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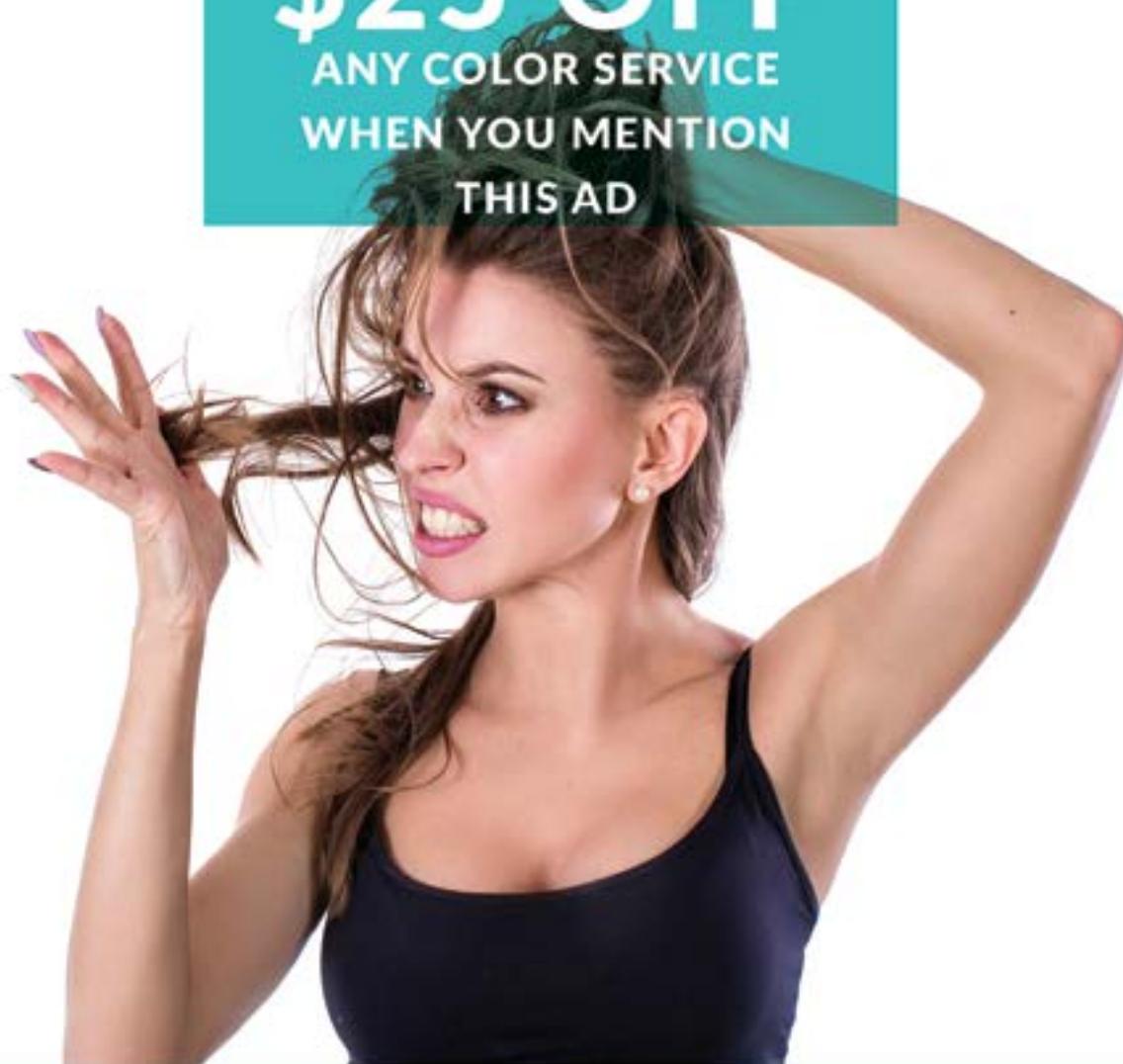
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PARK AVE MAGAZINE | JUNE 2019 ISSUE

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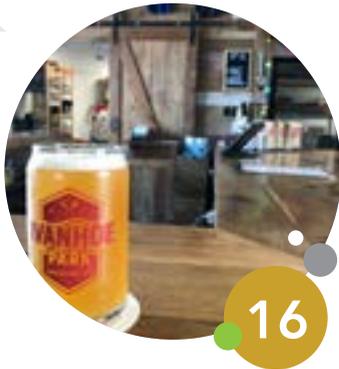
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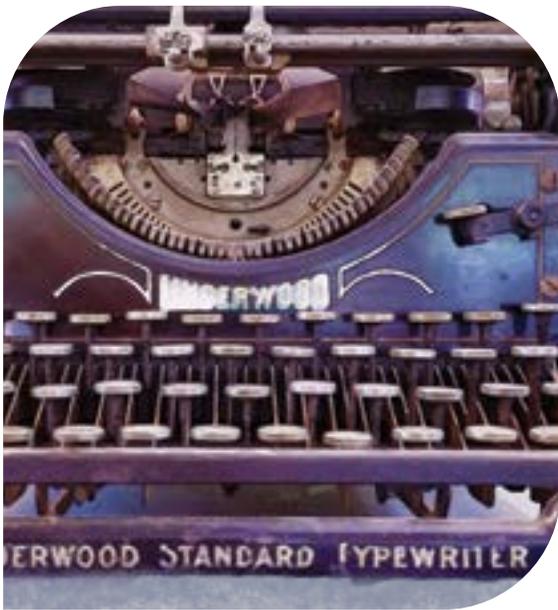
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SUMMER IS  
OFFICIALLY HERE  
AND WE WANT TO  
KNOW WHAT YOU'LL  
BE DOING THIS  
SUMMER!

## LETTER FROM THE EDITOR

Summer is officially here and unlike many Floridians, I am glad it is. After living in many locations around the world and some where humidity is nowhere to be found, this is a very pleasant time for me. Sweating is a healthy necessary function. I enjoy a nice cool working environment, but in general I like the warm 'whoosh' of air that hits your face when you exit most buildings...Unfortunately for me though, what I have not prepared for is being anywhere near where I want to be with my 'beach bod'..If you saw me you would think I was preparing for a nice long winter and adding on layers upon layers of clothing..

Many pounds were gained at this years Fringe Festival that just finished..and even when I started off with a healthier option like a blackened tilapia wrap w/ mango salsa or a chicken pesto crepe...i almost always had a few beers and possibly a cheese curd or two..

As with every year, I am already looking forward to next years fringe..and upset there were so many shows I just was unable to see this year.

Megacon came in to Orlando and was a cosplayers dream this year...there were all sorts of groups getting together to meet and be photographed from the Dr. Who fans as well as My Hero Academia cosplayers..The

lines were long for photos and meet and greets with some of the largest stars in sci-fi and beyond.. I would have loved an autographed photo with the whole Back To The Future cast from Michael J Fox to Christopher LLOYD to Lea Thompson & even Thomas Wilson! (Biff!) was there..

I do know that I am looking forward to some fun time on the beach this summer with my partner in crime. Both she and I can practice the stingray shuffle as we love the warm shallow waters of the gulf coast. As well as the sugar sand..

What do you all do during the summer that you look forward to? Do you take vacations? Spend it with family? Do you have beach time planned? Let us know and drop us a line. Send us photos! We want to see what our readers summer looks like. If they are PG (or maybe even PG13) we will publish them on our social media posts or in the magazine itself.

Let's enjoy this summer together as we have plenty of great content coming your way, as we see many new big changes for us here at Park Ave Magazine.

**SCOTT RICHARDS**

MANY OF YOU HAVE HAD THE PLEASURE OF ENJOYING THE BEACH LIFE HERE IN FLORIDA. I'M SURE YOU'VE ALSO SEEN THE DIFFERENT COLORED FLAGS ON THE LIFE GUARD STANDS. DO YOU KNOW WHAT THEY MEAN? IF YOU DON'T HERE IS YOUR CHANCE TO FIND OUT, IT COULD SAVE YOUR LIFE.



## 1 DID YOU KNOW?

Red flags with a no swimming symbol indicate that the water is closed to the public.

## 2

Red flags without a symbol indicate a high hazard from surf and/or currents.

## 3

Yellow flags indicate a medium hazard from moderate surf and/or currents.

## 4

Purple and/or Blue flags indicate a hazard from dangerous marine life. These flags are used in conjunction with another colored flag indicating the current surf/current conditions.

---

### Blue and/or Purple Flags

Sharks, jellyfish and other dangerous marine life can turn a fun day at the beach into an unpleasant day at the hospital – or worse. When potentially dangerous ocean animals have been spotted, you'll see a dark blue or purple flag. These flags fly either on their own or with other colored flags. If you see a blue or purple flag, but the water is not closed to swimming, use extreme caution and keep a close watch for dangerous animals.

# STINGRAY THE SHUFFLE



## IT'S TIME FOR THE SUMMER DANCE CRAZE ALL AROUND THE FLORIDA COASTS...

Every year, Florida's beaches see two rises in visitors between April and October: human beach-goers and horny stingrays. They're here to mate. The stingrays, that is. What you go to the beach for is your business. But if you want to up your chances for making a painless day of it, you'll do the stingray shuffle. That sounds like a cue for the band to start, but it's not. It's a necessary reminder that stingrays can ruin your day.



»» CHARLIE GRIFFIN  
WEB: [HTTP://CHARLESGRIFFIN.NET](http://charlesgriffin.net)  
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Stingrays can't see well and rely on smell and electroreceptors to detect prey. Stingray attacks are essentially reflexive, and most wounds naturally wind up on the top of people's feet after stepping on one. When that happens, the stingray flips the sharp, venomous, serrated barb at the tip of its tail in self-defense. Stingray attacks are very rarely fatal. Steve Irwin, the daring Australian television personality known as "The Crocodile Hunter" died while filming an underwater documentary when a stingray strike penetrated his thoracic wall. A stingray's tail is no joke. According to Greek mythology, Telegonus killed his father Odysseus with the serrated spine of a stingray fastened to the tip of his spear. What is a sting like? The pain will be immediate and intense and will peak after an hour or two. The wound may bleed, discolor, or become swollen. Associated symptoms may include chills, nausea, vomiting, fever, seizures, swollen lymph nodes, muscle cramping or paralysis. So, we warn you to try to be safe while enjoying the beautiful Florida beaches. Stingrays tend to hang out about 10-20 feet from shore, in the still sandy area where beachgoers frolic most, and if we're exercising caution, we're more likely to be scanning the waterline in the distance for the telltale signs of a dorsal fin of a shark. Most of the time we run or belly-flop into

the water without thinking. The best thing you can do to avoid getting stung is to shuffle your way into the water. Sliding your feet along the sand will send out vibrations that alert stingrays to your presence, and these shy creatures will flee in response. Seems like a pretty easy way to warn these naturally gentle creatures of your presence. It is their home anyway, you wouldn't go running into your neighbor's house without knocking on the door first, would you? If you do get stung by a stingray, flush the wound immediately, then soak the wound in the hottest tolerable water. Use



tweezers to extricate the barbs and apply pressure if there is bleeding. Do not cover, bandage, or stitch the wound. Apply a topical antibiotic ointment if there is a sign of infection. Would you rather spend the day at the beach or the Emergency Room? Remember the stingray shuffle, my friends.

# MEGAACON

By Jason Flitton

Another year Megacon Orlando has come and gone. If you missed it... You missed out! This year was a fantastic showing of nerds, geeks, and basically every IT guy in every office building city wide. Which begs to ask the question...Who helped Suzan with her Google account password reset on Friday afternoon?

This year featured multiple ticket booths, which helped the ease and flow of traffic. Plenty of smiling crew members out and about, readily available to answer any questions. They production team had even engaged a new badge security system this year, where it required you to activate your badge, and then you were

## FUN FOR THE ENTIRE FAMILY

scanned in and out of the con when you entered or left. This new process is was seamless, as even on a busy Saturday there were hardly any lines! So, I'll gladly trade tracking data for no lines any day of the week, but I am curious how the rest of the crowd felt about this factor of the event.

When you enter the con, you enter through the show floor, which features vendor areas, artist alley, tattoo alley, celebrity autographs and celebrity photo-ops. Each are labelled with huge drop signs hanging

from the ceiling, so it's easy to find your way around. They also have an app, through Fan Guru this year that was very helpful in the notifications of the events and their times. With so much going on all at once, it was a nice feature of the event to be updated regularly.

If you are not too familiar with Megacon... it is a four-day celebration of pop culture where fans come together for a one-of-a-kind experience. Displays like the crew of lovable life-size moving talking R2-D2 robot models from Star Wars (my childhood dreams come to life before my vary eyes this year!), the Batmobile from DC Comics Batman, a life-size DeLorean (the time traveling car





from the Back to the Future movie franchise), and SO MUCH COSPLAY! Be sure to check the Park Ave Magazine website for the full video and photo gallery from this years Park Ave Mag Team.

If you venture out of the masses who are roaming the 400,000-square-foot convention center scanning the goods from over 1,000 vendors for that last comic book to complete their collection, the mysterious missing POP! Vinyl Figures (while I did NOT find figure #214 this year, we had fun looking), or new dice for an upcoming D&D tournament and head upstairs, you can peek into the rooms housing attendees playing video games, watching short films, the Celebrity Q&A, or get in a session of Nerd Speed Dating. So much to do at Megacon and plenty of likeminded people to do it all with.

That is what stood out the most to me at this year's event. All these happy faces sharing some of the ultimate creations of the human imagination throughout years and years of culture. Everyone of all cultures, religions, and race coming together to share under one enormous roof. This is something that I believe the younger generation needs so much more of. A feeling of community and a sense of belonging is what comes in an underlined package when you visit an event like Megacon.

If you missed this year, don't fret! Just pull out your personal calendar and mark the dates for next year now...set your reminders, get your notifications in order and be prepared. My Suggestion - Don't miss out!

# MegaCon

## ORLANDO



"ONE WORD FREES US OF ALL THE WEIGHT AND PAIN OF LIFE: THAT WORD IS LOVE." –SOPHOCLES

»» BY ZQ TAYLOR

### ***At the Heart of it All***

Today, the Pulse Memorial includes viewing areas, an offering wall, a digital guest book, and the Survivor Grove, which is a green space to sit and reflect. The building is encased by the spectacular Ribbon Wall of Photographs depicting images and artifacts collected by the Orange County Regional History Center. At the original Pulse nightclub sign are panels for guests to write messages.

For visitors, the Pulse Memorial experience renders a beguiling balance of loss and resilience, of stark poignancy and defiant vibrancy.

"I really wanted to make sure the site would always remain memorialized, forever," says Barbara Poma, the nightclub's owner, who established

the onePULSE Foundation, an educational nonprofit organization to ensure a legacy of love, acceptance, and hope.

The Foundation's mission is to create and support a memorial that opens hearts, a museum that opens minds, educational programs that open eyes, and endowed scholarships that open doors. In these ways, Poma believes the Pulse heritage of love will endure forever.

Poma gathered a small working group to envision what could be. They focused on inclusivity, diversity, and involving local people vested in the community. "The journey for this memorial process is a very long and emotional one, and it takes people who are completely committed to it to see it through," she adds.

### **Pulse Memorial by the Numbers**

49

The number of souls lost during the attack on June 12, 2016

68

The number of wounded survivors

6

The words that emerged most from the Foundation's memorial survey: love, hope, unity, acceptance, courage, strength

1

Comprehensive campus, one pulse

30,000

Anticipated square footage for the Museum

300

Visitors per day at the Pulse Interim Memorial

2022

The year of project completion

55,000

Visitors to date

3

The number of project design elements: Memorial, Museum, Survivors Walk

600,000

Projected annual visitors to the National Pulse Memorial and Museum

7,000

Number of artifacts to be showcased at the Museum

225

Number of oral histories captured to preserve the voices of Pulse

# ONE PULSE, A THOUSAND HEARTBEATS: VISITING THE PULSE MEMORIAL

LOVE is perhaps the most fabled four-letter word. Love is the stuff of legends and history. It is said to conquer all.

At the Pulse Interim Memorial in the SODO district of downtown Orlando, love is as palpable as Florida's ever-present humidity — you can't help but feel it all around you.

Dedicated to honoring the 49 souls taken on June 12, 2016, the Pulse Memorial offers a beacon of hope and determination that love will always triumph over hate. This interim shrine is situated at the site of the former Pulse nightclub and will morph into the permanent National Pulse Memorial and Museum.

## ***From the Ground Up***

Communities are built on more than hammers and nails. Our Central Florida community is known to its residents, its neighborhoods, and its visitors as a happy place built on imagination, beauty, and strength. So, as we would expect, the focus of the memorial will be the victims, the survivors, and first responders, not the tragic event.

The National Pulse Memorial will incorporate portions of the Pulse nightclub, where people went to listen to music, dance, to be their authentic selves in a completely accepting space.

The Pulse Museum will embody the global response of love in the aftermath of the attack and house a permanent collection of artifacts and archives.

Survivors Walk will be a pedestrian pathway intended to trace the three-block journey many victims and survivors took to get to the Orlando Regional Medical Center following the shooting.

An international design competition is underway to craft these three iconic remembrance elements with the goals of fostering acceptance and changing mindsets — a place that eradicates hate.

Up to six architectural design proposals will be selected from all entries and placed on a

shortlist. The Orange County Regional History Center will display these shortlist submissions beginning late September 2019, with opportunity for public comments. The onePULSE website will post a digital exhibit of the shortlisted designs.

This is a juried design competition. The jury comprises onePULSE stakeholders, civic and global thought leaders, and world-renowned architects. The winning team and design will be announced in late October 2019.

## ***Know Before You Go***

The onePULSE website and Facebook page are loaded with great information for planning your visit, volunteering, or donating. The onePULSE Foundation is a 501(c)(3), which is a nonprofit organization allowing tax-deductible donor contributions.

The Pulse Interim Memorial is located at 1912 S. Orange Avenue in Orlando and is open daily from 7:30 AM to 9:00 PM, with extended hours during Remembrance Week and holidays.

For more information, please visit <https://onepulsefoundation.org> or [www.facebook.com/pulseorlando](http://www.facebook.com/pulseorlando).





June 12, 2019

**A TIME OF REMEMBRANCE**

onePULSE Foundation,  
City of Orlando Mayor Buddy Dyer,  
and Orange County Mayor Jerry Demings  
invite you to the

## **Three-Year Pulse Remembrance Ceremony**

In memory of the 49,  
in support of the survivors,  
in honor of the first responders,  
with sympathy to the families,  
with gratitude to the community,  
**we will return and reflect.**

Wednesday, June 12, 2019 at 7:00 p.m.

**Pulse Interim Memorial**  
1912 S. Orange Avenue



**onePULSEfoundation.org**

This ceremony is made possible in part by the generosity of:  
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Lockheed Martin · AHF Pharmacy · Orlando Utilities Commission · First United Methodist Church of Orlando

BY ELIZABETH PACELKO

Located in the Historic Ivanhoe District of Orlando, Florida is the Ivanhoe Park Brewing Company and Independent Craft Brewery and Tasting Room. The brewery was founded by a co-owner Glenn Close along with co-founders JD Todd, Brian Masters and Joe Bowling. Ivanhoe Brewery adds something unique to the local community, as well as serving as a tool to stimulate Orlando's food culture, nightlife, events, and history. If you live in the neighborhood, you could be just a few blocks away from Ivanhoe Park Brewing Co:

***"Some people are still shocked that there are about 30 of us. They don't even realize that they could be living a couple blocks away from one. All of us are small businesses and very local. We're trying to show our craft off and hopefully get that support." – Glenn Clossen***

### Take A Trip Into Lake Ivanhoe's Past

This brewery is connected to Orlando's historic past. George I. Russell was a pioneer who settled in Florida in 1885 and started a feed and fertilizer company that was successful and bought land in Ivanhoe Park. The land was originally full of orange groves and a pineapple farm in 1897 and later became Lake Ivanhoe's amusement and recreational park in 1910 named "Joyland".

Ivanhoe Park Brewing Company also known as IPBC is committed to the community and education. They only use the finest ingredients and seek to make their craft beer accessible to



# Ivanhoe Park Brewing Company Venue Spotlight



everyone. Their #1 priority is the freshness of their product. Their products include 3 core brews, 4 year-round brews and some special releases. The Core Brews include Bungalow (Belgian Witbier), Joyland (American IPA) and Toboggan (Blonde Ale). Ivanhoe's year-round brews include Ryipl Effect (American India Pale Lager), Guavacation (Sour- Berlinger Weisse), The Saison (Saison – Farmhouse Ale), and Tupac Shaporter (Milk Porter). They have revealed special releases – the Ball Drop (Brut IPA) and Suck It Trebeck (Sour Farmhouse IPA). There is something for everyone's taste – whether you are into pale ales, IPAs, lagers, or porters. Ivanhoe Park Brewing Co. is also working on an online shop where you can order their brews!

Ivanhoe Park Brewing Co. doesn't have an official food menu; however, they do feature local food trucks, cafes and restaurants. Their June events feature food, fun and activities: 25% off industry nights, Yoga @ the brewery, ½ off Growler fills, The Pastrami Project (food truck), Tough Tots Fundraiser, Ivanhoe Village Indie Market at IPBC, Family Fun Days, "Happier Hour" and more!

In addition to great craft beers, there is always something new to discover at Ivanhoe Park Brewing Company. Start with the Tasting Room. This room is inspired by the past and present, allowing you to experience their amazing craft brews in a comfortable and friendly setting. From Yoga to Trivia Night to happy hour, Ivanhoe Park Brewery adds a unique twist to the local brewery. Don't forget to request a private tour and see the behind-the-scenes making of craft beers, that's next on my list.

Did you know that Ivanhoe Park Brewing Co. does private events? Now you can take your birthday party, wedding or anniversary to the next level by hosting it in their Tasting Room. Create a unique, memorable experience that lasts a lifetime! Allow Ivanhoe Park Brewing Co. to be your official host and venue.

The Ivanhoe Park Brewing Co., is located at 1300 Alden Road, Orlando Florida 32803 and their number is: 407-270-6749.

**The Tasting Room Hours are:**  
**Mon - Thurs: 4:00pm - 10:00pm**  
**Fri: 2:00pm - 12:00am**  
**Sat: Noon - 12:00am**  
**Sun: Noon - 8:00pm**

Be sure to stop by and join some of the Orlando natives at Ivanhoe Park Brewing Company, a local gem that is going to be the next local hotspot in Orlando.



# #Heroes

BY HANIF S. ALI

It's safe to say that Marvel fans embraced the newest stone in the family gauntlet this April, as *Avengers: Endgame* earned the title of highest-grossing worldwide opening at \$1.209 billion ... and that's just the beginning. *Endgame* and the power of the mighty Avengers have already broken record after box office record and there are still months of theater run time to shine. You might say Marvel's Avengers have made a record out of shattering records. But besides insanely fit actors and breathtaking movie magic, why are superheroes on everybody's lips?

When I was little - seesaw and swing set little - there were lots of big words I didn't understand, words like 'humility' and 'courageous,' but it was a little word I heard one night on the news about a man rescuing a child that vexed me most; the news anchor called the brave man a "hero." When your height is less than your age words like that tend to be meaningless, and before seeing those images on the news that day, the best tool I had for visualizing a "hero" was an old copy of *Uncle Wiggly's Story Book* and the prosopopoeial imaginings of Beatrix Potter.



As I grew up, family and friends told me anecdotal stories and the word "hero" took on a connotation of saints and religious figures: the selfless martyrs of the world. You know, that handful of ancient people who refused to live for themselves and were essentially deities. But, for me, those storied figures lived in their stories alone with their literary mythos glued to the page. My mom would read to me about angelic figures in her signature tinkling, queenly tone, but, though I loved the sounds and pictures, I always knew they were as close as I'd ever get to understanding a "hero." Somewhere around the mystic age of five, however, I stumbled upon two unique implements of magic for learning about heroes: digging through my big brother's comic books while he was at school and Saturday morning cartoons from 9:00-11:00.

These new titans of my attention gave me something more understandable than all the previous religious stories and furry protagonists combined: they gave me The Uncanny X-Men. A comic about a band of social rejects with extraordinary abilities, the X-Men acted as a collective on behalf of the rest of humanity – the same hateful group that spurned them in the first place. As confounding as these "superheroes" were for my new-age mother and hard-nosed father, they could not have been any more relevant or clear to me. Almost immediately, my nubile mind teased out inklings of lessons and heroic traits from the mutants' adventures: these colorful figures were mostly estranged teenage outcasts – never judge a

book by its cover; they were stronger together than alone – teamwork and collaboration are the ways of the most effective X-Men; these heroes protected the same people that hurt and bullied them – self-sacrifice and responsibility aren't conditional options for heroes, they are requirements; each X-Man was starkly different from the others, but it never mattered what they looked like, only what they could do and the content of their respective characters – tolerance and respect, any skin-deep judgments are unheroic.

I read the sprawling, vibrant boxes of remarkable X-Gene powers and watched the explosive clashes of these mutants on the screen. I rolled around the living room pretending I was Wolverine or Gambit, launching my waifish form at threatening, unsuspecting pillows. I wanted to join the "hero" ranks and be as brave as the man from the news and as strong as Colossus. I wanted to be as good a leader as Cyclops and as wise as Professor X. I decided if I could be noble enough and meet the hero standard of worth - if I could get a grip on my fears and fight for the helpless - I just knew I could be an X-Man, too. What I didn't realize back then was that I was learning about heroism directly from a hero - a hero named Stan.

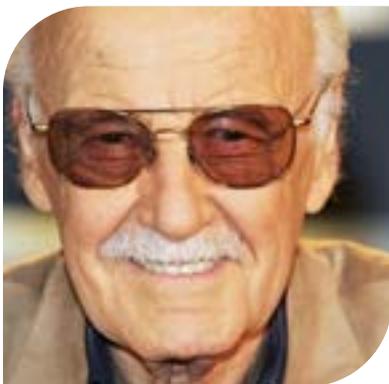
In 1939, Stan Lee wandered into Timely Publications (what we know today as Marvel Comics) and started his journey to the top of the industry – one he was destined to define. At seventeen, Lee was just a





*"The more you read, the better you're going to become as a storyteller."*

*-Stan Lee*



kid with a dream and too naive to understand the task that lay ahead of him, an archetype he'd later borrow for many of the characters he would go on to create. He saw the heroism differently than anyone else in his field because, to Lee, heroes weren't born, but made. Lee knew the world needed a better class of hero to look up to and learn from, because the perfect, one-dimensional heroes of old were unrelatable to everyday folks. They weren't real. To Lee, regular people were as defined by their flaws as they were by their strengths. He realized normal people had problems and fears and they became heroic when they overcame those adversities. Through his revelations, Lee brought to light a truth that would define his career – heroes were just ordinary people put in extraordinary circumstances.

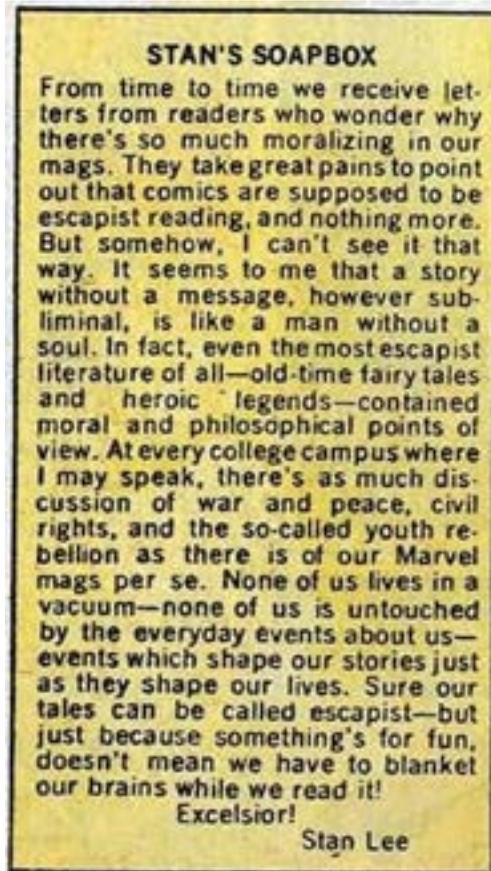
From his unique approach came countless creations, beginning with The Fantastic Four. People resonated with these real, relatable heroes who showed anger, humor, and complex emotions, but always exhibited extraordinary grit. Lee wove meaningful life lessons into his heroes that made them both endearing and modern mythological characters, designed to teach careful readers how to be more heroic. When he created the likes of The Incredible Hulk, Lee gave us a commentary on the rage that burns beneath the skin of every human and sowed into his good work a how-to manual on deploying the willpower we all possess to tame our childish impulses. Lee taught us about equality through Peggy Carter, a woman in a sexist time and environment that wasn't afraid to stand up and fight for her independence and power. He explored humility and redemption when he gave us The Invincible Iron Man, the story of a billionaire womanizer who was humbled by life and had to problem-solve his way to a new heroic mindset – Lee's answer, perhaps, to the mass of entitled, wealthy misogynists and warmongers in the world.

Many of Lee's heroes were staple archetypes for millions of readers and watchers growing up, but most of these heroes were adults – I was only eight. That is, until I stumbled onto another of Lee's teachings, The Amazing Spider-Man. To many, Peter Parker was Stan Lee's most real, true-to-life, relatable hero – so, naturally, his story was a tragic one. As an orphaned teenage boy, Peter was raised by his aunt and uncle who were pillars of goodness in a cruel and dangerous world. Peter's adolescent self-centeredness, however, caused the death of his uncle. Despite the gift of his amazing powers, life didn't let up, and young Spidey was subjected to the pain of tremendous guilt, abandonment, financial burdens, senior citizen care, piling homework, social expectations, and, of course, a compounding list of villains and enemies that wanted him dead at any cost. The poor kid was a snowball in hell, but in his darkest hour he relied on two lifelines to stay as cold as he could: his biting sense of humor and Stan Lee's oft-referenced advice, "with great power there must also come -- great responsibility!"

From the very first time I read Spider-Man until I was a young teenager dealing with some very real burdens of my own, in a world far from fiction, I referred to Lee's sketch of a teenage hero as a wellspring of hope, inspiration, resourcefulness, and selflessness. That same wall-crawling fantasy character helped me through tough times, as I suspect he did for so many millions of kids suffering from neglect, abuse, bullying, or just looking for a role model. The lines between real heroes and fictional ones faded more every time one of Lee's imaginary heroes helped a real kid find bravery in his or her own heart.

Inspired by Lee's characters and moral subtext, entire generations have found strength and guidance as they reach, risk, strive, and face fears each day in the real world. Tired nurses taking on extra shifts are heroes. Overworked teachers pouring energy into struggling students are heroes. Pilots triple-checking every detail in the cockpit before their last flight of the day are

heroes. Doctors calling patients to check on their well-being during their lunch break are heroes. Uber drivers getting passengers home safely are heroes, and every person that chooses to dig deep and do the right thing when anything else would be so much easier are heroes. You are a hero. And thanks to the late Stan Lee, the concepts of bravery, sacrifice, humility, loyalty, accountability, and generosity are dominating the box office because he taught us that nothing is cooler than being a hero. It's been many years since I ran around my childhood home fighting evil and wrestling those pesky couch pillows, but I still use Lee's characters, words, and metaphors to communicate with students, athletes, and even my niece and nephew about digging for their inner hero. I will never forget, and I hope you won't either, why all of these Incredible, Invincible, Fantastic and Amazing heroes still resonate with so many - it's because the man who created them was one of them: The



Irreplaceable Stan Lee.  
Excelsior, Hero – and thank you!



"As a Winter Park resident and writer, Hanif spends his days working on his novels and ghostwriting. He left a distinguished career as an educator to pursue his dream of writing novels that fill his readers with possibility and wonder. Hanif is a proud Florida Gator with degrees in English and Philosophy. [www.hanifsali.com](http://www.hanifsali.com) "

# LIFE UNSCRIPTED: BY ALEXANDRA DIMOVSKI

## A FRONT ROW EXCLUSIVE INTO THE ADLIB THEATRE

GET A SNEAK PEAK INTO THE ADLIB THEATRE IN WINTER PARK, AN IMPROV COMEDY VENUE WITH AN EDGE! LOCATED ON 200 N. DENNING DRIVE SUITE 1, THIS HIDDEN GEM IS A POWERHOUSE FOR IMPROV AND COMEDY IN ORLANDO. ADLIB THEATRE ISN'T YOUR RUN-OF-THE-MILL COMEDY VENUE, IT HAS A RAW AND SPONTANEOUS ENERGY THAT IT'S COMPETITION CANNOT MATCH. IT'S ENOUGH TO TICKLE YOUR FUNNY BONE FOR SURE.

You're in a dark, intimate, dimly lit room, specifically at an improv comedy show at the AdLib Theatre. The actors in the improv show are putting their passion, collaboration and brainpower into the show they are performing. The audience is engaged in their every joke, pun, double entendre, and jest; occasionally erupting into laughter when unable to contain themselves. This is just a typical Saturday night at AdLib Theater, where they invite the Winter Park community to participate in a night of balls-to-the-wall improv.

### The Woman Who Got The Show Started

Step into the Adlib Theatre and meet founder Lauren Morris, a spunky improv veteran with big goals for their community. Many of us discover things about ourselves in college, and Lauren was no exception. Lauren discovered improv comedy when she was just in college and went on to do many exciting things in the industry. She studied improv at The Annoyance Theatre & Bar with Mick Napier and with Paul Vaillancourt (co-Founder of iO West) at iO West. She has taken workshops and classes with such improv notables as Kevin Mullaney, Jill Bernard, Rebecca,

and Rich Sohn, Adal Rifai, Susan Messing, and Mark Sutton and members of the UCB Theater in New York City.

Aside from starting the AdLib Theatre, Lauren has numerous achievements under her belt. Lauren hosts The Improv Teachers and The Improv Teachers: Director's Edition, a weekly podcast that is dedicated to discussing the art of teaching improv. The podcast was the winner of Best of Improv Podcasts, 2017 and 2019, PlayerFM. Lauren is also the executive producer of The Central Florida Improv Festival. She has performed and taught at numerous improv festivals. As a writer, Lauren has been featured in publications such as Weekly Humorist, Slackjaw, Belladonna, MockMom, Points in Case, and Robot Butt. She honed her satire skills via Second City.

### The Spotlight on Adlib Theatre

Located on 200 North Denning Drive in Winter Park, The AdLib Theatre is an entertainment and theater hub for the community. Although Lauren didn't grow up in Winter Park, she chose to open Adlib Theatre after researching the area. We know it's not difficult to fall in love with Winter Park. The

Adlib Theatre brings even more community, culture and excitement to the Winter Park community.

Lauren's drive to start the Adlib Theatre came from parent teacher conferences where the focus was on passion for what you do. Adlib Theatre's improv shows are taken in a very different direction that say, a local spot like SAK Comedy Lab or Bonkerz Comedy. Lauren wanted to direct a style of improv that was more raw, crass, less politically correct and most definitely not family friendly. Lauren took her experience from studying improv at The Annoyance Theatre in Chicago and working with improv stars from iO West and the UCB Theater in NYC. Lauren went in the direction of the "Chicago Longform" style of improv.

*What is the Chicago "Longform style"? We are glad that you asked.*

The Chicago style of improv is characterized by a few distinct formats. For one, it is defined by its long-form narrative. Short-form narrative creates scenes that are created in quick sessions, that would be 3-5 minutes long. Long-form style contains longer scenes that are interconnected with each other. The characters that Improvisers create are meant to go



through some form of character development throughout the show. Speaking of characters, one of the defining features of the Chicago improv style is the creation of interesting characters. By the end of the show, the audience grows familiar to the characters. Another defining feature is the organic theme and concept of the Chicago-style of improv. What makes it unique is its use of audience driven concept. A show will usually start with a word taken from the audience and used as source material for the scenes that follow.

When you step into Adlib Theatre for one of their weekly shows, you'll first notice the intimate, dark space. That is because Lauren likes to keep it that way. This is the best way for Improvisers on stage to connect with their audience. Every show at Adlib Theatre is different and "unscripted". The moment you walk through the door, you are welcomed by friends, encouraged to relax, have a drink and enjoy the show. As an audience member, you'll enjoy the show, and more than that, you will be able to see the ins and outs of what being an "Improviser" is like. For those of you who go to plays and musicals, Improv is far from the norm. There are no scripts, no sets, no costumes. There might be a prop here and there but everything is unscripted. It's a fun playful atmosphere for everyone. For those of you who hired a babysitter or don't want to be out late, AdLib's Saturday shows start at 7 and end before the crazies come out.

### Learn the Art of the Laugh at AdLib Theatre

It's no secret that Lauren and the Improvisers at Adlib Theatre love what they do. There is an infective level of passion and energy from the shows, to the audience to even the way they speak. Adlib Theatre is highly integrated into the local art and comedy community. When people think of Improv, they typically think of the entertaining aspect of it. Yet, few realize that there is an art to improv. At AdLib Theatre, you can learn the art of Improv through their educational classes! Explore and learn the principles of improv with Adlib's classes. These classes are a great way to socialize, network, make friends with other improvisers, train with other like-minded individuals and get the chance to become a regular performer at Adlib Theatre! AdLib Theatre currently has 25 Improvisers and a student base of 50+ students.

**Core Cycle** – If you have already studied Improv at another training program, you can jump into this one. Core Cycle is a set of ongoing 6-week classes that will teach you long-form improv techniques.

**Advanced Conservatory** – Take your Improv skills to the next level with the Advanced Conservation. You'll be well on your way to become a performer!

If you are an aspiring Improviser, Lauren has some advice as well as a few tips on how you can start your own career.

"There is a difference between being the "funny" person in your friend group and performing in front of a live audience". However, that shouldn't discourage you from learning. Learning Improv is much like learning a sport like tennis or playing an instrument. It's an art form as well as a discipline, which also means that you will have your own unique style and form. Adlib Theatre is a great place for any aspiring Improviser!

### Bring The Art of Improv To Your Event Or Corporate Training Session

Yes, you can actually hire The Adlib Theatre for an event or corporate training session! The team from Adlib Theatre can be the entertainment for your next event- from anniversaries to corporate events. The Adlib Theatre has an amazing coaching program for the corporate training level. You'd be surprised to learn that learning Improv will also improve communication, creativity, and team-building. Skip the lame "team-building" exercises and try something engaging and fun for a change. Doing Improv for corporate training teaches the essential skills for success: brainstorming, teamwork, communication, and thinking on your feet.

#### A Few Reasons Why You Should Join An Improv Class

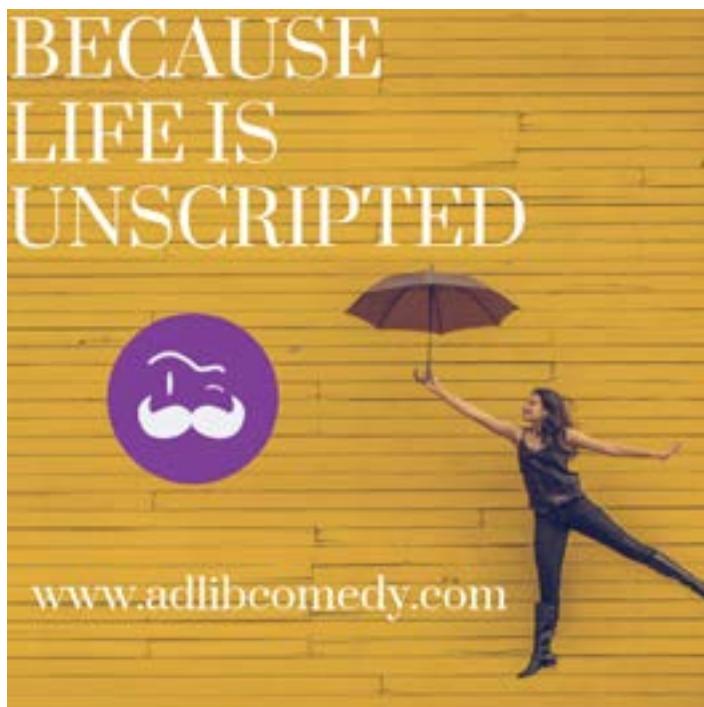
Most people live life on a script, with everything planned out. If the idea of "improvisation" or getting thrown in the water strikes fear in your heart, then improv class is for you! Learn how to deal with situations when

you're unscripted and unprepared.

1. Stop Fearing Failure – Even if you aren't a rookie, everyone slips up in improv now and then. The difference is, you can stop fearing failure and learn how to work with it, not against it.
2. Improve communication skills – improve your daily social skills, become a better listener, understand body language, make decisions with conviction and make any conversation feel easier
3. Improve your dating life – Seriously! Improv teaches you how to have charisma, get out of your head, go with the flow and to stop judging yourself.
4. Learn how to think on your feet – get the "improvise" from improv. Improv teaches you how to think on your feet, and make decisions fast.
5. Embrace silliness – let go of the fear of self-judgement, embrace creativity, laugh and let go.

Go ahead, give Improv a try. What do you have to lose? If you want to be in the audience, spend your next Saturday night at AdLib Theatre. Saturday night Improv Performances at the Adlib Theatre run from 8 pm – 9:30 pm and are \$7 online and \$8 at the door.

You'll never know what to expect when life is unscripted.





WeRiseUP The Movie featured at Sundance Film Festival, is a culture-shifting documentary to articulate new emergent models around the concepts of prosperity, success and contribution. Our current model of success is destroying the planet & driving billions of people to unfulfilled lives. WeRiseUP The Movie and The Movement is about giving rise to individuals and businesses that do good - and do well. People are rising up to radically fulfilled, purpose driven lives.

WeRiseUp is about people rising up. What are they are rising up to? It is about fulfilling life and what that looks like for somebody at the personal level. Fulfillment, simply put, means that you are happy, that you really and truly feel that you are giving your gifts and living your mission on the planet. The concept of a fulfilled life also has to do with our culture and society. What does it feel like to live in your town? What does it feel like to live in your community? Are people happy? Are they thriving? Ultimately, to be fulfilled everything has to work. There can't be large pockets of suffering on the planet and have people feel happy and fulfilled with that.

The film looks through a philosophical point of view, what is it about our lifestyle, our way of living right now that doesn't work for us. We identify this notion of success as being one of the core elements in life, and that if we have a model of success such as it is, this leaves us unfulfilled. Even people who achieve this so-called success (famous rock stars, etc) will look and say when they reach the top of that successful mountain, it didn't give them the sense of "ah, finally I've made it." Rather, it actually left them feeling empty. Our success model is people feeling empty when they achieve their dream. If so, it can't be a viable success model. Furthermore, we can't have a success model that destroys the planet or harms other people. There was a phrase while creating the movie that it had to be omni considerate - it considers others and everything for its success to be viable (that's where director Michael Shaun Conaway and his team started when coming up with the movie's script). If you look at that from a wide lens view, then you begin to see that there really is no ideology that creates the movie. There is no one way of doing things, there is no right way of doing things, there's no wrong way of doing things, there's only what people will discover for themselves that's workable for themselves. This overall feeling and model of success is driving us in the wrong direction.

We must wake up to who we truly are... we must grow up by dealing with all the walls that live inside of us. So, we can get out of the way of our fears, our limiting beliefs, and our self-judgments. Then we must show up and start expressing that in the world.

Looking inward, I had reached the depths of a personal crisis, and looked in the mirror and hated what I saw. "This wasn't me", says Michael. The idea of doing this for another 20 years in a broken system where I was putting patience on a treadmill and living somebody else's life, is horrifying.

This film has an incredible conglomeration of many influential people from influencers, political leaders, business leaders, YouTubers, and cultural icons. Director Michael Shaun Conaway brought them all together to discuss being your best self and choosing who you really want to be as well as your authentic and true self. They also discuss the environmental responsibility of taking care of our planet. This was a controversial topic, but Conaway filmed it so seamlessly. It wasn't easy but one of the premises of the film is that we all have a gift to give. It sounds simple, but the added layer to that is your gift is a unique gift. It's yours to cherish and share. If you don't give your gift, if you don't sing your song then the universe is missing something. He didn't want this movie to be limited at all when portraying those involved as being represented or created just for the movie and seen as in his words "oh, that's a movie about those kind of people". Rather, he made it a movie about all kinds of people. And the message that started to come out of the movie was that it doesn't have to look like anything, my gift doesn't have to look like anybody else's gift. I'll know when I'm giving it because I'll feel fulfilled, I'll feel that contribution will make a difference to me and you.

So, what really made the movie come together is discovering the structure of things that were going on, the kinds of conversations people are having tended to fall into these domains. First, it's a personal domain and then this collective domain of "how do we coexist together?" Right now, we're struggling with how we as humans exist together. I think the take away of the film is that people matter, that their life matters. That the things that are big or small contributions they make are seen or unseen all matter. That our way to really fixing the problems in our culture and society, the environment, and in politics really comes down to us giving our gifts. It's a one by one, person by person revolution we're talking about. Let's start being happy right here and now, then collectively and then universally.

BY ANDREW BROWN



**John Mackey CEO and Founder of Whole Foods Market**

"It's such an exciting time to be alive. You can always go into fear. There's many things to be afraid of, but there are so many things to be excited about."



**Blake Mycoskie, Founder TOMS Shoes**

"This is an opportunity for you to join the movement, and really help this message get out there"



**Micheal Franti**

"People ask me what can I do, and I say, do what you can"



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## Strength training at any age can help improve muscle mass and bone density

### Allison Olcway

Three years ago, the client was facing the same prognosis that she has watched her mother suffer with for decades. The progressive osteoporosis would someday develop into osteoporosis, bringing on devastating broken bones and pain.

"My mother is 93 now, and I've watched her suffer so much. I just don't want that to happen to me!" she said.

Medication to strengthen her bones never produced significant results, and after years of taking them, she decided to try a new course of action.

Following the recommendation of a friend she signed on with Elite Strength and Fitness of Winter Park and began following a twice-weekly strength-training regimen designed to increase her muscle mass and bone density.

At her next DEXA scan to measure density, the client's doctor noticed a big change and she was able to stop taking her medication.

Success stories like hers don't come easy though it took months of intense workouts with the guidance of personal trainers to get there.

At 64, Les Rinshart, one of Elite's trainers, knows the challenges his clients face.

After 33 years in the fitness industry, the former strength coach for the Charlotte Hornets retired in 2007, only to come out

of retirement a few years ago to join Elite because, he said, he saw the value in what they offered their clients.

"The equipment here is top of the line and the techniques produce results like no other," Rinshart said.

At Elite, education is as important as the equipment. Before clients spend anytime working out, they share their medical history, goals and concerns with trainers who develop a plan that covers time inside and outside of the gym.

"Clients' needs are evaluated and we give them a detailed analysis of what they need to do, especially at home, to accomplish their goals," said owner Monte Mitchell.

Homework might include keeping food and exercise journals to learn more about their habits, especially if weight loss is a goal.



**ELITE**  
STRENGTH & FITNESS

Rather than working out with sweaty, bulked-up gym rats, Elite's clients find an almost Zen-like atmosphere, with trainers attentive to their every motion.

Speaking in tones of calm assurance, trainers offer equal parts encouragement and challenge, pushing clients to new levels.

The workouts are physically demanding, but not in the way one might expect. Motions are slow and intensely controlled, demanding maximum effort from muscles while barely breaking a sweat.

"Many clients don't even change out of office clothes," Rinshart said. "They simply don't need to."

Before beginning with Elite, Bors suffered from daily back pain, but after just a few months in the gym, she experienced a noticeable change in pain levels and now rarely suffers at all.

"It's been remarkable for me," she said. "I can feel how strong I am, especially when I am traveling carrying luggage. I have a strength I never had before."

"The strength training is very good for preventing bone loss," said Bors, "which is something we all need as we age."

The gym also offers a 12-week group nutrition workshop to their members, guaranteeing results for their clients, provided they follow all the recommendations made during their consultation.

20-year-old physician Dr. Marie Bors has been a client of Elite for seven years and finds that training three times a week fits into her busy lifestyle.

"The 20-minute workouts are easy for me to fit in and I find them easy to commit to," Bors said.

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# LOCAL ARTISTS

We like to celebrate local photographers, writers and artists and give them an opportunity to share their work with our readers. We will begin a series soon that will feature and interview them.



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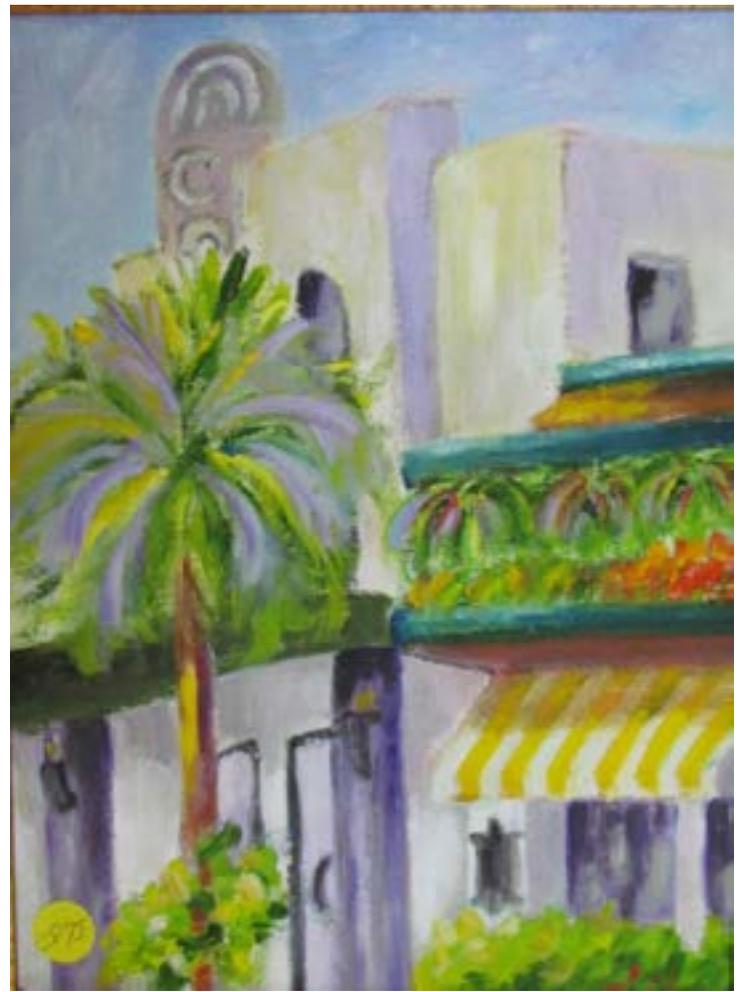
Photo: Doug Shaw



Photo: Doug Shaw



Art by: Heidi Lifrage



Art by: Heidi Lifrage



Photo: Irene Miller



Photo: Irene Miller



Photo: Irene Miller



**“Provide an accessible, affordable outlet that draws diverse elements of the community together and inspires creative excellence through the arts.”**



**Michael Marinaccio**  
FESTIVAL PRODUCER

" The biggest changes came from the move to Loch Haven Park in 2004. That led to the Festival being able to "grow up", and the golden age of growth from 2012-2016, where we more than doubled the size of the audience and increased the payout to Artists from \$175K to over \$450K"



## GETTING YOUR “FRINGE” ON

Orlando Fringe is Central Florida’s most beloved annual festival for live theatre, performances, and comedy. You should know that Fringe has been rated as Orlando’s #1 Festival for 24 years! This year, the Orlando International Fringe Theatre Festival celebrated it’s 28th anniversary, running from May 14-27th, 2019. There were a plenty of diverse theatre acts, endless booze, popup food tents and exciting venues that delighted Fringe goers at the 2019 Orlando Fringe. What do corsets, Shakespeare, Waffle House, and fish tales have in common? These are

from the titles of a few shows that were featured in this year’s Fringe Festival. The Orlando Fringe is a massive cultural icon for the performing arts, theatre, nightlife and LGBTQ+ community of Central Florida. For the past 28 years, Orlando Fringe has been bringing us shows that were full of explosive fun, nonstop laughter, mesmerizing dancing, and the most memorable characters. From ‘G’ to ‘OMG’ has been a saying about the entertainment there. The Orlando Fringe Festival is the longest running Fringe Festival in the United States and is hailed as “Orlando’s

**"THE BEST PART IS THAT ORLANDO FRINGE BRINGS SOME OF THE BEST THEATRE ARTISTS IN THE WORLD TO THE CITY AND YOU CAN TAKE A RISK ON THEIR SHOWS FOR LESS THAN THE PRICE OF A MOVIE. NOWHERE IN THE WORLD DOES THAT HAPPEN BUT AT THE FRINGE." - MIKE DELAMONT**

Most Unique Cultural Experience." Orlando Fringe is 100% Unjuried, which means that performers are chosen at random by lottery. The performers also have full control over their performances. Many of these performers are international acts that travel to Orlando, FL to perform. Fringe is dedicated to its artists, as it gives 100% of ticket sales back to the artists. The Orlando Fringe's mission is to:

*"Provide an accessible, affordable outlet that draws diverse elements of the community together and inspires creative excellence through the arts."*

Each year, Orlando Fringe keeps getting bigger and bigger. In 2018, festival attendance was 72,290, compared to 70,400 in 2017. Unfortunately, Orlando Fringe doesn't get the level of recognition it deserves. There are people who have lived in Orlando all of their lives and have never even went to a Fringe Festival show, let alone heard of it. If you have never heard of Orlando Fringe, discover the awesomeness right here.

"All The World's A Stage" – Fringe's Global Phenomenon  
The Orlando Fringe is just one city that stages an annual Fringe festival. As a matter of fact, the Orlando Fringe is a part of a global circuit of the Fringe Family.

Fringe Festivals take place in 5 continents- North America, Europe, Asia, Africa and Australia. Over 60 cities in the world host their own Fringe Festivals - Edinburgh Festival Fringe (Edinburgh, Scotland),

London Festival Fringe (London, UK), Prague Fringe Festival (Prague, Czech), New York International Fringe Festival (New York, NY), Capital Fringe Festival (Washington D.C.), Hollywood Fringe Festival (Los Angeles, CA), Ottawa Fringe Festival (Ottawa, ON), M1 Singapore Fringe Festival (Singapore), The Sydney Fringe (Sydney, AU) Adelaide Fringe Festival (Adelaide, AU), Shenzhen Fringe Festival (Shenzhen, CN), New Zealand Fringe Festival (Wellington, NZ) and the National



Arts Festival (Grahamstown, South Africa) to name a few. The global spread of The Fringe Festival movement is an impressive one, and it is also an interconnected international network of artists and performers.

### **The History Behind The Fringe**

Fringe Festivals have been around for longer than you would expect. The entire Fringe Theatre network began in Edinburgh, Scotland in 1947. The purpose of its creation was to enrich the culture and community of Edinburgh and celebrate creativity and the spirit of humanity. From that point, Fringe Festivals spread through the United Kingdom and Scotland. London's fringe festivals started off as small-scale theatres, typically located above pubs. These are similar to Europe's "free theater" groups. Several of the Fringe Festivals such as the Edinburgh Festival Fringe, Adelaide Fringe Festival, and Fringe World are unjuried, which meant that all artist submissions are accepted. The first Fringe Festival in North America was the Edmonton International Fringe Festival (Edmonton, AB, Canada) in 1982. To this day, The Edinburgh Festival Fringe is the oldest and largest Fringe Festival in the world.

Orlando Fringe's nearly three decades long history and backstory is as fascinating as one of its many acts.

### **Here are some milestones of the past Orlando Fringes:**

**1994: Wanzie's first Fringe**  
... Was a wartime drama "In Close Quarters" but his all-time Festival's top seller is "The Lion

Queen"

**1995: Fringezilla debuts...** first the festival's official mascot, later became the symbol of Kid's Fringe ... big and green, loves kids and smells like Febreze



**1996: Sentinel sponsors Fringe** ... after first few scrappy years, Fringe got sponsored by the Orlando Sentinel, undeniably great move

**1998: Fringe goes full time...** Matt Wohl became a Fringe's first full-time producer and even though he was followed by many, this marked the Fringe's start as a professional year-round organization

**2000: Tod Kimbro gets LOUD...**not his first Fringe show (it was "Zombie Doorman in 1997) but his ambitious musical in 1999 "Loud" that pointed people's attention at this multi-talented now a key persona of the Fringe festival

**2000: Naked Guy nearly nixed** ... the Oops Guys were threatened with arrest for their play "The Naked Guy" ... the cops were called off at the end, but the controversy created ten-record crowds

**2001: DCO's final show...** Discount Comedy Warehouse sold out and moved west, still no one surpassed their sketch comedy "Geek Girl Authority"

**2002: Fringe in flames** ... the fire took most of Fringe's property, Bryan Hotel on Church Street, even photos, past programs and podiums ...but Fringe survived thanks to producer Chris Gibson and financial manager Alauna McMillen

**2004: Fringe nearly folds** ... it was because executive director Ed DeAguilera left the festival deeply in debt, however Chris Gibson's successor, Beth Marshall, stabilized and grow Fringe into success

**2005: Fringe moves to Loch Haven** ... by new producer Beth Marshall, the entire Fringe is now together in spite of arguments by many that the new home is too posh for bohemian festival ... however venues with no rodents became fast popular

**2006: Mayor Buddy Dyer comes out** ... to his first official festival appearance ... it was also his almost last when he was photographed being kissed by drag queens

**2006: Pet Fringe** ... As Kids' Fringe and Visual Fringe wasn't enough ... Pet Fringe joined for only a short time but proved that "Anyone Can Fringe" even cats, dogs and other domesticated critters

**2007: VarieTease triumphs** ... and brings Blue Star and company out of the dance clubs and into the Fringe world

**2010: Feldman camps out** ... Brian Feldman earned the "least convenient location" award for performing "Fringe of Nature" in a tent in Wekiwa Springs State Park, no alligators and visitors were hurt

**2011: Beth Marshall steps down** ... after more than a decade stepping down was a shock for all ... she still produces shows locally and on touring circuit... while Michael Marinaccio, a veteran Fringe artist, stepped up as a festival's new producer and joined executive director George Wallace

**2012: Hard Rock lives** ... first Fab Fringe fundraiser at Universal Orlando's Hard Rock Live, big time hit after support of other sponsors like Florida Theatrical Association, Disney Blue Man Group etc.

**2016: Guinness for McGrath** ... pouring Guinness as Matt McGrath - Festival's board member requested in his last will ... this Irishman's legacy was celebrated in the beer tent and toasted to another 25 years of Orlando Fringe.

### The Official 2019 Fringe Acts

The annual Orlando Fringe Festival always has a decent-sized menu of acts to watch, and this year was no exception. There were over **200** shows at the 2019 Orlando Fringe, and something exciting for everyone to see. A handful of Fringe acts included theatre, performance art, comedy, dance, burlesque, cabarets and skits from: VarieTEASE, Fish Tales & Swan Songs, Spare The Rod, Learning To Fly, God is A Scottish Drag Queen, I'm Coming, Are You Lovin' It?, Winnie's Rock Cauldron Cabaret, Clown Bar, Lot O' Shakespeare, I Am Woman, Spare The Rod, The Waffle House Daze, Daphne and Me: A Boy Meets Girl Story, The Complete History of Drag in a Few Mo-mo, No, YOU Can't Return Discount Shrimp, Flori-DUH, Squeeze My Cabaret, Are you Smarter than a Bartender, Squeeze My Cans, Squeeze My Cabaret, You Belong Here, The Erroneous Moby Dick, Driving Miss Cherry Blossom, and Corsets and Cuties.

### Venues That Housed The Acts

The Venues that house the acts at the Orlando Fringe are just as important as the performers. This year's Fringe Venues are notable spots and theaters in the Orlando area. The festival-managed venues included Loch Haven Park where the main section of the festival took place, Lowndes Shakespeare Center, Orlando Museum of Art, and Orlando Respiratory Theatre. The "Bring Your Own Venue" BYOV-Partner Venues included Black Venue @The Venue, Breakthrough Theatre of Winter Park, The Starlight Room @ Savoy, and The Rainbow Venue @ The Center (a new venue!)

### The Orlando Fringe Family & Network

A massive cultural festival such as Orlando Fringe involves many individuals: performers, staff, lighting and stage crew, venues, sponsors, partners, advertisers, media, and volunteers. The official

Orlando Fringe 2019 program featured official letters of recognition from Mayor Buddy Dyer and City Commissioner Robert F. Stuart, who have shared their appreciation for the festival. A few of the notable sponsors and partners of this year's Fringe were United Arts of Central Florida, Watermark, Orlando Shakes, The Venue, and Orlando Museum of Art to name a few. There were also over 200 volunteers who contributed to the 2019 Orlando Fringe Festival.

Orlando Fringe is a safe space, which means that it is free from harassment, violence, discrimination, bullying and abuse. Orlando Fringe doesn't tolerate any activities or behavior that discriminates against race, gender, age, marital status, citizenship, mental abilities, physical abilities or sexual orientation.

### **Nightlife and Libations**

Theatre, comedy, dance and entertainment isn't complete without libations! Fringe Festival Goers enjoyed a Beer Tent by City Beverages and served a variety of Woodchuck Cider, Magic Hat #9, Stella Artoris, Joyland IPA, Bud Light, and Big Wave Golden Ale. Additionally, there was a Booze Tent – serving up cocktails, and specialty Fringe Wines. Fringe food including everything from fast munchies to high-end treats from a variety of local restaurants.

Extra Goodies at Orlando Fringe

But wait...there's more! There something extra other than performances at this year's Orlando Fringe Festival. There was a Kid's Fringe, Orlando Fringe Scavenger Hunt, Club Fringe and Special Fringe Events! Kids Fringe includes Arts and crafts as well as live performances. Those that donated \$25+ got access to Club Fringe located in the Orlando Museum of Art, which included an air-conditioned area, refreshments, charging stations and pop-up parties. Fringe goers enjoyed special events at the Fringe Festival, including The National and International Artist's Teaser Show and Ribbon Cutting, an Opening Party, Club Fringe Pop-up Parties, TGIFRINGE Arts Industry Party, Flashlight Cabaret, Luau on the Lawn, and even a Fringe Wedding!

### **Get A Behind-The-Scenes Look Into Orlando Fringe!**

Park Ave Magazine interviewed Fringe Festival Producer Mike Marinaccio and Fringe performer Mike Delamont (God Is A Scottish Drag Queen). Get an exclusive sneak peek into the behind-the-scenes look into Fringe Orlando!

Mike Marinaccio has been the Orlando Fringe Festival Producer since 2011, but he has actually been a part of the Fringe Festival since 1997. Before he was the Festival Producer, Marinaccio was an artist, actor, director, writer, and a producing artist. He has also been a "Billet Host", which means he has housed touring artists who traveled to perform at the Orlando Fringe. According to Marinaccio, everyone should know about the Orlando Fringe.

"It is truly is an event for the entire community. There is something for everyone at Orlando Fringe" - Mike Marinaccio, Orlando Fringe Festival Producer

Mike Delamont is a critically acclaimed and award-winning Canadian comedian and performer of the Fringe Favorite "God Is A Scottish Drag Queen". He is a Fringe veteran who has performed in many International Fringes. Yet, Orlando stood out to him in a different way. What made Orlando Fringe a unique experience as a performer were how the venues were mapped out. According to Delamont the venues at the Orlando Fringe are very close together, and within a 5-minute walk, whereas the Edmonton AB Fringe has venues that are 5 miles away. The decent-sized audience at the Orlando Fringe can see more shows in any given day. As a well-seasoned artist, director, and producer, Delamont has a few tips and some perspective for the newbie Fringe performer. For one, you will learn a lot about work ethic as well as marketing and promoting your act. Remember to be humble instead of cocky, and to take breaks if needed! "The best part about Orlando Fringe is that it brings some of the best theatre artists in the world to the city and you can take a risk on their shows for less than the price of a movie. Nowhere in the world does that happen but at the Fringe." - Mike Delamont, God Is A Scottish Drag Queen Get Ready For Next Year's Fringe

If you are an Orlando resident who has never heard of Fringe, now you have! If you missed Fringe, no problem! There is always next year, which will have its own amazing roster of performers and talent. Orlando Fringe is a great way to participate in the local community and performing arts and theater culture in Central Florida. If you are interested in performing at Fringe, there is also next year. Go ahead and get your Fringe on!



**Vinia Wine Bar is in the Hannibal Square area of Winter Park. Nestled in between Something New Bridal Boutique and Orlando Skin Solutions, it is one of Hannibal Square's best-kept secrets.**



**Located on 444 New England Ave Suite #119, Vinia Wine Bar adds some exciting nightlife to the Hannibal Square Area. Over the last few years, Winter Park has continued to grow and expand into a burgeoning, thriving neighborhood. With that growth comes new and exciting shops, businesses, events, and happenings that come to the area. It's always exciting when there is something new popping up in town. Even though Winter Park has been growing, expanding and gaining popularity, its roots are as old as the oldest tree in Shady Park. The area that is Hannibal Square is one of the oldest and most historic sections of Winter Park, let alone Orlando.**

# Get Uncorked

## at Vinia Wine Bar! Winter Park's Hottest New Hidden Gem

### The Cultural Epicenter of Hannibal Square

Let's rewind time a bit to remember that Winter Park has had a vibrant history, dating back to its establishment in 1882. It was originally founded as a resort community for wealthy northerners to visit during the cold winter months. This led to the establishment of buildings, retail, art galleries, museums, parks, a train station and the college. Hannibal Square is one small section of Winter Park that is packed with history and culture. Hannibal Square had been transformed with the founding of the city of Winter Park. Prior to Winter Park's establishment, Hannibal Square was a predominately African American Community. Its establishment brought business and commerce to the area - which resulted in educational opportunities, prosperity, and professional opportunities for the African Americans in Hannibal Square. Hannibal Square also has housed many African American churches that have been there since the early 19th century. Fast-forward to present-day Hannibal Square and there is a plethora of both culture and commerce: museums, cafes, restaurants, shops, nightlife, and parks. The recent opening of Vinia Wine Bar has further added vibrancy to the Hannibal Square neighborhood.

### Vinia Wine Bar: The Newest Hangout On the Block

What is a better combination of an uncorked glass of wine while gazing out onto the brick-lined streets of New England Ave? Founders Paula Gamba and her husband Fabio Perricelli moved to the Orlando area two years ago from São Paulo, Brazil. Back in Brazil, the couple loved going out and trying different restaurants and bars. They had originally planned on opening a restaurant in Italy, as Perricelli is of Italian heritage. However, they decided that they would miss their family and friends too much. The couple decided to open Vinia Wine Bar in early September 2018 after falling in love with the neighborhood. They checked out many places in Florida - Naples, Key West, The Villages, and the downtown Orlando. Yet, it was Winter Park and the Park Ave area that caught their attention. Paula and Fabio loved their stroll down Park Ave, which reminded them of their strolls that they took back in São Paulo.

"We visited a lot of places in Florida, but just couldn't find one where our concept would fit. Then we came to Winter Park for a hamburger and it was love at first sight. We decided to make it happen here." says Paula.

Take a stroll to Dexter's in Winter Park, turn the corner and walk to "The Plaza" that large brick plaza in Hannibal Square and head over to Suite #119. You have now arrived

at Vinia Wine Bar. The interior of the Wine Bar has a cozy, classy ambiance- featuring dark wood paneling on booths and tables, dark chestnut leather seats and dimmed red-violet lighting that's almost the same shade as your go-to cabernet sauvignon. The bar area is uniquely designed, featuring a large neon "V" sign, pendant lamps and Edison lights. The "V" logo was actually designed by Perricelli, who used to work in marketing and graphic design. It's a cool, dark concave that has low lighting beyond the bar. You can practically see yourself sipping a pinot in this upscale eatery and basking in the atmosphere.

Vinia Wine Bar has an impressive collection of boutique and specialty wines from Europe, The United States and worldwide. They have 35 "old world" wines from France, Italy, Spain, and Portugal. Savor red wines, white wines, sparkling wines, and dessert wines. Unique red wines include Rioja Reserva, Vega Del Rayo (Rioja, Spain), Pinot Noir, Domaine Rudel (Languedoc-Roussillon, France) and Côtes du Rhône, Domaine Pere Caborche (Côtes du Rhône, France). A few white wines include Buena Tierra Chardonnay, Sleeping Giant (California, USA), Rosato, Auria (Basilicata, Italy) and Vinho Verde, Encostas Do Lima (Lima, Portugal). If you are more into dolce or dessert wines you can order Salon De Provence Brut, RivaRose (Provence, France) or Prosecco, Villa Jolanda (Prosecco, Italy). Wine isn't the only drink on the menu at Vinia Wine Bar - cocktails, cider, mimosa, bellini, and beer are also available. Their food menu is just as impressive as the wine menu: full of tasty small bites and plates - Mediterranean dishes, oysters, imported charcuterie and cheese, paninis, tacos, salads, desserts, and Italian style flatbreads. Share one of their plates - Charcuteries & Fromages - a cheese and cured meats, season garnishes board, Tacos Di Mare - Scallops and Shrimp Ceviche, Seaweed Salad and Sea Tacos or Pot De Crème Au Chocolat - a rich chocolate custard.

Paula and Fabio both have a deep love for good food and good wine. Vinia Wine Bar is meant to be a place that feels like home, where friends can gather, have a drink and share a bite to eat. There is no better way to do that while enjoying the historic district and the Winter Park neighborhood. Wine not plan your next date at Vinia or night out in Park Ave? Vinia is also known for its Live Wednesdays, wine tastings and live events. The Park Ave area is the perfect place to get your "Wine Wednesday" on. Don't forget to drink responsibly and get yourself an Uber if needed.

**By: Alex Dimovski**

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