like something you're interested in, then I've got brew covered! Along with amazing parks shopping and art walks, Winter Park has a vast variety of places to dive into a nice cold drink or fantastic food. Though, what you may not have known is that Winter Park is also home to a couple of breweries.





Deadly Sins Brewing.

Located on Jackson Ave, Deadly Sins Brewery is a must on your list of places to go grab an ice-cold beer. Started and owned by couple Tom Adams and Ana Barrientos, after having a 15-year hobby of home brewing, they knocked their heads together to open up Deadly Sins Brewery! Their relaxed and laid-back style brewery really makes you want to stay for the whole night. It also helps that their pet friendly atmosphere makes the perfect place for you and all of your four-legged friends to hang out, grab a beer and lunch from the local food trucks in the area!

Along with their seasonal choices of beer for you to enjoy, this place is jam packed with events for you and your friends to enjoy! For the month of March, they are hosting four events! Along with their own weekly runner's club that meets every Thursday at 6pm, which you can absolutely sign up for on their Facebook page!

Be sure to pop in during their happy hours, Monday-Fridays from 5-6:30pm!



The Bear and Peacock Brewery.

Located on North Orange Ave, The Bear and Peacock Brewery is a large grey building on the outside, but when you walk in, you are treated to beautiful brick walls and wood accents. The Bear and Peacock is actually only one half of the brew-stillery! Owned and founded by the Winter Park Distilling company back in 2016, it is the only one of its kind here in the State of Florida! Open Monday through Sunday, go in with your friends and loved ones and enjoy one or all twelve of their beers on tap. This incredibly unique Orlando Craft Brewery actually gives their visitors the opportunity to witness the manufacturing of their locally-handcrafted brews. Also, being home to a distillery for spirits, right in the heart of Winter Park! Which is famous for including Florida's first locally-made bourbon, The Bear Gully Classic Reserve.

So, if you are also in the mood for a bit of information behind their brews that you are drinking, they also offer their own brewery tours! Tickets are only \$11 per adult, though their tours are not walk in and must be booked in advanced. Be sure to check out their website at thebearandpeacock.com for more information on bookings!





POLASEK

COW HUNTING

By Krysta Knauer

Florida, now home to beautiful beaches, orange groves, and theme parks, is also home to the oldest city in the US and the oldest industry in North America, cow hunting. Juan Ponce De Leon, the famous explorer, brought a herd of seven Andalusian cattle, which are a bit more wiry and tough than most other domesticated breeds, to Florida in 1521. The cows ended up thriving in Florida's flatlands and were allowed to freely roam. So, to herd the cattle, they often had to be hunted down by settlers and members of the Seminole Tribe, which is why most Florida cowboys prefer the term "cow hunters."

To mark the coming quincentennial of cow hunting in Florida, Winter Park's own Ablin Polasek Museum and

Sculpture Gardens is participating in celebration of Cracker (another term for Florida's cowboys) culture and arts with an exhibit entitled Lay of the Land: the art of Florida's cattle culture, which is currently on display at the museum until April 14th. The exhibit features a vast collection of contemporary pieces, some of which are for sale, made by artists who are actually part of the culture themselves and range from sketches, to paintings, to photographs, to clothing, to sculptures.

Rachel Frisby, the curator of the exhibit, explained that the Polasek Museum decided to host the exhibit in collaboration with The Florida Cow Culture Preservation Committee because as a naturalized citizen of the United

States, Albin Polasek, the artist whose home and artwork eventually became the museum, had a deep love for US culture, especially Western Culture. He had a fascination with cow boys and Native Americans. Ms. Frisby curated the exhibit with him in mind. She also felt that viewers will never see a more accurate depiction of cattle culture in art than in the pieces that she has selected. It conserves the history of the Floridian landscape and provides a look into that untouched and undeveloped part of the state that is almost like a "Forgotten Florida."

The centerpiece of the collection is the Painted Bull statute, which is one of seven life-sized fiberglass sculptures that will be on display throughout the state to represent those original seven cattle that Ponce De Leon brought with him. The one on display at the Polasek Museum was painted by Linda Ballantine Brown and was made to represent the Florida State Flag.

Also painted by Linda Ballantine Brown, "Who's Your Momma" (oil on canvas), features the front portion of a bull. Through her choice of colors, Brown is able to make the viewer see her bull as a majestic creature.

The exhibit also features a large selection of sketch books from Sean Sexton which were made in the field. Most of the drawings are done in simple charcoal and are shown in various stages of completion. The line work is strong and evokes a sense of passion and pride for the job.

Besides the sketchbooks, the collection also features a few of Sean Sexton's paintings like Allegory of Work (oil on canvas with a cypress frame). The large painting depicts the tools of a cow hunter using bright colors and large brush strokes. The piece with the deep red cloths and cow and human skulls reflects on the mortality and transient nature of life within the bounds of cattle ranching.

This theme is reversed in a large ceramic fountain, also by Sean Sexton, entitled The Fountain (Cone 5 glaze-fired ceramic). Like the fountain of life, this piece meditates on the cycle of birth of the cow. At the top of the fountain, a mother cow lies curled around her belly, as the water is supposed to flow down, we see the different stages of the calf- from the fertilization of the egg, to the fetus, to the

new born.

A black and white photo titled "Early Morning Water Crossing" (2008) by Bob Stone features a group of cow hunters moving their cattle across a stream. Despite having their backs to us, we feel that the cow hunters are communing with each other. They are all within each other's trust, and they are all moving together for one goal.

"Work in the Florida Flat Woods" (oil on canvas) by EL "Buster" Kenton uses color and movement to show us how exciting cow hunting can be. The foreground features a cow hunter trying to wrangle a cow that has broken away from the rest of the herd. On the other side of the coin, EL "Buster" Kenton also shows us how peaceful being a cracker can be in his piece "Pasture Deputy (with Dog)" (oil on canvas).

Among the collection is a variety of apparel and accessories that would adorn cow hunters. "Long-tail Cowboy Shirts collection with Pearl Snap Buttons" (mixed media - cloth) by Joanne Vickers shows us a typical style of shirt that a cow hunter would wear. But there is an interesting contrast in this piece: the style of the shirts is quite masculine but the fabric of the shirts is a bit feminine with floral prints.

