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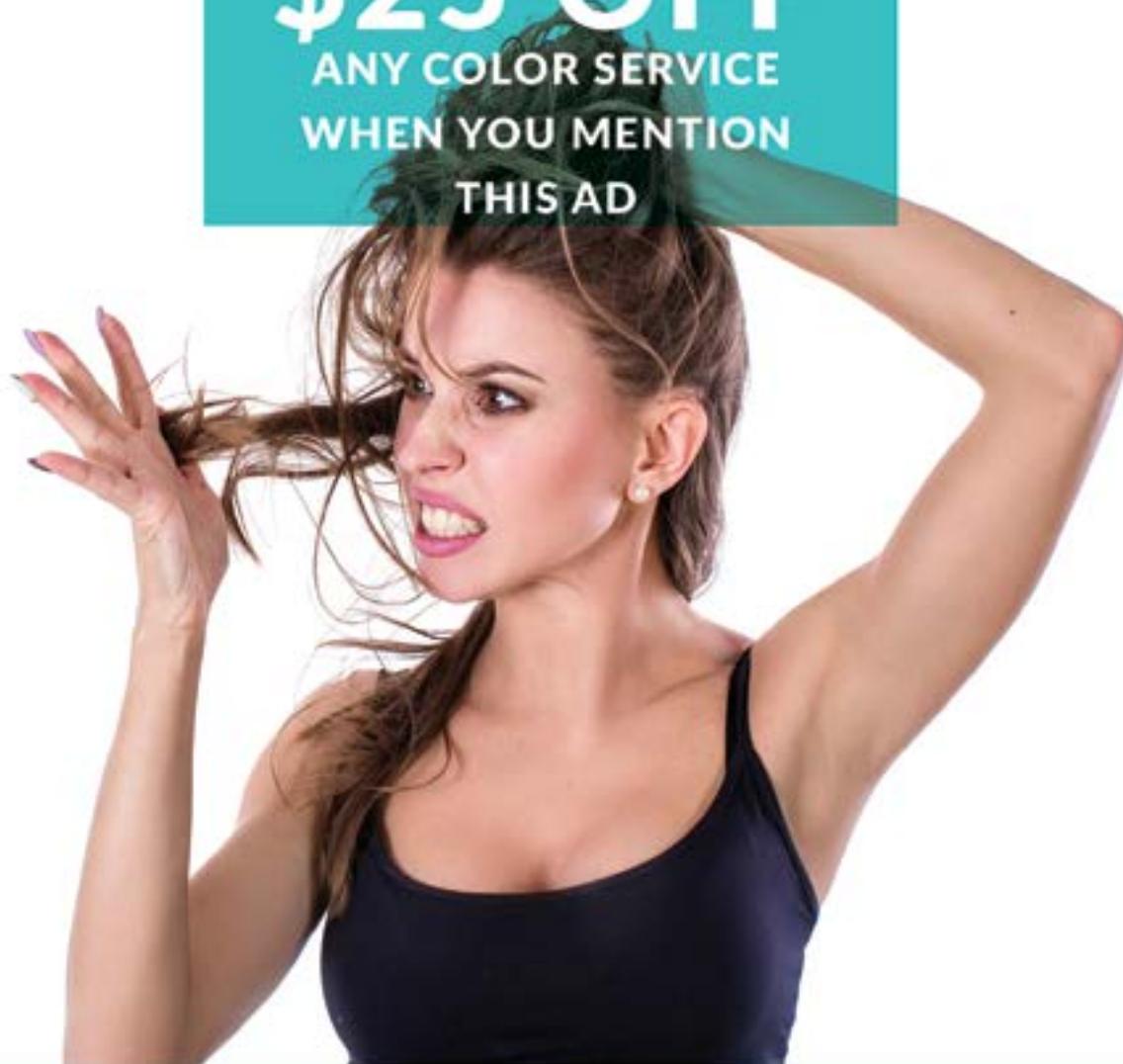
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# LETTER FROM THE EDITOR

May showers are here in Central Florida and with it comes a renewal. Some might not be as appreciative for the high levels of humidity, but I see it as an opportunity for growth. Personal, professional or maybe even both. This is a great time for you all to gain traction for the effort that has been put in since the start of the year. If you are pushing through it all, now is the time your roots can come through and progress is made. Use this time when the blooms are occurring, and growth is happening in the world to be a part of it. I'm looking forward to the warm weather that living in Florida brings each year. And I'm ready for growth.

Maybe this is a great time to review those New Years Resolutions and see if you've been able to keep all or any of them? It's not too late to start them up again.

In this Issue you'll learn about an organization that helps those that are too young to be pushed in to such a major change in their lives. You'll read about how it is not too late to change some of your health habits and add to your good health with fruits and vegetables. You'll learn how you can change your environment and go skiing in Winter Park while you can get ready to change your mindset on what can be considered a bar and well, furniture in said bar...

You'll hear about some odd celebrations on campus and what kind of impact a single man

can bring when he is determined for change.

As always, I am proud of the team that has worked hard to bring this issue to you. And as always I am humbled and grateful that you are reading it. We have been hearing absolutely great reviews of what we are bringing to you in Central Florida with this publication. As we are improving each month and gaining our own traction within our own walls, we ask that you keep watching what we are doing around town. We are trying to make mini differences while spreading some knowledge and fun times.

Thanks to those who assisted us with our benefit for The Venue last month. We need to hang on and assist all the teams of people that work their tails off to keep entertaining the residents of Central Florida with dance, theatre, art and whomever has not been swallowed up by the lure of the theme parks and their job offerings. Fringe is about to be here as well this month and we are all excited. As theatre troupes come in from all over the world to perform for us, come out and see a show or two. From elaborate productions to one person shows they always live up to my favorite slogan defining the broad levels of entertainment...from G to OMG..

Growth can occur in many faces and ways. Let us know what you might be changing, growing and exploring as you continue this journey in to 2019.. Summer is Coming! Wait until you see what we have in store for you.

**SCOTT RICHARDS**



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## **HIDDEN GEMS:**

# **WinterClub** **Indoor Ski & Snowboard**

**By Alexandra Dimovski**

***When one thinks of Winter Park, FL, some of the first things that come to mind are palm trees, warm weather and beautiful Floridian charm. The last thing on anyone's mind is skiing, let alone winter. Winter Club Indoor Ski & Snowboard in Winter Park brings the "winter" to Winter Park, FL.***

Skiing and Snowboarding in Florida. That sentence is an oxymoron in itself. Many Florida natives have never even seen snow let alone have tried skiing or snowboarding. Indoor skiing and snowboarding offers a chance for Floridians to try out winter time sports. Winter Club Indoor Ski & Snowboard in Winter Park is one of the most unique spots in Winter Park - a place where you can learn or practice how to ski and/or snowboard. Snowbirds also get the chance to experience their favorite winter sports without having to travel back to their native frigid climate.

**WinterClub Indoor Ski & Snowboard:** 2950 Aloma Ave. Winter Park, FL 32792 | Tel. (407) 618-1123

Tucked away on Aloma Ave in Winter Park (near the intersection of Semoran and Aloma), the Winter Club Indoor Ski and Snowboard is easy to miss. It's a nondescript building that blends in with the rest of the scenery. The only indication of the nature of the business is a black sign titled "WinterClub". If you take Fairbanks/Aloma often, you've probably seen the sign on your commute home. You might have even wondered "Hmm, wonder what that place is like?", as you were stuck in rush hour traffic. I know I have. All jokes aside, WinterClub Indoor Ski and Snowboard is a hidden gem in Winter Park. It doesn't get nearly enough recognition as it deserves. Surprisingly, Central Florida has an avid skiing community, which is why Michelle Farah opened up WinterClub Indoor Ski & Snowboard.

WinterClub Indoor Ski & Snowboard is Orlando's first and only indoor ski and snowboard spot. WinterClub is a unique experience in itself - a place where skiers and snowboarders can experience the slopes even if it's 90 degrees outside. The indoor ski resort that is WinterClub features two indoor ski slopes and an interactive panoramic ski simulator built for training and advancing winter sports skills. The panoramic ski simulator offers a cutting edge technology that reproduces the same effect as learning to ski on a snow-capped slope. The technology is backed by real physics and biomechanics of snow sports that make skiers feel as if they are riding the curves of a real well-carved mountain. Plus, the ski simulator comes with a panoramic view, transporting you right to the top of a snow-capped mountain. The indoor ski slopes come in a dry slope or snow dome. And have a state-of-the-art surface that helps riders achieve perfect balance, edge precision and control of rotation.

### **The Concept Behind Indoor Ski Resorts**

The concept of indoor skiing stemmed from the pastime that is skiing, which is a recreational pastime that was developed barely over a century ago. The world's first indoor snow centers were built in Germany and Austria during the late 1920's. The "snow" was created by British inventor Laurence Clark Ayscough who used a combination of soda and sawdust mix. At that point, indoor ski resorts started popping up all over Europe. There have been several innovations made in how artificial snow has been created - from lab-grown snowflakes to machine-made snow and fan guns.



Ever since then, indoor ski resorts were created to “bottle” the experience. The snow might melt, but indoor ski resorts are open all year around. Indoor ski resorts have been around for almost 100 years with resorts all over the world. There is a website called [www.Snow365.com](http://www.Snow365.com) where you can follow indoor ski centers from around the world!

If you’ve never tried skiing or snowboarding, you can practice shredding at this WinterClub Indoor Ski & Snowboard. The best part? You can do it without waiting on the ski lift or falling onto the cold, rocky ground. Plus, many skiers have to wait until winter for the chance to ski once or twice a year. Indoor skiing allows you to do winter sports all year around!

### Winter Park, FL Vs Winter Park, Co

You might have been searching online for something related to Winter Park, FL and stumbled upon Winter Park, Co. (Search engine results are funny like that). Nonetheless it has become a joke that we are the “other Winter Park” or that Winter Park, Co is the “real” Winter Park because they actually have winter there. If you know anything about the history of Winter Park, FL, you know that the history behind the name: the town was a destination for wealthy northerners to travel here to escape the frigid winters.

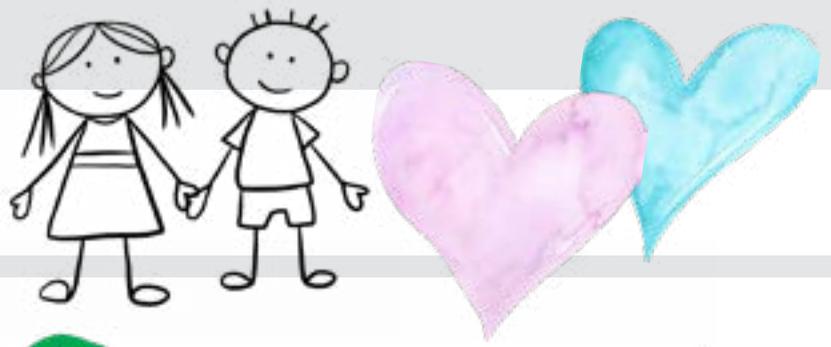
What is Winter Park, Co like? Winter Park, Co is a town located just outside of Denver, with a population of 999 (based on the 2010 census). Elevation ranges from 8,700 to 12,060 ft. above sea level. The town is most known for being home of the Winter Park Ski Resort and the Winter Park Express ski train run by Amtrak. Winter Park, Co is home to more than skiing. In the summer, it is known for mountain biking, concerts, hiking and fishing. There is plenty to do in Winter Park, Co during the summer: Rocky Mountain National Park, Alpine slides at Winter Park Resort, mountaintop yoga and scenic gondola rides!



### Indoor Ski Around the World

Indoor Ski resorts have been popping up all over the world since their creation. Some of these resorts are world-famous and contain state-of-the-art technology to bring winter to wherever the ski resort is.

- **Ski Dubai (Dubai)** – an indoor ski resort with 22,500 sq. meets of snow area. The park maintains the temperature of -1 degree Celsius through the year and its part of the Mall of the Emirates, one of the largest shopping malls in the world.
- **Snow Dome (Netherlands)** – this ski resort has two locations, but the larger location is 520 meters long, and are attached to a massive hotel and fitness center.
- **Snow Planet (New Zealand)** – located just outside Auckland, NZ, this resort has a 200 meter slope and freestyle park with rails.
- **Woongjin Playdoci Indoor Ski Resort (South Korea)** – one of Asia’s biggest ski parks. This resort features two artificial slopes, as well as a water park, golf driving range, spa, fitness center and shopping mall



# NEW HOPE Where Grieving Hearts Heal FOR KIDS

By Krista Knauer

Losing a family member or loved one is never easy and dealing with the feelings surrounding the death can be quite difficult. Adults often get absorbed in dealing with all the things that losing someone entails and sometimes don't know how to deal with their own feelings, let alone know how to help younger people and children cope with their own sadness. Parents may find turning to outside help difficult: children (and parents) might be resistant to talking with or opening up to a counselor or a counselor might be cost prohibitive.

Fortunately, there are people out there who can help. New Hope for Kids, based in Maitland, is a local non-profit that serves Central Florida's children and families who find themselves dealing with the loss of a loved one. Their services are provided free for grieving families.

Since its foundation in 1996, New Hope for Kids has maintained that every child deserves the opportunity to grieve in a supportive and understanding environment. They believe that: grief is a natural reaction to the loss of a loved one for children, and adults; within each individual is the natural capacity to heal; the duration and intensity of grief are unique for each individual; and caring and acceptance assist in the healing process.

"Kids often get pushed to the background," says Dave Joswick, the Executive Director of New Hope for Kids. "Parents often don't learn about death before it affects their lives." But, he says, the work that the organization does makes a huge impact in the children's and families' lives, even later in life. Dave, who has a background in criminal justice, says that when he would talk to inmates in prison, inmates would often begin talking about themselves by saying, "when my mom died" or "when my dad died." He found these inmates had a lot of anger

surrounding the death of their loved one that they had never truly been able to cope with. That's when he decided to start on a path to help kids deal with the anger that they often feel about death.

To facilitate that healing, the organization, which formed out of the Hospice of Central Florida, provides many services for affected families: group sessions, information and resource guidance, referrals to other agencies when necessary, regular family events and socials, and summer camps. They have seen great outcomes when it comes to helping families cope. Dave finds that families who participate in the program are often more resilient when met with difficulties later in life. Real life proof of this is every year 4 to 5 of their grief facilitators are adults who the non-profit has previously worked with when they were children.

The core of their services, weekly group sessions for children, ages 3 to 18, and parents or caregivers are led by staff professionals with advanced degrees in counseling and social work and who are trained volunteer Grief Facilitators who help guide families through the grieving process. The groups focus is on healing through a multi-faceted approach that incorporates verbal communication and creative, positive play.

The children are broken into three age groups: the Littles, ages 3 to 6; the Middles, ages 7 to 12; and the Teens, ages 13 to 18. And while the children meet in their respective groups, parents or caregivers also participate in their own group. These groups give the grieving families that safe space and support that they need to begin the healing process. Families often stay in the program for at least a year, as the organization can be their support through holidays, birthdays, and

anniversaries that will be affected by the death of a loved one.

The organization is also implementing a new program for young adults ages 19 to 25 who experience loss. And they are creating a scholarship fund to help send the children they serve to college.

Currently, the organization is on track to serve over 400 children for this year. But sadly, even though New Hope for Kids, which is the only organization that provides a comprehensive grief healing service in Central Florida, is serving more children than ever, they still only serve a small portion of the children that have been affected by the death of a loved one. In 2014, the organization conducted a study and found that about 4,000 children just in Seminole, Oceola, and Orange Counties are affected by death.

While the organization is not able to reach all of these families, they do serve a diverse group of families. Since their introduction to the community, they have seen an increase in African American, Hispanic, and Asian families signing up for their program.

To complete their mission of helping these families cope with loss, the organization receives the bulk of its funding privately, through charitable donations from individuals, corporations, foundations, and community service organizations. You can donate to them directly or take part in one of their fundraising events. Their 18th annual Art of the Vine: A Food and Wine Experience is being held on Friday, May 3 at 6:00 pm at the new Fields Motorcars of Orlando Showroom. The business casual evening will feature outstanding cuisine from some of Orlando's best high-end restaurants, a delicious assortment of wine, martinis, and beer, an exhibit of original artwork, an exciting auction of various experiences, meals at local restaurants, and other items, and a raffle for a new 2019 BMW X1! Advance tickets are \$85, and tickets at the door will be \$100.

Besides the Art of the Vine, the organization also hosts or attends other fundraising or community engagement events. Currently, New Hope for Kids organizes the Mascot Games, which will be held the year on Friday, June 21 and Saturday, June 22. If you are not able to donate financially, there are plenty of other ways to be involved. You can volunteer to help with community awareness projects, or you can become a trained Grief Facilitator. To become a grief facilitator, you must attend a two-day training

course which are held a few times a year. They currently in need of more grief facilitators to serve an increasing amount of families in the Central Florida area. So, reach out and help if you can.

You can also donate services such as home maintenance, lawn care, printing services, or any other service that you can provide for the organization or the affected families. And if you know a child or family in need, refer them to New Hope for Kids.

Besides the support they give for children and families who are grieving the loss of a loved one, New Hope for Kids has a second arm of their organization: Wishes for Kids. They continue the legacy of the Children's Wish Program, founded in 1985, and provides the longest running wish program for children, up to age 19, battling life-threatening illness in Central Florida. They have granted over 1,600 wishes. And because they are a local organization, they can provide extra services and support for children outside of just wish granting. And because most of their wishes are granted locally, the money used goes right back into Central Florida businesses and organizations. If you would like to get involved in granting wishes to children, you can sponsor a child's wish or you can host a wish.

New Hope for Kids provides invaluable services to the children of Central Florida who may be grieving the loss of a loved one or dealing with a serious illness. If you or someone you know may be in need of their services, or if you feel that you can support the healing of children in any way, do not hesitate to reach out.



# BIRD BRAINED

## Audubon Center for Birds of Prey

By Charles Griffin

Photos: Mike Canzoneri

At the entrance to the Audubon Center for Birds of Prey in Maitland, a young boy with his mother and sister talks animatedly about his bird book that he left at home. He's disappointed that he forgot the book, but he's as excited to see the raptors there as other kids are to see dinosaur fossils.

Beside the Audubon House, David holds Paige, a nearly 28-year old tethered bald eagle, on a thick glove, surprisingly close to his own face. David is one of eighty volunteers at the Audubon Center. He has volunteered for five years, building a cautious bond with Paige on weekends. Paige prefers men, but Diane, one of the six full-time staff has Paige's complete trust. Diane takes over, and Paige vocalizes loudly. The eagle's body language changes completely, entering a state of relaxation and poise. Most volunteers are students, retirees, or enthusiasts. David works in the tech industry during the week but finds true joy in working with these birds.

Paige may reach 50-years old if she's lucky. She fell from her nest twice as an eaglet and was brought to the Center for treatment of an avian pox that had affected her vision. While her pox was cured, her fractured collarbone made it impossible for her to survive in the wild. Because Florida houses nearly 15,000 nesting pairs of bald eagles,





Paige's story is not unique. Chopper, a peregrine falcon, had a badly injured wing that resisted treatment and had to be amputated. Broken wings, missing eyes, and other debilitating injuries mean that many birds never leave. The volunteers care for, feed, and clean up after the birds while taking the opportunity to teach and curate the way these birds are perceived in the world.

Over the course of the late 19th Century, Americans began to realize that the country's great natural diversity was not something that could be taken for granted. The efforts of key individuals led to America's burgeoning conservation movement even as the Second Industrial Revolution was ramping up. The ornithologist painter John James Audubon painstakingly cataloged and described North American birds from 1827 to 1838. Geologist Ferdinand Vanderveer Hayden sagely chose to bring the Civil War veteran, painter, and photographer William Henry Jackson with him to survey the Yellowstone Region -- a trip that resulted in the establishment of Yellowstone National Park in 1872. Before Theodore Roosevelt became the twenty-sixth President of the United States, he co-founded the conservationist Boone and Crockett Club in 1887. The naturalist author John Muir founded the preservationist Sierra Club in 1892 in San Francisco.

Harboring more than eighty distinct ecosystems, Florida is home to an extraordinary diversity of plant, marine, and wildlife. