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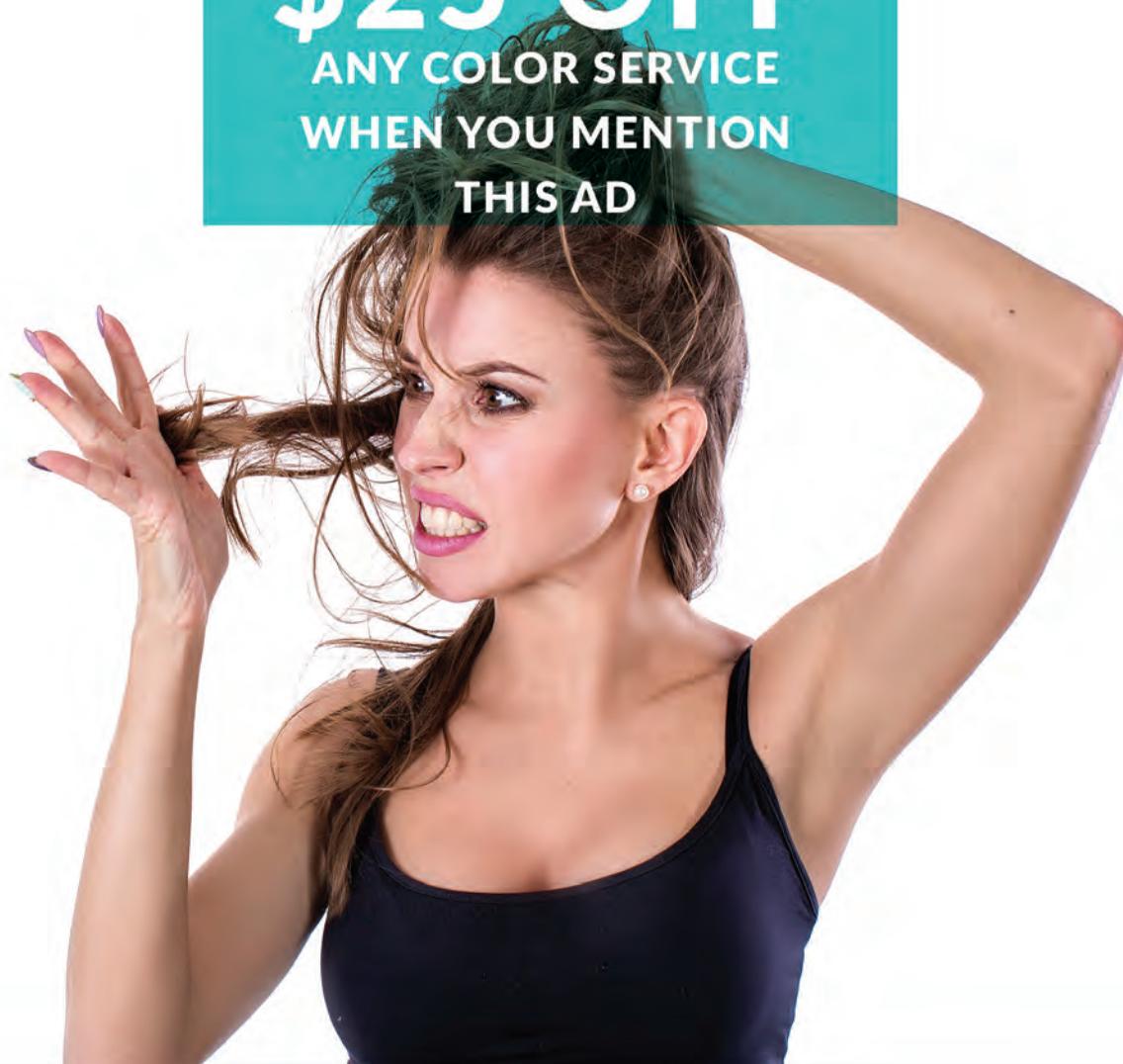
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LETTER FROM THE EDITOR

Spring time is peeking its' head around the corner..as the rain is starting to come in and the chilly weather (at least for our standards) is starting to fade. What does that mean to you? Do you look forward to the plants, flowers and trees to start their blooms? Do you look forward to the Family gathering together during the spring time holidays? Or are you just happy that the kids are back in school? Some of us start to plan home projects among many other ideas that start to become incubated as time pushes foward and we have more light throughout the day.

Spring to me is a time of beauty that brings with it all the allergies we can stand. What it also brings for me personally is a vibrance in the arts..Is anyone else as excited as I am for another year of the Fringe festival about to be here? Anyone else sad that this will be the final year for the famous (or infamous) Black venue as it will be moving towards the latter part of the year. So many performances I have seen along with one of the other publishers, and i know it will be missed by everyone from the

patrons to the performers that have been blessed to grace the stage there. But don't worry, The Venue will have a new home soon enough. Blue & Crew are feverishly making all the next plans that will evolve...and if you are one to support the arts, local theatre, dance, music and ooh la la burlesque then you must come out and join us on Saturday April 27th as Park Ave Magazine & Faceless Technologies will be hosting a benefit to raise money to assist The Venue's funds to be able to expand and choose the next location for all of us to be entertained. Please keep an eye out on our social media pages and our website for more details that will be out in the next week. Until then I tip my hat to you all to thank you for helping us continue the fun parts about reading..We hope we are adding great entertaining content for all our Central Florida readerships. Continue to check us out and all we have planned this year including our giveaways like Megacon Tickets & much more! Enjoy this issue and please continue to keep pouring in the comments through email, social media & snail mail..on how we are doing. We appreciate it all..even when we have Typ0s. :)



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Libby's Legacy

By Krysta Knauer

FIGHT
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When a loved one has been lost, everyone has a different way of grieving. Some families might bring fresh flowers to their loved one's grave every week, or they might scatter their loved one's ashes in a beloved place. But not everyone decides to quit their job and create a non-profit in the name of their loved one. That's exactly what Robin Maynard did when she and her sister, Marty, lost their mother, Libby Maynard, to breast cancer in 2006.

Knowing that 1 in 8 women get breast cancer in their lives, Robin, who had been working as a paramedic and Crime Scene Investigator in Orange County since 1995, decided after her mother passed away, that she needed to take her passion for saving lives and channel it into a way to honor her mother. So, a year later, in 2007, she founded Libby's Legacy, which, based in Orlando, provides breast health and screening services, among other things, to the underserved, uninsured population in Florida. When she first began the organization, she continued working for the county, but in 2009, she decided to retire from her career and focus her energy into Libby's Legacy full-time. And for the past 12 years, Robin and the organization have been going full steam ahead in making their mission a realization.

Since its inception, Libby's Legacy has worked to provide over 6,000 health services to at-risk women and men. This includes their need-based Cancer Screening Initiative (CSI) and Mammogram Access Program (MAP), which, in partnership for the Women's Center for Radiology, includes a mobile mammogram bus, and their innovative PALS (Patient Advocate Liaison Service) which provides any warrior, regardless of need, a PAL, or Hope Coach, to walk them through the whole process from mammograms, to diagnosis, through treatment, and all the way through to survivorship, taking notes and providing additional information and support along the way, which is a unique service, according to Tracy Harris, the organization's Executive Director. (If you or someone you know may need CSI, MAP, or PALS, you can find more information and download applications at libbyslegacy.org.)

By using an unprecedented 87% of all funds directly for patient services, Libby's Legacy is able to provide the area's poorest women and men with full service assistance from testing through to survivorship. Getting their funds from donations and grants, they have never turned down a single person due to funding. And they work with local hospitals, organizations,



Libby's Legacy
Breast Cancer
Foundation



and governments to provide patients access to life-saving treatments and services. In fact, they have worked closely with Orlando Mayor Buddy Dyer, who was the Grand Marshall for Libby's Legacy's Scooters for Hooters motorcycle fundraising event, and will be a pirate for the organization's second Treasure Your Chest scavenger hunt in Downtown Orlando. Besides providing health services, Libby's Legacy is also expanding through the other services that they have begun to provide, or will soon be implementing, for those affected with breast cancer. Their Live Big Project sends Stage IV breast cancer patients and their families on a cruise to make memories. This gift is in memory of Libby, who had been planning to take a cruise to Alaska after she found out that her cancer had returned. Sadly, just three months before the trip was scheduled, Libby passed away.

To help survivors stay healthy after treatment has ended, Libby's Legacy has created the Pink Ribbon Garden Project alongside Melissa Etheridge, the Grammy Award Winning singer-songwriter, who is a proponent of clean-living. Eating fresh, whole foods, instead of processed foods, has been shown to reduce instances of and the return of many forms of cancer. So, at Lake Druid Park (near Winter Park), the organization opened its first garden project in 2017. The garden, in the shape of a large pink ribbon, is a way for survivors (and families in memory of loved ones lost to the disease) to take control of their health by planting and harvesting fresh vegetables and herbs to cook for themselves and their families. For each bag of veggies and herbs harvested, Libby's Legacy and the gardeners follow a "Grow One, Give One" philosophy by giving a bag of food to current breast cancer patients. To expand this idea nationwide, Libby's Legacy and Melissa Etheridge are opening two more gardens, in Albany County, New York and Nashville, Tennessee, in May of this year.

In another way to extend a helping hand out to survivors

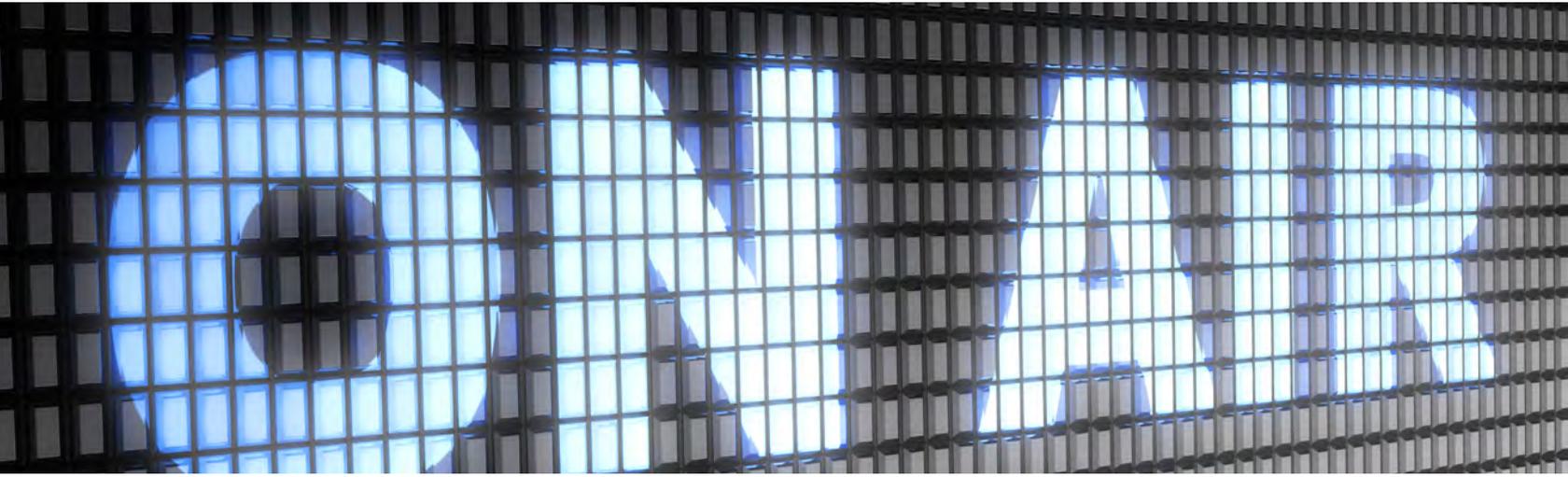
across the nation, the organization is creating a year round wellness retreat in Lake County in the fall of this year. The mission behind the wellness retreat is to help survivors live in a positive lifestyle by teaching them gardening and other wellness skills. This is vitally important because living well can help reduce the recurrence of breast cancer.

Besides all of these services, Libby's Legacy also works to educate the entire Central Florida population about breast cancer. They attended health fairs, Earth Day Birthday, Orlando LGBTQ+ Pride, and other events. They also bring their education and mammogram bus to different communities throughout Central Florida. Their next mammogram bus event will be at Fairways Country Club (in East Orlando) on May 18th. They also hold fundraising events, like their Scooters for Hooters motorcycle rally and their Treasure Your Chest scavenger hunts. Their biggest fundraising event takes place on the Melissa Etheridge Cruise.

Libby's Legacy is able to provide all of its services through grants and donations. But if you are not in a position to make a cash donation, there are many other ways that you can get involved. You can volunteer at their many events (for a volunteer application, visit libbyslegacy.org) or you can donate your time and services, such as providing free lawn care, building maintenance, or other such services to either the organization itself or to a breast cancer patient. "If you feel led, call us and offer," says Ms. Harris. Or you can work with Libby's Legacy to host your own Treasure Your Chest scavenger hunt here in Winter Park, at your place of work, or anywhere else.

Five reasons to love WPRK

By Charlie Griffin



A little history The very first radio station licensed in Orange County (and the third in Florida) was Professor E. F. Wineberg's class project at Rollins College -- a modest 50-watt station, located at 1250AM on the radio dial with the call letters WDBO (nicknamed Way Down By Orlando). The fledgling station launched in May 1924. Early broadcasts reached Winter Park, Orlando, Apopka, and Sanford, lasted little more than an hour daily, and often included college lectures or concert performances by the likes of the Rollins Men's Glee Club.

Over the next years, WDBO was sold, left Rollins, grew in power (5,000 watts in 1937), and moved multiple times. In September 1944, the Great Atlantic Hurricane — a category four storm that weaved a path from the Bahamas to Long Island — destroyed the roof of the WDBO studios and forced a relocation to Lake Ivanhoe.

Rollins got back into radio with their own hour-long show on WDBO in 1951. The powers-that-be were inspired enough to raise enough money to launch WPRK on the Rollins campus a year later with a meager 10-watt transmission power on 88.1FM, and a primarily classical music format. Shortly thereafter they moved to their current 91.5FM location and procured a stronger transmitter. Starting in the 1970s, WPRK gradually shifted from its classical format to the mixed bag it still is today. By the early 1990s WPRK began broadcasting 24/7 and adopted the slogans, "The Best in Basement Radio" and "The Voice of Rollins College."

WPRK recently suffered a blow familiar to the folks at WDBO in 1944. In September 2017, Hurricane Irma permanently damaged WPRK's antenna tower. Adding insult to injury, their return to the airwaves was further delayed when a pair of Federally-protected Bald Eagles elected to nest in the planned location for the new transmitter. This turn of events earned WPRK their own special category of "Best of" in The Orlando Weekly: "Best Run of Bad Luck." Like a landlord with surprise squatters, WPRK had to wait until August 2018 to do their thing on FM again (they had already been streaming online and continued doing so throughout their FM hiatus and beyond).

If you have never listened to WPRK or haven't in a while, give it a try. Here are five reasons to love WPRK:

Its DJs and programming reflect the diversity of Winter Park and Orlando.

As a combination of community-driven programming that includes long-form interviews and student-hosted shows, there is a variety to their programming that is unmatched elsewhere locally. Embrace the sonic whiplash. On Sundays, from noon until 8pm, for example, WPRK airs Roots Uprising with Sister Makeda (mostly reggae), Music from the Movies with Bill Smith, Music of India with Naval Modani, and Jazz in the Bible Belt (rotating hosts).

As an independent college radio station, it is not beholden to any corporate agenda.

We are deep in an era of polished, banal, corporate radio, with tight, looping, limited playlists matched to carefully curated advertising demographics. It's pervasive at best and insidious at worst. Meanwhile, WPRK deliberately cultivates an antipathy toward Top 40 radio amongst its DJs.

Let's be honest, listening to WPRK is like Thanksgiving Dinner with your extended family. With most big family dinners, something gets dropped, something gets burnt, but most everything turns out okay. Every family has its intellectuals, its artists, and its kooks. Since WPRK is student and community run, it can get pretty out there. Some DJs are deeply knowledgeable, and others, well, let's just say bless their hearts. Some speak too close to the microphone or not close enough. Some lose control over the engineering board.

You've got to love that crazy uncle who drops that conversational bomb just as the turkey is carved, right? WPRK is a warts and all kind of thing.

WPRK is largely student run.

From the very beginning, WPRK was envisioned as a bed of opportunity for students who wanted to work in broadcast media. Student volunteers are the lifeblood of WPRK, and their real-world experiences running the ship are good for them and for their resumes.

WPRK is hipper than you are. And it's not trying to be.

The chances you'll hear something you've never heard before are higher here than any other FM station in Winter Park or Orlando. We are already suffering as a society from living inside silos of news and culture. If you want to expand your listening horizons, because WPRK strives for independence, this will be the place to do it. WPRK is the radio equivalent of Forrest Gump's famous line about the Whitman's Sampler: "Life is like a box of chocolates. You never know what you're going to get."

WPRK promotes the local, the grass-roots, and the homegrown.

We Central Floridians deserve our own place in the sun alongside the theme parks, with our own culture. Local artists, bands, poets, musicians, authors, and more, all get a chance to be heard here in interviews and live performances. It's exactly those things that give a town its cultural personality and make it an interesting place to live.



HIDDEN GEMS:

Lake Killarney in Winter Park

By Alex Dimovski

"Earth and sky, woods and fields, lakes and rivers, the mountain and the sea, are excellent schoolmasters, and teach some of us more than we can ever learn from books."

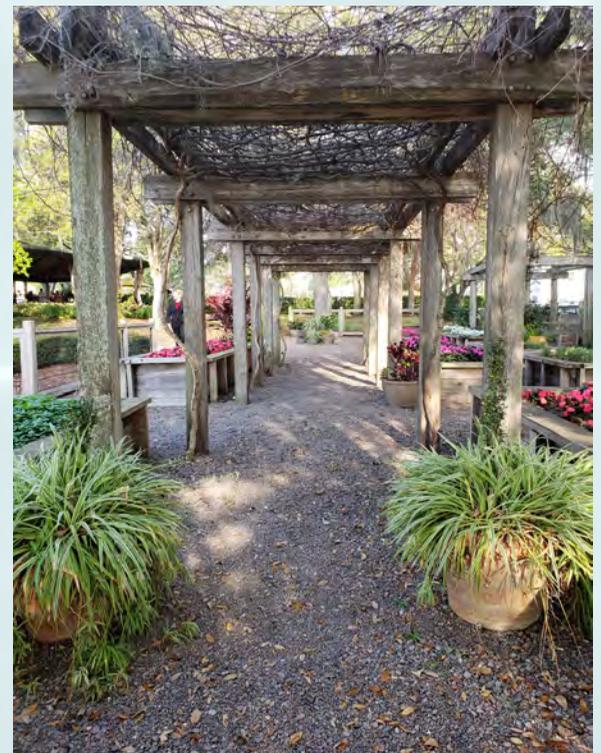
- John Lubbock

Central Florida is full of natural wonders: palm trees, orange blossoms, beaches and lakes. Whether you live in the sunshine state or are visiting, there is no shortage of nature to explore. Pleasant weather in the 407 makes it feel like summer all year around. It's always a perfect time to go on a peaceful adventure. In Winter Park, one of the most stunning natural hidden gems is right around the corner-Lake Killarney. Spending an afternoon at Lake Killarney is a great way to kick back and enjoy some of Florida's nature. What makes it a unique experience is that there is something for everyone: nature photography, paddle boarding, fishing, walking the dog, fun for the kids, or a romantic walk. If you are looking for a place to unwind after work or a long week, Lake Killarney offers a peaceful sanctuary. It's more than just a lake - there is so much to

discover around the area that is Lake Killarney. Feed your wanderlust for nature and afternoon adventures with a trip to this serene hidden gem in Winter Park.

Convenient and Prime Location

One of the most unique and impressive aspects of Lake Killarney is its location. It's located right near the intersection of Lee Road and Orlando Ave. Lake Killarney is nearby some of the best shopping, dining and entertainment in the Winter Park area. If you are planning a trip to Winter Park Village





some of the best shopping, dining and entertainment in the Winter Park area. If you are planning a trip to Winter Park Village for some shopping, a movie at the Enzian, or lunch at Bulla you can easily fit a short trip to Lake Killarney into your itinerary. You don't even have to drive, as Lake Killarney is within walking distance of shops and dining. What makes it unique is that it's tucked away from the hub of the city, yet it's right near the action that is just around the corner. When you want a break from the bustle of the city, this can be your own private sanctuary. Lake Killarney has some prime real estate for homes and condos as well. If you have always dreamed of having a lakeside home, Lake Killarney could be your next place of residence.

Facts, Geography, and Geology of Lake Killarney

There is more than meets the eye with Lake Killarney and any body of water for that matter. The ecology and geology of earth itself is fascinating. Most of Lake Killarney is situated in the Winter Park district and the remainder is unincorporated Orange County. The water levels of Lake Killarney vary and depend on groundwater levels, so

Orange County. The water levels of Lake Killarney vary and depend on groundwater levels, so they will not fluctuate drastically.

There is a large variety of vegetation in the lakes and wetlands in the Winter Park area. While you are relaxing on Lake Killarney, you might come across birds such as the great blue heron, white ibis, or mallards; reptiles such as turtles and water snakes, toads, and fish including largemouth bass, bluegill, and catfish. (Info courtesy of City of Winter Park).

Stats on Lake Killarney:

Latitude and Longitude:

28.6001947, -81.3840109

Surface Area: 2 3 9 acres

Mean Depth 14.0 feet

Maximum Depth Not Available

Approximate Volume

1,121,450,276 gallons

Information courtesy of Orange County WaterAtlas.

The Walk Around Lake Killarney

The best way to experience Lake Killarney would be to start at the plaza next to Trader Joe's. There are two beautiful fountains – one next to Shake Shack and another next to Spa810. The fountains along with the landscaping are very serene, and peaceful. After having a romantic dinner, you and your date can go for a walk closer to the water, where there is a deck and a small, well-landscaped trail with sculptures dotting the trail. Hands down, Lake Killarney is one of the best areas in Orlando to watch the sunset.

The next time you have a bad day or a lot on your mind, just being near the water is enough to alleviate your stress. Studies show that water induces meditative states and has a calming effect on our brains.

The view from Hillstone Restaurant

The Hillstone is one of the best ways to experience Lake Killarney. Aside from their amazing food, the view in the back of the restaurant is stunning.

amazing food, the view in the back of the restaurant is stunning. You can choose to sit on the patio just outside the restaurant. There is even a "backyard" to the Hillstone with lawn chairs and tables. The chairs are arranged facing the lake and are surrounded by stunning landscaping and foliage. If you are sitting out on their patio, the view of the sunset on the lake is breathtaking. Have a drink with your partner and watch the sunset or share a bite to eat with a group of friends.

One of the loveliest parts of Hillstone's landscaping is the trellis surrounded by boxed flowers and petunias. The entire scene is breathtaking, scenic, airy. It's an ideal spot to take a drink in the back, maybe a sangria or white wine and kick back on the lawn chairs. There is nothing more relaxing and peaceful than enjoying a Floridian sunset on the lake with a glass of wine. If you are feeling up to it, you can take a walk by the dock where there is a Gazebo that faces the lake.



a gazebo that faces the lake.

Paddleboard Orlando

But wait there's more!!!.... a hidden gem within a hidden gem: Paddleboard Orlando. Located behind the GuideWell building in the Trader Joe's plaza- Paddleboard Orlando offers paddleboard and kayak rentals for Lake Killarney and other lakes around Central Florida. Paddleboard Orlando offers paddleboard and kayak rentals and even tours and lessons! On a nice warm day, take out a paddleboard or kayak and enjoy the cool lake waters while you get your daily workout in.

Go Out and Explore

Central Florida is full of beauty and natural wonder – from its lakes and natural springs, to its foliage and fauna. Lake Killarney is one of many places to add to your adventure list for Orlando. Studies also show that spending time outdoors is not just good for your physical health but also your mental health! Researchers found that group nature walks significantly lowered depression, less perceived stress and mental well-being. Plus, going for a walk around Lake Killarney is an inexpensive date night or family trip. What are you waiting for? Go out and explore! Just don't forget your sunscreen and sunglasses.

Things to do around Lake Killarney

- Bring the family and kids
- Walk your dog
- Nature photography
- Wedding Photography
- Meditation
- Fishing
- Paddleboarding
- Watch the sunset
- Have a romantic evening on the patio at Hillstone



FAMILY FUN AT THE FLORIDA STRAWBERRY FESTIVAL

Written By: Alexandra Dimovski Photo by: J Funk

Life is Sweet at The Florida Strawberry Festival in Plant City, FL- which upholds a tradition of local pride, Florida fresh produce, and family fun

Every spring, Plant City, FL holds The Florida Strawberry Festival- an 11-day community event celebrating the strawberry harvest of Eastern Hillsborough County. The 2019 Florida Strawberry Festival ran from February 28 - March 10. This year was the 84th anniversary of the Florida Strawberry Festival which is bigger than ever with over 500,000 attendees. There was a little something sweet for everyone at the festival – endless strawberry food options, rides, exhibits, livestock, fine arts, horticulture, contests, local businesses and entertainment.





The Strawberry Festival's Ripe History

Local festivals are a hallmark of American history, and the Florida Strawberry Festival is no different. Alive with tradition, the Florida Strawberry Festival started in Plant City, Florida in 1930 by the Plant City Lions Club. The festival was then reactivated by the American Legion Post #26 after a 6-year hiatus. The Florida Strawberry Festival was conceived to celebrate the agriculture and history surrounding the Florida Strawberry.

"The Florida Strawberry Festival represents a piece of Americana, a time in American history when fairs and festivals brought communities together through celebrations of their harvests. It has continued to grow in popularity year after year through the preservation of this heritage. Central to its focus, the Festival continues to preserve and enhance the agricultural and historical legacy of the Florida strawberry." - The Florida Strawberry Festival

From Florida Farms to Florida Tables

Every year, farms in Florida work hard to harvest more than just strawberries – fruits and vegetables alike. This is the produce that makes it to your family's table – from your grandma's strawberry shortcake to the cupcakes from your local bakery. More than 10,000 acres of strawberries are planted annually in the local area. In fact, there are some 2,800 farms in Hillsborough County **that produce fruit and vegetable crops with an annual value**

of over \$360 million. Plus, spring is the perfect time to enjoy a bowl of fresh strawberries.

Strawberry Everything

There is no shortage of strawberry themed events and items at the Florida Strawberry Festival. If you are a fan of strawberries this festival is for you. We all have that one friend who loves strawberry flavored items. This is the festival for them.

Strawberry Food Items

Fill up on some mouth-watering staples at the Florida Strawberry Festival, including fresh strawberries from Parkesdale Farms and Wish Farms and strawberry shortcake from the East Hillsborough Society. Festival goers cooled themselves down with strawberry milkshakes and strawberry shortcake milkshakes. Sugar cravings were satisfied with chocolate dipped strawberries, strawberry jam, strawberry sandwiches, strawberry cheesecake, strawberry crepes, strawberry cobbler, strawberry fritters, strawberry fudge, strawberry lemonade and even strawberry pizza!

Strawberry Merchandise

Food wasn't the only strawberry related item that festival goers got their hands on. A wide variety of merchandise was available at the





Strawberry Festival: the Official Strawberry Festival Cookbook, the Florida Strawberries Cookbook, and the Florida Strawberry Festival history book.

Entertainment, Exhibits and Fun

There was no shortage of things to do at the Florida Strawberry festival. Rides were a big hit with kids and families alike – a midway full of fun for the older kids and kiddie rides for the little ones. Exhibitions included some of the best small businesses, artists and crafters in Central Florida – Giselle’s Victorian Jewelry, Misty Mountain Soap, Denise’s Boutique, Anita’s Country Keepsakes, Village Glassblowers, and the Plant City Chamber of Commerce. Some festival goers go to the Florida Strawberry Festival solely for the featured musical entertainment- both headliners and local artists. Some of the top acts featured in the 11-day festival where Willie Nelson, Martina McBride and Styx. Local entertainment played at the Florida Strawberry Festival “Battle of the Bands”, the Publix Showcase Tent, and the Kellogg’s Strawberry Tent.

Berry Fun for Everyone

If you happened to miss The Florida Strawberry Festival this year, no worries! There is always next year. The Florida Strawberry Festival is plenty of fun for the kids, date night or with the whole family. By going to The Florida Strawberry Festival, you’re supporting your local farmers, businesses, community and history.

Fun Facts about The Florida Strawberry Festival

- **This year marks the 84th anniversary of the Florida Strawberry Festival**
- **There was a record breaking 563,000 visitors at the 2019 Florida Strawberry Festival**
- **More than 10,000 acres of strawberries are planted annually in the local area.**
- **One of the best festivals in the nation – it now ranks among one of the top 40 fairs in North America.**
- **Every year, the Florida Strawberry Festival crowns a “Strawberry Festival Queen”. Each one is organized by the following competition: personal interview, on-stage speaking, casual wear, evening wear, and an impromptu question.**

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Sunday Brunch In Winter Park

By Elizabeth Sanchez

After a long week at work, home or studying, you deserve to do something that will make you want to kick back relax and enjoy the beautiful weekend. Well, what better way to spend your Sunday or Saturday mornings than heading over to the beautiful area of Winter Park and diving into some well-deserved Brunch. Yes, ladies and gentlemen, brunching it up in Winter Park is honestly one of the best things you can do. I can guarantee you there is a spot for everyone in your friends/family group or hey, even if you're dining for one. Don't believe me? Well, I've come up with a fail-safe list of delicious places all over Winter Park that will make your brunch experience one for the check-books.

Starting the list off right, with **Another Broken Egg Café.**

Because, what kind of brunch are you having if it's not at some kind of egg café? Located on 410 North Orlando Avenue, this place is no yolk. Ok, I'm done with the egg puns, but seriously their Louisiana inspired food is delicious! When it comes to brunch, they have an entire menu of food and a separate menu for brunch drinks. Food includes delicious specials like, Crab Cake Benedict, Lobster and Brie Omelet, Shrimp and Grits and of course it wouldn't be true soul food without Chicken and Waffles! Brunch drinks include classics like Mimosas and Bloody-Mary's, though they also include their own twists on your traditional morning beverages. You can swap out your normal OJ, for a Blood Orange Bourbon Sour. Or if you're really in the mood for a morning pick-me-up ditch your regular cup of joe and down one of their "Spiked Cold Brews" (highly recommend the salted caramel cold brew because of the salted caramel rim). Oh, and they

have Mimosa and Bloody Mary pitchers. So, you'd be cuckoo not to fly over there.

The Porch

Their motto is eat, drink and stay a while. So, why wouldn't you? Located on 643 N Orange Ave, Winter Park, you walk in and it's basically an industrial, barn athletics dream. For seating, apart from the bar, they have beautiful wooden picnic tables, but what matters most here is the brunch menu. On their menu, it's basically a list of comfort food that makes you wish the calories didn't count (but who's counting, it's brunch). You've got "The Big Daddy" which is a giant freshly baked croissant, stuffed with bacon, turkey, fried egg, cheddar cheese, and veggies. You need to come here just for that alone. Plus, they are open till 2 am, for those of you who like to brunch till the sun goes down.

Seven Bites Café

Ok, this one is technically on that cusp of Winter Park and Downtown Orlando, but I'd be amiss if I didn't add this to the list! Located on 617 N Primrose Dr, it's next to the large wall covered in art. When you walk in, you're slammed with the hipster vibe, no doubt about that. Very industrial, prison trays, succulents on the wall, I only shop at urban outfitters vibe. Once you get passed all the mason jars and look at the menu, it is all very brunch soul food. (VEGANS BEWARE) Grits, biscuits, eggs, bacon. Grease. It's not a place for someone who is only on a plant-based diet and who only has a half-empty stomach, I recommend you come HANGRY. I'd get there early though, lines are usually out the door!

The Glass Knife

The Glass knife is located on 276 Orlando Ave here in Winter Park. I mean, they have a definition of what brunch is. To quote, "Br(eakfast) + (l)unch] = a lifestyle. Brunch is many things to many people, but when it comes down to it, it's our love affair with a meal that's neither breakfast nor lunch – now enjoy it in style." Need I say more? (I mean I will but come on.) On their brunch menu, which is served on Saturday's and Sunday's from 7am-4 pm, you have a variety of brunch-y type foods that will make any hipster foodie's Instagram feed look, yummy. Food ranging from your classic Avo-Toast and Acai Bowls to your more foodie foods like the Cheddar Biscuit Sandwich and Lemon Blueberry Waffle

Stack! Along with their brunch menu, the Glass Knife is also well known for their cakes and pastry menu (which includes a menu dedicated to doughnuts!) Even bigger plus, they are dog friendly. Run, don't walk to The Glass Knife.

Buttermilk Bakery

Keeping on theme of sweets and brunch, we have the Buttermilk Bakery. Located on 1198 Orange Ave in Winter Park, this shop is full of mouth-watering foods for you and your friends to enjoy. On the menu, which is served on weekends only from 11am to 3pm, you've got your basics covered with Avocado Toast, pancakes and the ever so classic omlette. What makes this so different from the rest is the ingredients used in the foods. Taking a closer look to the menu, you and your friends can enjoy your classic brunch foods with Egyptian, Italian and French twists. When it comes to the sweeter side of things, because what is brunch but not a time to "treat yo' self", you are blessed with a full menu of different kinds of croissants. These include chocolate, egg, monkey bread and kouign-amann. For those who have a dietary restriction, they also offer vegan and gluten free options.



How to Guide: Gardening in Winter park

By Jason Flitton

While this guide provides recommendations primarily for traditional home gardens, the information may be useful in other situations, such as community gardens, market gardens, and unconventional approaches like container and raised bed gardens

A vegetable hand-picked from your own garden tastes better than anything you can buy in a store. Home gardens are convenient and may encourage you and your family to eat more fresh vegetables. The choices are endless, with vegetables of all sizes, colors, and shapes.

Whether you're a...

- new resident of Florida and "everything here is so different!"
- native or long-term resident who wants a "refresher course" or better results than you're getting now
- snowbird looking for ways to keep your yard and gardens thriving, even when you're not always here

...this section covers all the basics you need to know.

Vegetable gardening offers fresh air, sunshine, exercise, enjoyment, mental therapy, nutritious fresh vegetables, and economic savings, as well as many other benefits. Vegetables can be grown year-round in Florida if attention is paid to the appropriate planting dates. Planting dates and other vegetable gardening information are also available as a free mobile app called 'Florida Fresh.' Access an app provider for your mobile phone or download it from <http://m.ifas.ufl.edu>.

For convenience, locate the garden near the house on a well-drained site close to a source of water and in a location that receives at least six hours of direct sunlight daily. With proper care, vegetables may also be included in the landscape among ornamental plants. Coastal sites are also suitable. Where possible, rotate the garden from place to place to help control soil diseases and other pests.

Before planting, draw a garden plan that includes the name, location, and planting date(s) of the vegetables you want to grow. Make a list of supplies and order or purchase seeds early if you intend to grow your own transplants. Vegetables that are difficult to transplant should be seeded directly into the garden or started in containers first.

NON-CHEMICAL APPROACHES

- Follow the recommended planting dates listed for each vegetable.
- Rotate vegetables each year so that the same vegetable or vegetable family members are not planted repeatedly in the same areas.
- Remove weeds around the garden. Chemical weed control is not recommended.
- Choose vegetable varieties with resistance or tolerance to nematodes and the diseases

common in your area.

- Purchase transplants that are free of insects and disease symptoms (such as leaf spots or blights). Avoid transplants that are already flowering.
- Use lightweight row covers to provide a good barrier against insects. Remove when plants start flowering.
- Monitor or scout the garden twice a week for pest problems.
- Learn to identify beneficial insects (praying mantis, spiders, big-eyed bugs/assassin bugs, lady beetles, and all wasps).
- Plant flowers in the vegetable garden. Flowers provide nectar and pollen that attract beneficial insects.
- Harvest crops as soon as they are ripe. Allowing over-ripe fruits to stay on the plant often invites more insect problems.
- Remove unproductive plants from the garden as soon as possible and compost or dispose of them.
- Reduce nematode populations temporarily through soil solarization.
- Add organic matter to the soil to reduce nematode populations.

USING PESTICIDES WISELY

If you choose to use pesticides, follow label directions carefully.

- Learn to properly identify garden pests and use chemicals only when a serious pest problem exists. (Remember, plants can take a 10%–20% loss of leaves without a loss of potential yields.)
- Not every pesticide can be used on every vegetable and some pesticides cannot be used on vegetables at all. Make sure the vegetable and the pest are both on the label before you purchase a product.
- Follow the label directions for measuring and mixing pesticides. Pay attention to any "pre-harvest interval"—this is the time that must elapse between application of the pesticide and harvest.
- Follow all safety precautions on the label and keep all people and pets out of the area until the spray has dried.
- Apply insecticides late in the afternoon or in the early evening when bees and other pollinators are less active.
- To reduce spray burn, make sure the plants are not under moisture stress. Water if necessary and let leaves dry before spraying.
- Products with metaldehyde as the active ingredient

are extremely toxic to animals, including dogs and wildlife, which may be attracted to the bait.

WHAT TO PLANT AND WHEN

Spring

There's nothing like having homegrown vegetables right at your back door, and spring is the perfect time to prepare your beds for vegetables. Spring crops include sweet corn, cucumber, tomato, watermelon, and several kinds of beans. For best results, choose varieties recommended for Florida. You can plant seeds directly in the soil, use transplants, or start your own transplants six to eight weeks before planting time. For spring gardens in North and Central Florida, the planting time for most frost tender plants is in March. If you plant earlier, be prepared to cover your tender vegetables to protect them from late frosts. Frost hardy vegetables may be planted much earlier. Of course, in South Florida, you can plant "spring" vegetables in the fall and winter, up until February or March. Plant early enough so that your vegetables have time to mature before the heat of summer kicks in.

Summer

If you're up for the heat and humidity, you can even grow vegetables in the summer. A handful of vegetables will do well in the summer heat, including sweet potatoes, southern peas, cherry tomatoes, and okra. Some spring crops like peppers and eggplant may continue into the summer. If the plants are healthy, there's no need to remove them if they're still producing fruit. If you prefer to give your garden a rest during the summer, take advantage of the summer sun to solarize the soil. This kills nematodes, weeds, and other harmful pests with heat.

Fall

In Florida, fall is an excellent time to start a vegetable garden. Cool-season vegetables to plant in October include broccoli, lettuce, carrots, Brussels sprouts, and radishes. If you're planting in an area already used for spring and summer crops, be careful to remove all dead or diseased plant matter, including roots.

A FEW LOCAL GARDENS TO VISIT | ALL WITHIN A 20 MINUTE DRIVE

Harry P. Leu Gardens

1920 North Forest Ave., Orlando FL (407)-246-2620

Estimated driving distance: 14 minutes

With over 50 acres of gardens to explore, you'll never run out of roses, camellias and azaleas to sniff. It might be difficult to see all of the garden's 12,000 plants in one visit, so it's definitely worth a second trip.

Albin Polasek Museum & Sculpture Gardens

633 Osceola Ave. Winter Park, FL 32789, (407) 647-6294

Estimated driving distance: 15 minutes

If you fancy any of the architecture featured throughout the Disney masterpiece, 'Hercules,' then this museum and the step into ancient Greece it offers is right up your alley. Fifty of Albin Polasek and other sculptor's works can be found strewn across the beautiful landscape that sits only fifteen minutes from downtown.

Central Florida Zoo and Botanical Gardens

3755 US-17, Sanford, FL, (407)-323-4450

Estimated driving distance: 30 minutes

This little zoo right outside of Orlando has a variety of plants and animals to discover and is a great way to spend a sometime outside the city for the day.

Dickson Azalea Park

100 Rosearden Dr, Orlando, FL, (407)-246-2283

Estimated driving distance: 8 minutes

One of Orlando's oldest landmarks, Dickson Azalea Park is a hidden treasure in Winter Park that offers plenty of peace, quiet and most importantly, shade.

Central Park Rose Garden

W Morse Blvd. Winter Park, FL 32789, (407) 599-3334

Estimated driving distance: 16 minutes

Another adjacent pearl of the Orlando area can be found a short horse ride north of downtown Orlando where the Central Park Rose Garden sits neatly tucked away

in Winter Park. An oasis surrounded by more oasis, this location should take up one of your days off sooner rather than later.

Mead Botanical Garden

1500 S Denning Dr, Winter Park, FL, (407)-599-2800

Estimated driving distance: 12 minutes

Nestled in the heart of Winter Park, Mead Botanical Garden offers a variety of flora and fauna to discover in its three areas, which include a butterfly garden, the legacy greenhouse, and a native plants garden.

Palmer's Garden & Goods

2611 Corrine Dr, Orlando, FL, (407)-896-5951

Estimated driving distance: 14 minutes

Make sure to keep on the lookout for this little oasis next time you find yourself driving through Audubon Park. Here, you can find (and purchase) many unique and beautiful plants and garden accessories made to brighten up anyone's day.

UCF Arboretum

4312 Scorpius St. Orlando, FL (407)-823-3583

Estimated driving distance: 22 minutes

One of many creative learning communities at UCF, the Arboretum is a truly unique feature that can be found right on campus. With winding trails lead you through hidden paths around Lake Claire; the Arboretum is the ideal place for a much-needed study break.

Kraft Azalea Garden

1365 Alabama Dr. Winter Park, FL 32789, (407) 599-3334

Estimated driving distance: 30 minutes

Sitting on the Shore of Lake Maitland is the most consistently used setting in dreams also known as Kraft Azalea Garden. Framed by overwhelming cypress trees, this 5-acre plot of elegant flora led land is a more than capable of providing the perfect backdrop for those memory making wedding photos.



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Easter Events in Winter Park

By Krista Knauer



Spring has arrived, but here in Central Florida, it's already basically summer. The weather is getting hot, the afternoon rains are starting, the flowers are in full bloom, and the bunnies are laying their eggs. That's right, it's Easter time here in our lovely, little town. And before it starts getting too hot to go outside, you might be wanting to find something to do for Easter or just to celebrate spring time and renewal. Here are a few Easter events happening around town that you might want to participate in.

For Baldwin Park residents, the 10th annual Easter Egg Hunt and Party will take place on Saturday April 13th from 10:00 AM to 12:00 PM. Just head on over to Corrine Commons in front of Grace Cooper Hall (1913 Meeting Place). This year, there will be 10,000+ stuffed eggs for the kiddos to find. After the hunt, come over to the center of the park, and there will be several activities for the whole family, including face painting, balloon twisting, pictures with the Easter Bunny, and music.

Starting Friday, April 19th through Easter Sunday (April 21st), the Charles Hosmer Morse Museum of American Art (445 N. Park Ave.) will be having their annual Easter Weekend Open House. If you've always been interested in going to the museum and seeing their amazing collection of art, including a selection of Louis Comfort Tiffany glass, but just haven't been able to get there, well now is your chance; entrance to the museum will be free that weekend. And there will be live music on Friday starting at 5:00 PM.

The city of Winter Park's 65th annual Easter Egg Hunt, the community's longest running event, will be taking place this year on Saturday April 20th at the Central Park West Meadow in downtown (New York Ave. and Morse Blvd.) starting at 9:30 AM. The hunt, which will feature over 14,000 stuffed eggs, will begin promptly at 10:00 AM. And, new this year, there will be an "Easter Kids Zone" after the hunt, so that the fun continues.

If you're looking to do something a little less "Easter-y" but still want to celebrate spring and the renewal of the Earth, then you might be interested in doing a little volunteering for Mother Earth. While not strictly Easter related, there will be a Habitat Restoration Volunteer Day on Saturday April 20th from 9:00 AM to 12:00 PM at the Mead Botanical Gardens (1300 S. Denning Drive). Volunteers will be assisting staff in the removal of invasive and non-native plant species that crowd out the habitat of many native fauna and flora. To register to volunteer, visit www.meadgarden.org to show some loving to our community's beautiful nature.

For another not-strictly-Easter-related event, head on over to the Albin Polasek Museum and Sculpture Gardens (633 Osceola Avenue) starting on Easter Sunday (April 21st) through Saturday, April 27th for the 11th Annual Winter Park Paint Out Plein Air Festival. This event features outdoor instructional demonstrations, displays, and twenty-five professionally-acclaimed Plein Air artists painting for the public to watch. Paint Out revels in the wonderful natural art that is the outdoors and shows us how artists draw from this natural environment to create stunning pieces of art, particularly in the rebirth of the Earth and Spring. The museum and events will be free all week long.

And finally, if you're looking for a fine-dining Easter Brunch for the whole family, check out The Alford Inn (300 East New England Avenue) at Rollins College. In their Park Avenue Ballroom Conservatory, they will be having a series of Chef attended stations and an egg hunt with an opportunity to meet the Easter Bunny. There will be two seating's: 10:00 AM (with an egg hunt at 11:30 AM) and 1:00 PM (with egg hunt at 2:30 PM). Tickets are \$69.00 per adult and \$29.00 ages 5-12. Visit www.thealfordinn.com to purchase tickets.

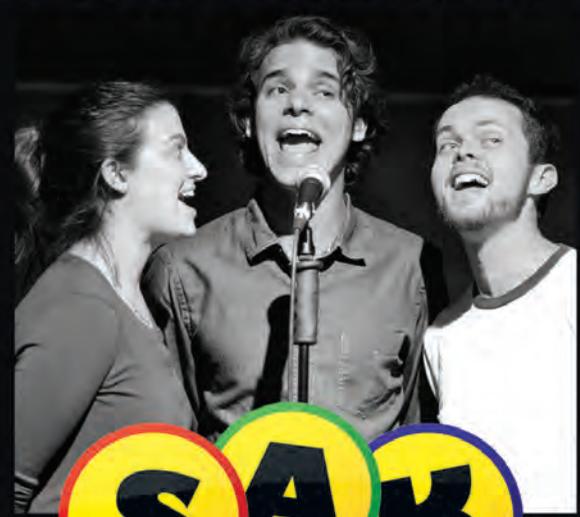
Hopefully, we have given you a few ideas of events and places you can visit to celebrate Easter and Spring. And here at Park Ave Magazine, wish you a Happy Easter. We hope you take this time to renew yourself alongside our Mother Earth.



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Get Fit in the Park

The Best Fitness and Health Food In Winter Park

By Alexandra Dimovski

FITNESS
WEIGHT
HEALTH
EXERCISE

It's a slow process, but quitting won't speed it up.

All it takes is 3 weeks to change your life around. It takes 21 days to make or break a habit. Everyone from parents to students to office job workers can set aside a little bit of time for their own health and wellness. You owe it to your body, mind and soul. As the weeks get warmer in Winter park and the days grow longer, we are all going to be spending more time outside. Maybe you failed your new year's resolution. You tried for a week and decided it wasn't for you. Whatever the case may be, there is always an opportunity to pick yourself up and start again.

If there is one thing that we love to cover here at Park Ave Magazine, it's the dining and food scene in Winter Park. This time, we're going to take a step back to recalibrate and give you a little something different- showcasing the amazing locally owned gyms and fitness studios in the area.

How about setting goals that you can stick to? Be consistent with your efforts and make no excuses. Get motivated to make a change. Lucky for you, there are plenty of amazing places in Winter Park where you can get your fitness and health on. Here are a few of our favorites.

FITNESS

House of Sweat Orlando

985 W Fairbanks Ave, Orlando, FL 32804 – Fairview Shores/College Park

Located in College Park, House of Sweat Orlando offers a variety of options for fitness needs: bootcamps, one on one personal training, yoga, and nutrition education. I was lucky enough to have a one on one session with Damien and Tyler who were both personable, knowledgeable and motivational. Each personal training session adjusts to your fitness level and goals. The trainers at House of Sweat work closely with you to give you tips, guidance and motivation. Park Ave Magazine's staff were lucky enough to get an interview with Damien, the Owner of House of Sweat Orlando. Damien Priester is a certified personal trainer through the National Academy of Sports Medicine (NASM) and obtained a Bachelor's of Science, Business Administration from Florida A&M

University. His experience working with a variety of fitness disciplines including weight loss, strength and conditioning, injury prevention, wellness coaching, and athletic training makes him an ideal trainer for people of all ages. After a decade of serving the Orlando community as a personal trainer, he is now the owner of House of Sweat Orlando, a personal training gym located in College Park.

How did you start your career in fitness?

Damien - "I always tell people, I did not find fitness, fitness found me. I stumbled upon this industry after college. I was in a deep depression trying to find my way and noticed a serious weight gain. So, I started working out as my outlet. I lost 60lbs in 6 months! Someone noticed my transformation and asked me to train them. I started with one client, training her for free. She referred three friends and from there my training career began."

How did House of Sweat get started?

Damien - "After jumping around a few gyms looking for the perfect shared space that would suit my clientele and training style, I realized after a few years there was a void in Orlando. I set out at the end of 2018 to create a space where people of all walks of life are welcome and feel like family. House of Sweat Orlando came from a dream of wanting to feel like I'm Home every time I go to work. I wanted a high-energy, fun yet motivating environment for clients and trainers!"

What is a typical workout session like at House of Sweat? Bootcamp vs. Personal Trainer Session

Damien - "Every day is different! We pride ourselves on variety and functional training. We provide full-body workouts each and every day. All training sessions will include: upper-body, lower-body, core balance, flexibility and cardiovascular conditioning. House of Sweat Orlando trainers stretch each client one-on-one as part of the cool down.

Bootcamp is offered 1x/ weekly on Saturday morning. We focus on high-intensity training to burning lots of calories and jump-starting your weekend. Bootcamp is a group fitness style class."

What are some tips for those who are starting out their fitness journey?

Damien - "Consistency is key. Some people try to do too much too early and it's not sustainable. Ideally, you should find a gym that is close to home or work and within your budget. The changes to your diet should be moderate and as you progress through your fitness journey you can become more strict on your food intake. This will lead to long term transformations and healthier lifestyle habits."

What are some mistakes that people can avoid when getting fit?

Damien - "No fad diets, pills or gadgets. They are not sustainable and can be unsafe. You can't buy a healthy body. For long term effects the best thing to do is change your body from the inside not the outside in.

To prevent injury, focus on the proper training techniques and form. See a personal trainer if you are unsure about body mechanics."

What is a good way people can balance work, family, social life and fitness?

Damien - "Balance is key with everything in your life. I suggest working out first thing in the morning. It will help waken your body and give you more energy through the day. Ultimately assisting you with balancing all other elements in your life."

Full Circle Yoga

972 N Orange Ave B, Winter Park, FL 32789 – Winter Park

Om. Namaste. Full Circle Yoga is the most popular and versatile yoga studio in the area. It's located in charming Winter Park, tucked away on Orange Ave.

Full Circle Yoga has classes for everyone – whether you are a beginner or simply looking for a new studio. Choose from a multitude of classes taught from a variety of instructors: Yoga Basics, Hot Yoga, Flow Yoga, Ashtanga Yoga, Hatha Yoga, Prenatal & Baby Yoga, Yin Yoga and even Kids Yoga!

Yoga is a great practice for all skill levels and ages. Some of the benefits of yoga include increased flexibility, increased muscle strength, improved respiration, maintaining a balanced metabolism, and reducing stress and anxiety.

Box Hiit Orlando

143 Atlantic Dr Suite A, Maitland, FL 32751 – Maitland

Box HIIT Fitness Forma is a unique and versatile fitness experience. They offer best in class trainer led group fitness workouts. Their workouts are for all fitness levels from beginners to athletes, you can expect an exciting and challenging experience. Box Hiit are a full-service facility with many membership benefits; Towel service, locker rooms, personal training, and open gym for you to work out anytime. What makes Box Hiit unique is that they are one of the few gyms in the area that offer PURMOTION equipment.

Boxing is a great way to relieve stress and tension that is going on in your life. It also enhances cardiovascular health, improves total body strength, increased hand-eye coordination and improved confidence.

FOOD Guide

Meal prepping takes time, which not everyone has. Whether you are a busy working parent, workaholic, or student on the go, there are plenty of fast, accessible options for everyone.

Fitlife Foods Winter Park - 110 Orlando Ave, Winter Park, FL 32789

Fresh, healthy prepared meals



Bolay - 1971 Aloma Ave, Winter Park, FL 32792

Fast casual salads and bowls

Ethos - 601 S New York Ave, Winter Park, FL 32789

Laid-back vegan restaurant and bar

Soho Juice Company - 646 S Orlando Ave, Winter Park, FL 32789

acai bowls, cold pressed juice, juice cleanses, smoothies, vegan meals, and other plant based snacks.

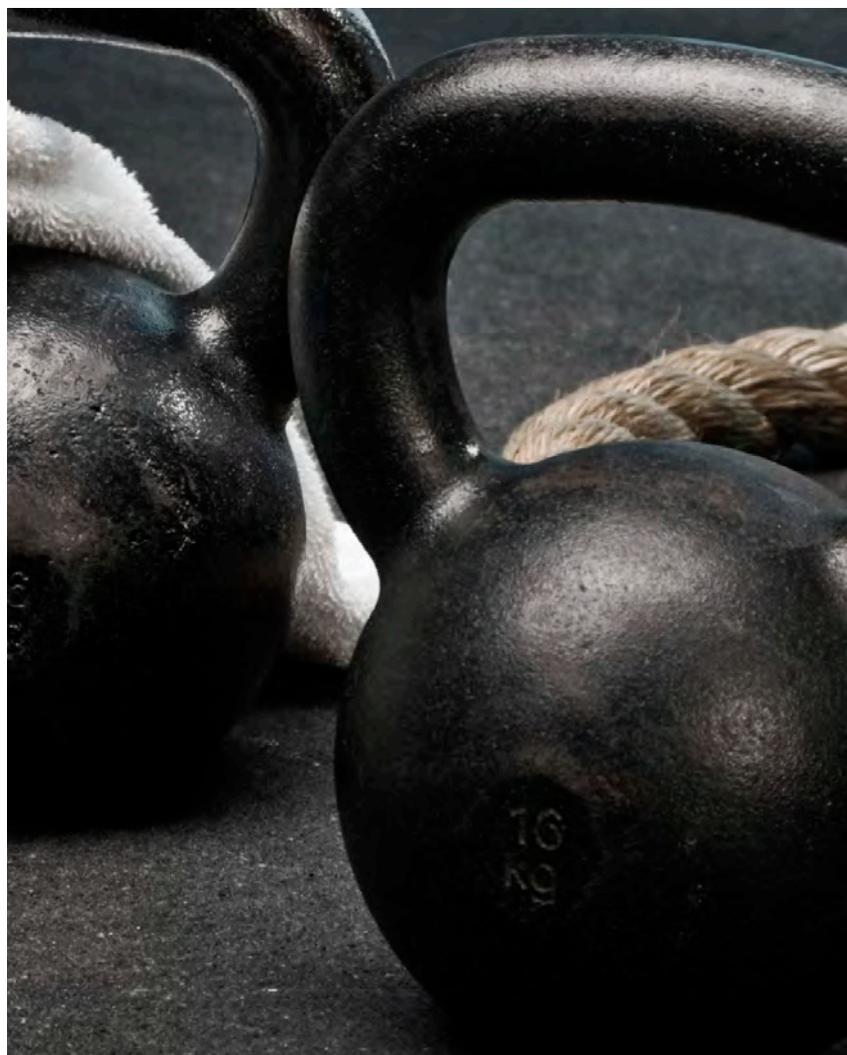
Whole Foods – 1030 North Orlando Avenue, Winter Park, FL 32789

salad bar and freshly prepared foods.

TIPS

- Instead of hitting up the drive thru at your go to fast food joint, hit up the fresh foods bar at Whole foods or a smoothie at Soho Juice
 - Outsource it- no time for meal prepping? No problem! There are many local businesses who deliver fresh, healthy meals right to you! If you are a busy bee and don't have time to prep, set yourself up for a meal delivery service
 - Are you a social butterfly and want to make time for friends? Combine social time and workouts - walk, run, bike, swim, and hike with friends
 - Bike to work - There are so many reasons to bike in Orlando: it reduces car costs, avoiding traffic, and it's good for the environment! Who wouldn't want to avoid the Orlando traffic. Turn your commute into a workout.
 - Wear athleticwear to work. Save time and cut down on laundry
 - Instacart your groceries- save 2 hours of your life by not driving to the store, shopping and driving back
 - Look for a gym close to work or your office.
- Bonus points if you are a student and can take advantage of campus gyms

It's ok if you start small- you might even trip or fall a



few times. The key is to keep going, be consistent, and don't QUIT on your goals. You don't have to give up the pasta or tacos either. What you should do is make a habit of adding some fitness and healthy eating into your weekly lifestyle. It also helps having some of the best fitness and healthy food options in the Winter Park area. Good luck on your fitness journey!

Memorial Day Service



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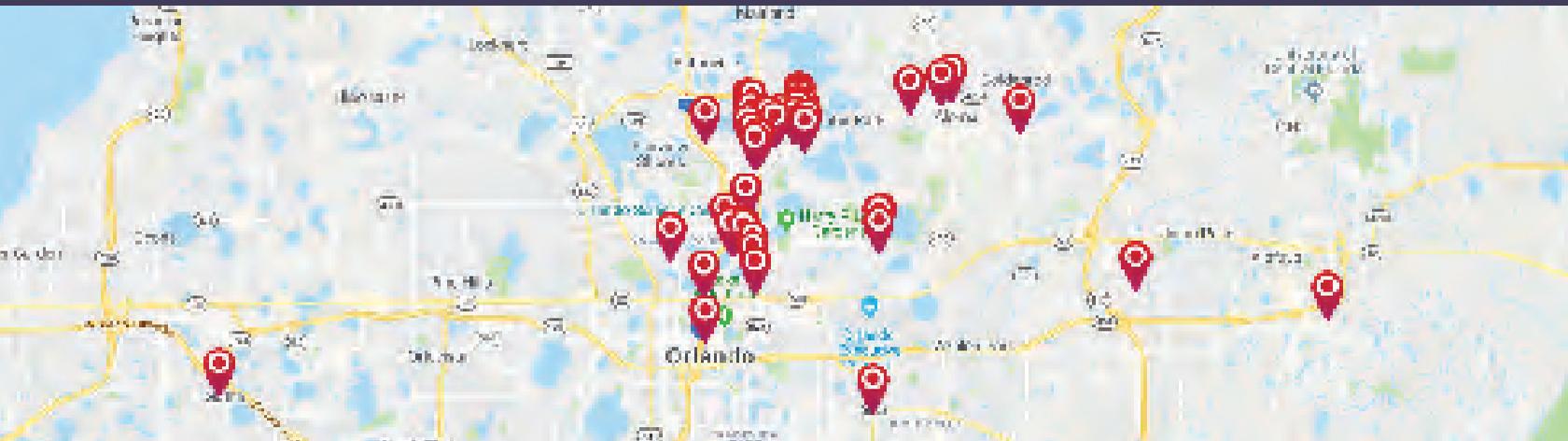
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