Many people might not realize how integral the cattle industry was in the development of the state, and this exhibit gives us a look into all aspects of the cow hunting tradition here in Florida. If you are interested in learning more about how art and cattle have such a symbiotic relationship, stop by the Polasek Museum. They have two free days/events coming up, a free day on Sunday, March 24th and a poetry recitation on April 12th.

And Be on the lookout because the museum will be hosting their 11th annual Winter Park Paint Out April 21-27 to kick off the Winter Park Arts Festival. And their summer exhibit will be "Precious Pollinator," celebrating bees, birds, and other pollinators in collaboration with the Central Florida Watercolor Society, the Nature Conservancy, and the Monarch Project.



OUTSIDE

By Elizabeth Pacelko

Park Ave and Winter Park are synonymous with fabulous festivals such as the Winter Park Sidewalk Art Festivals, Winter Park Autumn Art Festival and Christmas in the Park. Though these events are hard to surpass, we at the Park Ave Magazine want to take you "Outside the Park" and introduce to you to other cities and events in Central Florida. So, let's take a trip "Outside the Park" and inside Historic Downtown Sanford located in Seminole County.

Known as the "Historic Waterfront Gateway City" Sanford sits on the southern shore of Lake Monroe and is the hub of commerce on the St. John's River. Today, Historic Downtown Sanford is lined with brick streets, restored buildings, and sidewalk cafes inviting you to spend the afternoon strolling along the Riverwalk at Lake Monroe. There is a Free Trolley Monday through Saturday 12-6pm. with Friday hours extending to 9 pm. The Trolley can pick

you up at the Sunrail if you prefer not to drive. You can also enjoy food, art, and music that Sanford has to offer at its many events and we shall highlight a few below.

There are plenty of things to do in Downtown Sanford starting with The Marketplace at Magnolia every Saturday from 9 am-3 pm. The Marketplace was created to inspire and nurture a community of shoppers by building a local, sustainable, small business economy in a vibrant experiential marketplace.

ALIVE AFTER FIVE (AA5) is the Largest Street Party that takes place the 2nd Thursday of the month starting at 5pm. Come celebrate the community, local artists and partake in an evening of food, music, craft beer and shopping



Here are just a few of Sanford's next major events...

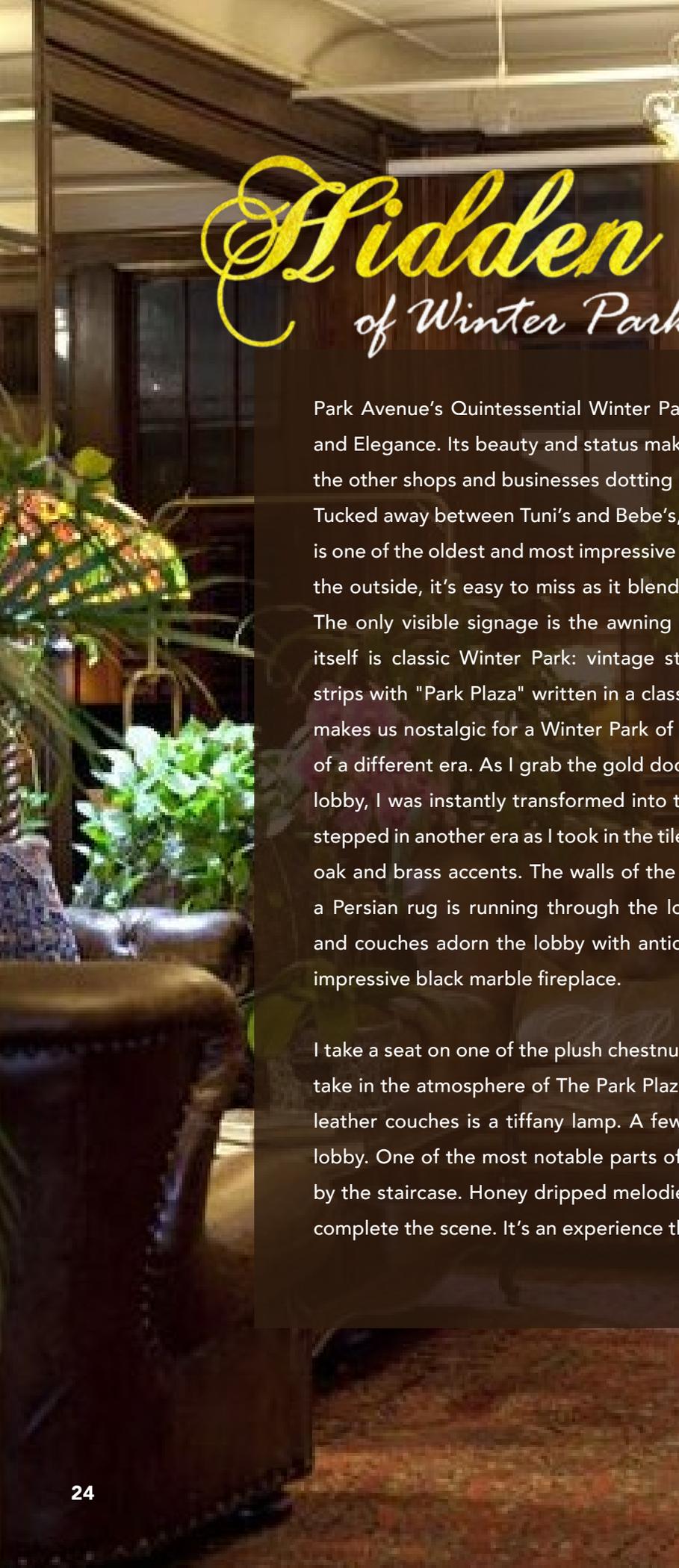
February 23rd brings us the second annual Sanford **PORCHFEST**, 12pm to 6pm, a free grassroots festival created to unify friends and neighbors throughout the community with music. It will include 40 bands from a diversified mix of genres performing on 10 porches. www.sanfordporchfest.org

March 23rd brings us the 8th **ANNUAL PINT-N-PAWS**, a Craft Beer Festival with 100% of the proceeds benefiting local charities such as Dolly's Foundation and other animal advocates. Don't forget you can bring your 4-legged friend to this event. www.pintsandpaws.com

April 4th brings **OKTOBERFEST** 2pm-10pm a German Street Party which features German cuisine, beer, wine, schnapps and live entertainment.

On Saturday, May 4th 10am-6pm and Sunday May 5th, 10am-5pm Downtown Historic Sanford will be transformed to an Artist Mecca by the St. John's River Art Festival. Stroll the streets filled with artwork, live demonstrations, music and a culinary art court. <http://www.stjohnsriverartfest.com/>

Day Trips are a great way of supporting the Central Florida community. By attending local events and promoting small business, this is what keeps our local commerce strong and prosperous. So, when in the mood to venture outside your normal routine – come visit Sanford and witness what this historic city has to offer.



Hidden of Winter Park

Gems

By Alex Dimovski

Park Avenue's Quintessential Winter Park Hotel Eludes European Charm and Elegance. Its beauty and status makes it an underrated classic among the other shops and businesses dotting Park Avenue in Winter Park.

Tucked away between Tuni's and Bebe's, The Park Plaza Hotel on Park Ave is one of the oldest and most impressive hidden gems in Winter Park. From the outside, it's easy to miss as it blends in with the rest of Park Avenue. The only visible signage is the awning outside its entrance. The awning itself is classic Winter Park: vintage style with forest green and white stripes with "Park Plaza" written in a classic script typeface. It's a style that makes us nostalgic for a Winter Park of a different time, even an America of a different era. As I grab the gold door handle and enter the Park Plaza lobby, I was instantly transformed into the early 20th century. I felt as if I stepped in another era as I took in the tiled lobby, the Floridian plants, dark oak and brass accents. The walls of the entrance are rich dark oak wood, a Persian rug is running through the lobby, and chestnut leather chairs and couches adorn the lobby with antique chairs arranged in front of an impressive black marble fireplace.

I take a seat on one of the plush chestnut leather couches in the lobby and take in the atmosphere of The Park Plaza Hotel. Near one of the chestnut leather couches is a tiffany lamp. A few tropical Floridian plants dot the lobby. One of the most notable parts of the lobby is the antique elevator by the staircase. Honey dripped melodies from the piano and jazz ballads complete the scene. It's an experience that is unparalleled.



“The endlessly inviting Park Plaza Hotel is a European style retreat nestled in the heart of Winter Park’s chic Park Avenue district. Located directly on the avenue, guests are surrounded by an abundance of dining, shopping, history and culture. Personal service and genuine hospitality are the tradition of the Park Plaza Hotel. Each of the hotel’s 28 guest rooms and suites offers modern comfort and unique furnishings. Built in 1922, this boutique hotel has carefully preserved the simple elegance of Winter Park and serves as one of its most gracious landmarks.” – Park Plaza Hotel

The History Behind the Gem

Park Plaza Hotel was built in 1922, and impressively, it has managed to maintain the charm and elegance from that era. It was designed by architect Peter C. Samwell, which unfortunately, not much is known about. Originally, the hotel was built by the Orlando & Winter Park Railway Company (The Dinky Line) to house workers during the railroad construction. Before it was the “Park Plaza” it was known as The Hamilton Hotel. In 1977 it was purchased by John and Cassie Spang, and it was converted into the Park Plaza Hotel we know today. Their renovations included the charming wrought iron balcony. It underwent a major renovation in the late 1970’s but it still managed to hold onto its old-world charm.

Since its establishment, the Park Plaza has become a cultural icon in Winter Park and Florida history. Back in 1941, the price of a room was \$2.50 a day. The Park Plaza

staff informed me that it was the first hotel in the state of Florida to have private bathrooms with each guest room. Before all hotels in Florida had bathrooms, you had to go outside. Can you imagine going to use the restroom outside in Florida? We’re hoping it didn’t attract any lizards or other critters. Inside the Park Plaza hotel, the brass door elevator designed by The Jacksonville Elevator Company still works.

Winter Park’s Establishment as a Destination City

It’s impossible to discuss Park Plaza Hotel without first touching upon the origins and history of Winter Park itself. After all, the town came before the establishment of the hotel. The city of Winter Park was established in the late 1800’s as a winter resort for wealthy northerners (those pesky snowbirds) looking to escape the harsh winters. They were looking for a place to rest and relax, and Winter Park became a prime destination city. Part of what made Winter Park a hotspot was the original Winter Park depot built in 1882 by the South Florida Railroad. This is what we know today as the Winter Park station, which is now a stop for both the Sunrail and Amtrak trains.

The rise in visitors and tourism lead to the opening of hotels in the Winter Park areas. Prior to the Park Plaza hotel, there was The Seminole Hotel, which opened in 1886. The Seminole Hotel was on the corner of Osceola Ave and New England Ave.

Through the century, Park Plaza Hotel has housed some famous patrons- Paul Newman, Nancy Pelosi, Ella Fitzgerald, Alan Ginsberg, Henry Kissinger, Raquel Welch, Jimmy Buffet, Dick Clark and countless others.

Winter Park's Premier Wedding Destination on Park Avenue

Winter Park is full of romantic wedding getaways – The Capen House (Albin Polasek Museum & Sculpture Gardens) and Casa Feliz to name a few. The Park Plaza Hotel is more than a hidden gem and local haunt that is perfect for the vintage lover or your next honeymoon stay. They have honeymoon packages including the balcony suite and honeymoon suite. Right at the heart of Park Avenue, it's the ideal location for a newlywed on their honeymoon. The location makes it ideal for spending a day on the lake, checking out shops and dining in Winter Park.

If you ask us, there is nothing more romantic than spending a morning on the balcony overlooking Park Avenue. Guests can open their French doors and kick back on the balcony and enjoy the view as well as the potted ferns and hanging plants. Get served a fresh complimentary breakfast for you and your beau and enjoy your honeymoon Winter Park style.

Plan Your Next Adventure in Winter Park

The Park Plaza Hotel is a treasure for any type of adventurer: tourists looking to explore Winter Park, newlywed couples planning their honeymoon, Florida natives exploring the area or Winter Park citizens who never stepped foot in the hotel. Next time you are strolling through Park Ave, stop by and admire the stunning lobby and charming balcony. This hotel represents the quintessential Winter Park – it's charm, elegance, history, and culture.



Fun Facts about The Park Plaza Hotel

- The price of a room in 1941 was \$2.50 a day
- The first hotel in the state of Florida to have bathrooms' inside
- The brass door elevator still works. It was designed by The Jacksonville Elevator Company



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LOCAL ARTIST



Yvonne McClarin Owner/Photographer

I took this photo at Kraft Azalea Park two weeks ago after a wedding at the courthouse.

Hi there! My name is Yvonne and I'm so glad that you've taken time out of your day to visit my portfolio! When people ask me what kind of photographer I am, it's sometimes difficult to answer. Not because I don't know, but I take so many different components and styles of photography and mold it into my own as crazy as it may sound. I feel like when it comes to an art form, you develop your own style to make yourself unique to stand out from the rest!

I can't be that person to say that "photography has always been my passion," because it hadn't been. I didn't realize how much it interested me until 2007. But since that day, I haven't been able to put my camera down. Any time that I travel whether it's Australia, Ireland or even just around the States, I always have my camera gear right by my side for every single moment of it. It's such a great feeling to be out there in the moment, creating beautiful things that will be cherished by others eyes.

I feel that connecting to my models, couples, families and animals is so important. It helps in obtaining the perfect photos with genuine smiles and laughter, just being able to get the real them that you can feel through the photos; or even having them be comfortable enough to try something crazy like jumping into a lake fully clothed or bringing paint and glitter into the mix. I love sitting down and having a consultation with everyone that would like to shoot with me to help them get all of their ideas out (even ones they didn't think would be possible), help pick out outfits and locations, any props and to answer and pressing questions they have to get them excited and engaged about getting in front of the camera to make those memories that will last a lifetime.



Kelly Mangino Bio

Mason James Photography

masonjamesphotography.com



I am a photographer, a planner, a shopper, a chocaholic, a friend, a sister, a daughter, a wife, and above all, I am a mother.

Like a lot of you out there, I had fallen into the routine of using my cell phone to take photos of my son, and one day realized, "These pictures really aren't that great!" I wanted to be able look back in ten years and see the bright colors of the park as he was playing, every small detail of his face as he laughed, and capture a clear vision of his expression as he ate avocado for the first time. So it was my son, Mason, who cultivated my fascination for photography and inspired me to want to not only capture all of his special moments, but be able to do that for other people as well.

I look forward to helping you chronicle your special moments into photos that will last a lifetime.



My body of work is concentrated on animals that face a threat to their existence in our near future or have already become recently extinct. There is an intentional graphic flatness to background of my works inspired by repetition, printmaking, and street art. This is intentionally done to not only create depth and contrast between the animal being highlighted, but to allow a large variety of symbols broken down to simple, easily recognized forms. Each one of these symbols is an attribute that leads to its survival or its decline intended for the viewer to decipher and analyze.

Bryan Carson

www.bryancarson.crevado.com www.facebook.com/BryanCarsonsArt Instagram @bnc_art

Individual Work Description:

C10H14N2- *This work is about the many plights that face the bee population. Some of them natural such as the Beeater bird, while others human inflicted such as the use of neonicotinoids.*

Rufous Hornbill- *Based on one of the most endangered hornbills, the Rufous Hornbill. This beautiful bird from the Philippines is critically endangered by deforestation, poaching, and bird trade.*

Giant Panda- *Such a beautiful and recognized symbol of China where deforestation, climate change, and fragmentation (the building of roads and railways) is threatening its existence.*



There are no strangers here, only friends you haven't met yet
—William Butler Yeats, Irish poet



FIDDLERS GREEN IRISH PUB & EATERY

By Alena Benchova & Alex Dimovski

Sláinte! There is something about Irish Pubs that makes it a very unique nightlife experience- centered around the casual and friendly atmosphere, cozy dark oak interior, hearty food and drink, and a bit of Irish hospitality and tradition. Your neighborhood Irish Pub like Fiddler's Green offer a unique, authentic experience that can be hard to find in a world that is saturated with chain restaurants. It's a different type of atmosphere than going into a generic, cookie-cutter, chain sports bar like Miller's Ale House or Twin Peaks. Fiddler's is one of the few pubs in Orlando that are keeping the Irish-American tradition alive. There is no pub in Winter Park that does it better than Fiddler's Green. It's barstools and tables have seen many a gathering of friends and family: having pints, bites and sharing memories and laughs. At it's core, it's a gathering place of camaraderie and friendship.

History behind the Pubs and the "Public House"

Fiddler's Green has only been in the Winter Park neighborhood for two decades, but it's Irish roots go all the way back to the 10th Century! In fact, the word "pub" is derived from the term "public house", a place where people went to enjoy a drink. In Ireland, pubs and public houses were the working man's alternative to private drinking establishments.

For the last century, the Irish public house has been a social and community center. It functions as a both a place to consume alcohol and as a place to meet friends, neighbors and even complete strangers, to converse in a relaxed atmosphere. Feasts are celebrated in the Irish Pub, weddings, funerals, wakes, christenings, birthdays

and any other celebrations you can think of.

Irish pubs have integrated themselves into the US and it's impossible to visit any American city that didn't have an Irish pub. Some of the oldest pubs in America date back to the early 20th century or even mid to late 19th century. The rise in Irish pubs in America were a result of a large-scale immigration from Ireland since 1840.

The Culture of Traditional Irish Pubs

The Irish Pub has been an integral part of the Irish social culture and an integral part of the community, not unlike a local church. It is a place of leisure, food, and meeting with others in the community. Irish people refer to the "local" pub that they frequent most often. This leads to a close, mutual connection between the customer, staff and other patrons. Each of the patrons know who the other patrons are, especially in a pub located within a small town or community. There is a certain level of etiquette that varies depending on the type of pub that you visit.

It's tradition that when someone invites you to an Irish pub, it is common practice for them to purchase the first round of drinks. But, you should order the next order before others finish their drinks in order to keep in the spirit. Drinking is paired with hearty food and Irish sports and traditional Irish music. The widespread appeal has led to the Irish pub theme spreading around the world. You can travel to countries such as China, Russia or even South America and still find the traditional Irish pub experience. The traditional Irish toast is "Sláinte" (SLAWN-chuh) which is the Gaelic equivalent of "cheers"

Hearty Provisions: Food and Drink

Traditionally, food and drink has an amazing way of bringing people together. The food and drink is one of the hallmark aspects of the Irish pub. The fare includes traditional Irish dishes like Irish stew, boxty (potato pancakes) and corned

beef and cabbage. Fiddler's offers this Irish dishes in addition to more American favorites like French fries and burgers.

When it comes to drinking, no one does it bigger than the Irish, as they are known for their drinking habits. The best stouts and whiskeys in the world come from Ireland. Guinness beer is a trademark of any Irish pub. Not only is it the most common beer in Ireland, it's a national symbol in itself. If you aren't up for a Guinness you can always order an Irish whisky such as Jameson, Bushmills or Blackbush. Whether you are in an Irish pub in Russia, Argentina or Winter Park, FL you know you'll be able to order a pint of Guinness or Irish whiskey there. Guinness beer is a trademark of any Irish pub. Not only is it the most common beer in Ireland, it's a national symbol in itself.

Fun Facts About Irish Pubs

1. The oldest pub in Ireland (and Europe) is Sean's Pub in Athlone, dating back to 900 AD.
2. Irish round system – it is customary for each person in a group to buy a round of drinks. This is still a very large part of Irish pub culture.
3. "Slagging" is a part of traditional Irish pub culture. It's poking fun at someone else in a humorous way for laughs.
4. The origin of the word "whiskey" comes from 'uisce beatha', meaning 'water of life' in Irish Gaelic. Scottish people spell whiskey without the 'e', 'whisky'.
5. Toasts are a big part of the Irish drinking tradition. Sláinte! Is one of the most popular ones, meaning "health". Other common ones include "May the Lord keep you in the palm of His hand, and never close his fist too tight!" and "May you always have a clean shirt, a clear conscience, and enough coins in your pocket to buy a pint!"



The Legendary Irish Pub of Winter Park

Fiddler's Green Irish Pub and Eatery is hands down the go-to Irish pub in the Winter Park neighborhood. Fiddler's first opened 22 years ago when they first brought a piece of Ireland to Winter Park, FL. They have been in business since 1996 and currently owned by Donal. The menu is full of amazing dishes- both traditional Irish fare and American favorites. A few traditional Irish dishes include their award-winning fish and chips, Shepard's pie, Irish stew and corned beef and cabbage. If you are craving American comfort foods, Fiddler's Green has that as well, whether you are in the mood for a good burger or chili fries.

We met up with Gigi, the manager at Fiddler's Green Irish Pub and Eatery in Winter Park to find out more about the background of this legendary pub. The name "Fiddler's Green" is a legendary supposed afterlife, where there is a perpetual mirth, a fiddle that never stops playing and dancers who never tire. In that spirit, Fiddler's Green has no shortage of alcohol: 23 beers on tap, a full liquor bar, a

nice wine list and one of the largest selections of scotches and whiskeys in Orlando. They have a great happy hour and different theme nights through the week.

What makes Fiddler's Green so unique and amazing? Fiddler's Green is Central Florida's most award-winning Irish pub. Their Fish & chips were featured on The Food Network's "Best of" series and they have been chosen as best pub many times in Orlando Sentinel and Orlando Weekly reader's polls. For entertainment, they have live bands every Friday, Saturday and Sunday night, Trivia Nation Wednesday nights at 7 pm and Open Mic night Thursday nights at 8 pm. They are open every day out of the year except for Christmas.

Fiddler's Green is an experience of food, fun and entertainment that you have to experience for yourself. If you are looking for a real Irish pub experience, spend your next brunch or happy hour at Fiddler's Green.

Fiddler's Specials and Events Happy Hour

Fiddler's Green happy hour is Monday through Friday, 4pm-7pm with free snacks from 5pm-7. House wines are \$3 during happy hour and well drinks are \$3.50. Yuengling and Miller Lite pints are \$3 and most other pints are \$4 during happy hour. A few specialty import pints are \$5 during happy hour and domestic bottle beers are \$2.50 during happy hour.

Fiddler's is open for lunch at 11:30am Monday through Friday and have a brunch menu in addition to their regular menu on Saturday and Sunday from 11am-3:30 pm. Drink Specials include \$3 mimosas and \$5 Bloody Mary's for Saturday and Sunday brunch.

Annual 5K

Fiddler's Green hosts an Annual 5K held every March at Mead Gardens in Winter Park. Proceeds from the 5K run go Habitat for Humanity of Winter Park/Maitland and Conductive Education Center of Orlando. (CECO) You are welcome to bring your dog to the 5K and proceeds from our dog runners go to Rescuing Animals in Need (R.A.I.N.) At every Annual 5K there are bounce houses and family-friendly entertainment at Mead Gardens after the race. Runners are encouraged to bring their families to enjoy



the fun. This year, Fiddler's Green held their 11th Annual 5K at Mead Gardens.

Entertainment

Fiddler's has live bands every Friday, Saturday and Sunday night, Trivia Nation Wednesday nights at 7 pm and Open Mic night Thursday nights at 8 pm. Check out the event calendar on www.fiddlersgreen.pub/events to find out about future events happening at Fiddler's.



St. Patrick's Day Parade

You can watch out for Fiddler's float in the Winter Park St. Patrick's Day parade. On Sunday March 3, Fiddler's had a special gathering at the pub after the parade for live entertainment: featuring Celtic Clan, Ancient City Pipes & Drums and Celtic Pulse step dancers.

Fiddler's will be celebrating St. Patrick's Day all weekend March 15, 16 and 17th with Scottish bagpiper Jamie Kelly, Celtic Pulse dancers, live Irish/American music with Beemo and more! Their St. Patrick's day menu will feature all of our Irish favorites, including Corned Beef & Cabbage, Fish and Chips, Shepherd's Pie and Bangers & Mash.



REDUCE DON'T RECYCLE

DON'T RECYCLE

About 4.5 pounds. That's the amount of trash—banana peels, frayed toothbrushes, busted electronics, plastic wrappers, greasy pizza boxes—that the average American generates every day. And it adds up quickly: In 2014 alone, according to the U.S. Environmental Protection Agency's most recent available data, we collectively tossed 258.5 million tons of stuff.

People talk about recycling like it's some sort of superhero—that just by throwing that plastic bottle in the green bin, you're doing your part to punch pollution in its oily kidneys and leave the world a greener, healthier place. And yeah, re-using old materials is a great way to reduce the impact on the environment . . . if it works. But sometimes the theory is better than the practice.

Here are ways recycling actually hurts the environment.

The value of recovered waste products has plummeted over the past five years, and the amount of effort required to extract them has risen. With falling commodity prices, recycled glass, aluminum, plastic and cardboard are being sold for less and less while the cost to the processor to process these materials stays the same. It's gotten to the point where many cities are operating recycling programs at a significant and consistent cash loss – admirable,

perhaps, but not sustainable. The burden of paying for the programs falls on cities — or residents who pay for the trash service — because the U.S. has not followed the path of many European countries, requiring manufacturers to take responsibility for the disposal or recovery of their products and packaging.

Contamination is one of the biggest obstacles in the recycling industry right now. If there are impurities or toxins on the original material—say lead paint from an aluminum spray can—they'll usually make it through the recycling process and end up buried in the new product, which might turn out to be, say, a soda can. The worst part is that sometimes we don't know when something's contaminated—until it's too late. For example, we're just realizing that hundreds of buildings in Taiwan made from recycled steel have been giving people gamma radiation poisoning—and not the good kind—for the past twelve years.

The recycling process itself produces a lot of pollutants—from the exhaust billowing out of recycling trucks to energy used at recycling plants. In 2009 there were about 179,000 waste collection vehicles on the road—that's both recycling and garbage collection. The exhaust from each one of those vehicles contains over three dozen airborne toxins. The problem is, you can't separate garbage trucks

from recycling trucks—there's no lesser evil. They both run on fossil fuels, and they both produce exhaust. By adding more trucks to the fleet, no matter what their purpose, we're increasing air pollution.

When paper is recycled, it's all mixed together into a pulp. That pulp is washed, cleaned, and then pressed into new paper sheets. During that process, wastes like paper fibers, inks, cleaning chemicals, and dyes are filtered out into one giant pudding known as paper sludge. The sludge is then either burned or sent to a landfill, where it can leach dozens of toxic chemicals and heavy metals into groundwater. If you think that there would be regulations against that, you'd be right. But there's one loophole: mixing anything else with the paper sludge, even just sand, turns it from waste into a product. And there are no regulations against tossing tens of thousands of tons of your product into a landfill.

There are about seven types of plastic that you'll find in day to day life, and only two of them are recyclable. Anything else placed in a recycling bin will be collected, processed, and sorted, and then thrown straight into a landfill. Even trying to recycle some things—for example the plastic that electronics are packaged in—wastes all



those resources. But it gets worse: Plastic is automatically sorted at recycling plants, but the process is far from perfect. As a result, some plastics can slip through even when they're not supposed to, and you might end up with chemicals like BPA in plastics that aren't supposed to have it. So, in a weird way, recycling can make you fat.

Demand for most recyclable products is growing way too fast to keep up with anything that recycling can—at the moment—provide. Aluminum is especially difficult, since demand for it grows a little less than ten percent every year. That means we're still going to mine for new aluminum, especially since recycled aluminum isn't suitable for certain things. For example, recycled soda cans can't give you the quality you need to build an airplane, or even to use in electronic circuits. Even if the cans go back to being cans, it's not enough.

Here's some math: The average American drinks 2.5 cans of soda per day. That's about 778 million cans. If 100,000 cans are recycled every minute (they are), we're still about 600 million cans short. And that's just in one day.

Deforestation is one of the main arguments for recycling. Imagine acres of pristine rainforest, happy little animals, a native tribe or two—all bulldozed into oblivion. Except that doesn't actually happen, because eighty-seven percent of new paper now comes from trees that are raised for the sole purpose of paper production. The US harvests about fifteen million acres of forest each year, but they're planting twenty-two million – every year we have seven million more acres of forest. More recycling will actually reduce the demand for those forests. And then there's glass, which comes from sand, the most abundant resource on the planet. The process for recycling glass is more detrimental than the process for creating virgin glass.

One of the recent trends in recycling right now is all-in-one recycling. All the paper, plastic, glass, and metal waste goes into one recycle bin, which is sorted at the factory. The argument is that it requires fewer trucks to pick it all up. But the tradeoff is even worse—all that extra sorting requires millions of dollars' worth of new equipment, and the pollution is just transferred over to the factories that have to build it. There's also the problem of quantity over quality. All-in-one recycling centers focus on speed, which is already introducing extra contamination issues.

The biggest reason recycling hurts the environment



doesn't have anything to do with the technical process—it's the mindset it gives people. The idea is that by putting materials in the recycle bin, by buying products made from recycled material, we're saving the environment—we're all a team of individual "Captain Planets", kicking pollution to the curb. But how effective is that when the US alone still produces 250 million tons of trash every year!?!

Recycling's main impact is to convince us that it's okay to be wasteful in other areas, because we make up for it through recycling. It encourages consumption, rather than pointing out ways to reduce consumption overall.

Most people agree that recycling has significant benefits, even if it isn't a perfect solution to our environmental problems. Though it can be a bit of an inconvenience, recycling has empowered households and businesses to feel like they're doing something to make their community – and their country – an eco-friendlier place.

Practice these helpful hints, and you'll be a gold star recycler every time. No fuss, no muss, no worries. That's the way recycling should be. Recycling is not some far-off, unattainable goal that only happens on certain occasions. It's a part of daily life...

Cut plastic and single-use items out of your daily routine. Plastic, my nemesis, is especially problematic in that it can rarely be used for primary reprocessing – the process of breaking down a product and manufacturing it back into that same product. Plastic's sensitivity to heat and

light mean that its long, flexible molecules (the same ones that give it its unique malleability) degrade and break down when exposed to repeated thermal and mechanical processing. In plain terms, plastic has a sort of "heat history", degrading more and more each time it's processed. This process is irreversible.

"

So many of our everyday products are designed to have a short useful life. Here are some ideas for more sustainable swaps.

Health and beauty products

- Choose a toothbrush with a replaceable head to avoid having to throw out the handle each time you need a new one.
- Invest in a reusable metal razor with a replaceable, recyclable head. (Back in 1990, the EPA estimated Americans tossed two billion disposable razors. And our population has grown by about 75 million people since



then.)

- Swap your facial wipes for a reusable washcloth.
- Buy hair-care products and soaps in economy sizes and decant them to smaller, reusable containers when needed. (The same goes for laundry detergent and cleaning products. Also, look for options sold in concentrate.)

Kitchen basics



- Ditch the plastic wrap, small plastic bags, and aluminum foil when possible. Instead, opt for reusable food containers, washable fabric pouches (great for dry nibbles like popcorn and nuts), and reusable food wraps.
- Stock up on washable towels and cloth napkins instead of paper towels and napkins.
- Drink tap water instead of bottled (purchase a water filter if needed). If you love fizzy water, invest in a seltzer maker with reusable bottles.
- Save plastic grocery bags or other plastic packaging to reuse for another purpose, like lining small garbage pails or picking up after your dog.
- Avoid dishwasher tablets or other products, like sponges, that come individually wrapped.

On-the-go accessories

- Purchase a reusable garment bag, and ask your dry cleaner to use that instead of plastic clothing covers.
- Carry reusable, BPA-free water bottles and reusable coffee mugs.
- Get stainless steel or other reusable straws for your smoothies and iced coffee. Plastic straws are not typically recyclable; in some places, their use may soon be limited.
- Keep a set of reusable cutlery where you work for use during lunch breaks.
- Carry lightweight reusable bags—or keep a set in your car—to replace plastic shopping bags.

Food waste—and food-packaging waste

- Coffee or tea time: Use a reusable filter in your coffeemaker and store any extra brew in the fridge for iced coffee or in the freezer for coffee ice cubes. (Check out lots more planet-friendly coffee tips here.) If you're more of a tea fan, start brewing with loose-leaf tea instead of tea bags, many of which contain plastic and most of which end up in landfills.
- Eating (or taking) out: If you're likely to take home leftovers from a restaurant, bring a reusable container from home rather than asking your server to box up the rest of your meal in something disposable. And when you're ordering takeout, ask the restaurant to leave out any disposable utensils, plates, stacks of napkins, and packages of condiments you won't need.
- Grocery runs: Shop from bulk bins for flour, nuts, dried fruit, cereal, beans, rice, and other staples. Take lightweight mesh bags for produce. And for packaged food favorites—pretzels, crackers, cheese—forgo snack packs and buy the largest size you know you will eat before it spoils. (The same rule of thumb applies for purchasing pet food and treats.)

Source reduction, often called waste prevention, means eliminating waste at the source of manufacturing by modifying production processes (using less raw materials), using nontoxic or less-toxic substances, conservation techniques, and reusing material when applicable. For consumers it means throwing away less, purchasing durable, long-lasting goods and seeking products and packaging that are as free of toxics as possible. Because source reduction prevents the generation of waste, it's the preferred method of waste management and goes a long way toward protecting the environment.

When shopping, ask yourself:

- Is this an impulse purchase you don't really need or may



not use?

- How long/often will you use it? Is it something that can be rented instead? Do you already have a broken one at home that can be repaired instead of purchasing a new one?
- Is the item made from good-quality and long-lasting material, or is it something cheap and flimsy that'll probably break quickly?
- Does the item contain recycled materials? Try to select items with the highest percentage of post-consumer recycled content material.
- What is the product's end destination? Will it be tossed out quickly after only one use? For example, choose a reusable razor instead of a disposable one.
- Can this product be recycled at the end of its life, or will it have to be thrown in the garbage? Choose a recyclable item such as a glass or aluminum juice container over a nonrecyclable container made of polystyrene (Styrofoam).
- Is the item packaged in the least amount of material?
- When leaving the store with your purchase, do you really need to get a bag for only one or two items? If you're purchasing several items, bring your own durable bag. Also remember that brown paper bags can be recycled with newspaper in your curbside recycling bin.

Reuse

Reusing items by repairing, selling or donating them to charity and community groups also reduces waste. Using a product more than once, either for the same purpose or for something different, is preferable to recycling because the item does not need to be reprocessed before it can be used again.

Ideas for reuse include:

- Using durable coffee mugs.
 - Using cloth napkins or towels.
 - Refilling bottles.
 - Donating old magazines or surplus equipment.
 - Reusing boxes.
 - Turning empty jars into containers for leftover food.
 - Purchasing refillable pens and pencils.
 - Participating in a paint collection and reuse program.
- JUST SAY NO— no to plastic straws, no to disposable napkins, no to plastic utensils and bags. Saying no is free, boosts your confidence, and prevents tons and tons of waste!



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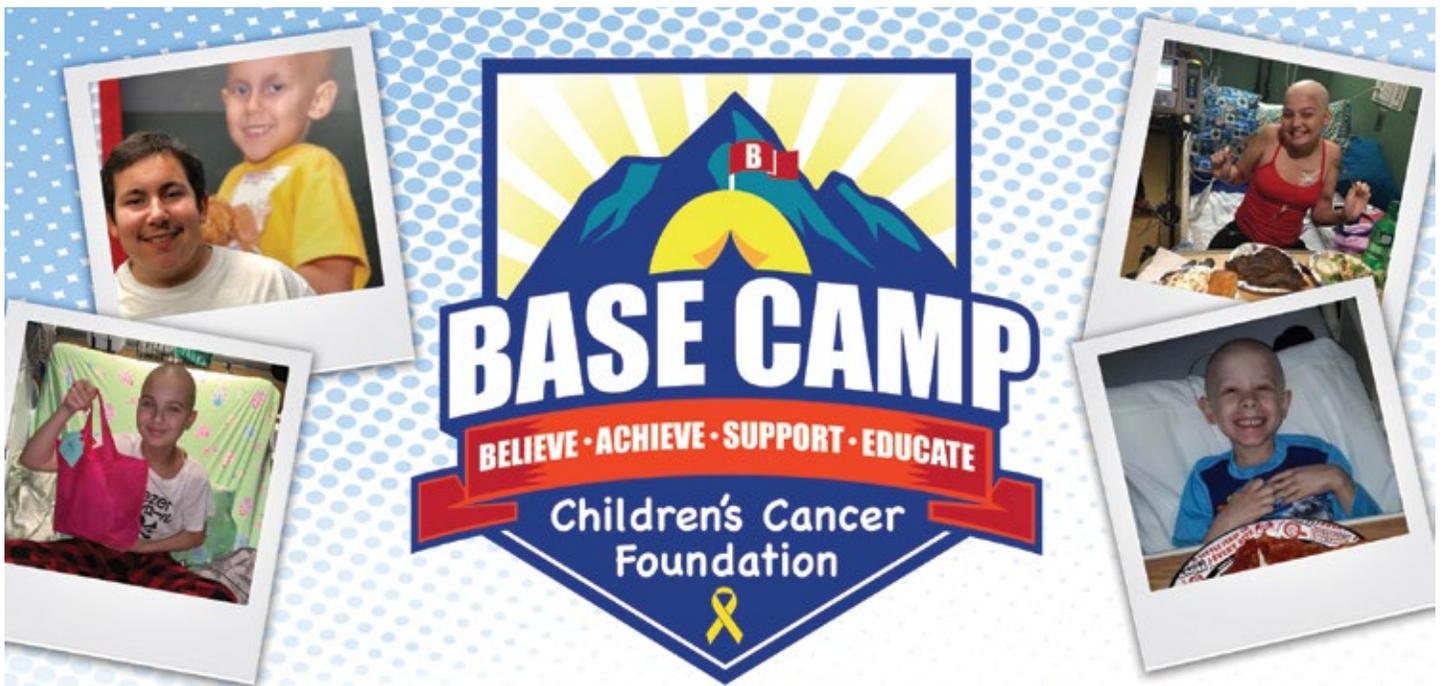
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NERD NITE

I'm always surprised when unconventional items go together so well..one being thinking while drinking. Nerd Nite is an eclectic mix of things – it offers TED “talkesque” presentations paired with alcohol and people who are heavily into a specific subject or topic. The meaning behind the word “nerd” is someone who is obsessed about a specific subject- in a healthy way of course. Nerd Nite in Orlando is like stepping out in an unbuttoned shirt; a much more casual and relaxed vibe than the typical TED talk.

For going on its' sixth year, Orlando's Nerd Nite is building a loyal following. This gathering, every second Thursday of the month, brings together a wide variety of patrons that enjoy this “TED talkesque” style of interesting information being presented while we mingle and have a nice ale. The odder the topics, the more it seems to pull you in. Each time I have been it has been at the Geek Easy in Winter Park off Semoran Blvd., but I know they have had special events all over the city. Speakers present for 15-20 minutes each on a different usually obscure & yet fascinating subject, often in an uncanny and unconventional way. Following each presentation is a brief Q&A with the audience.

The concept of Nerd Nite was originally formed in 2003 and was first hosted in Boston, Massachusetts. In the last 15 years, Nerd Nite has spread to 6 continents and currently operates in over 106 cities around the world, including Tokyo, Toronto, Sydney, New York City, London, Los Angeles, and many more.

What you won't see for these events is a ton of marketing. It is all usually the same little bit of information and sound bites along with the speakers/presenters themselves. Always wondering why, as I leave and think yet again ‘what a wonderful evening’, wouldn't I want to share this with as many as I could. I will tell you that you should not only plan to go..but if you don't get there early enough, you might not find a spot to sit and enjoy some bar appetizers and beer.



Going on their sixth year, Nerd Nite Orlando has organized close to one hundred events, featured over 200 guest speakers, and reached thousands of people. Spreading a casual atmosphere where you might just learn something new. With the age of digital learning and so many sharing stories in a digital world, it is refreshing to get out and enjoy this live along with the packed house attending. Everyone is laughing, smiling, thinking...and yes drinking. And what a good time it is indeed.

Hope to see you all there..but shhhh..don't tell too many people.

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Concert dates and times are subject to change

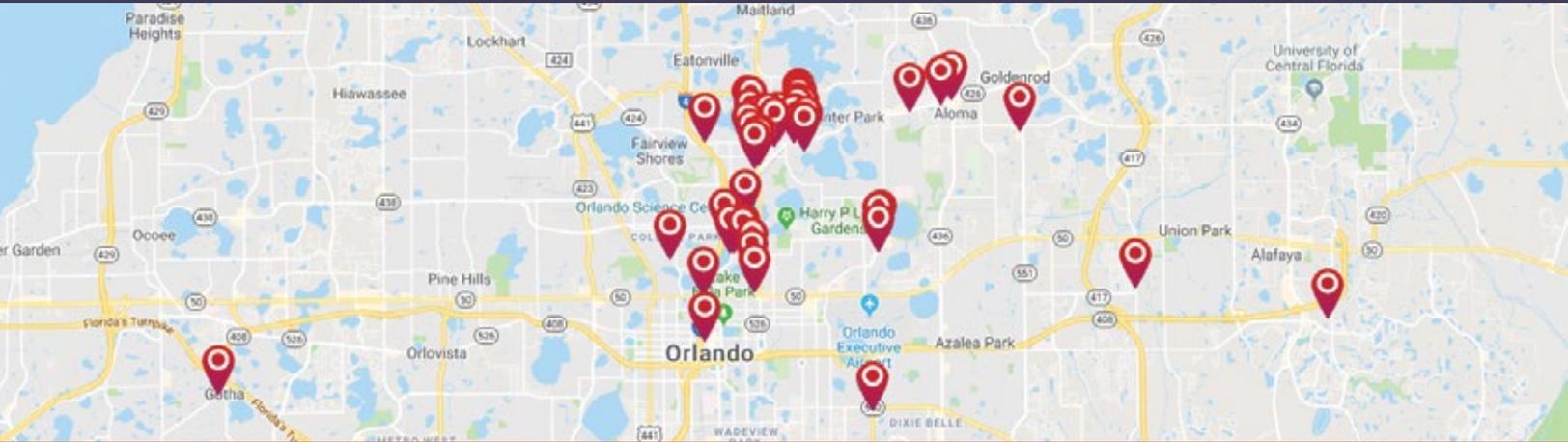


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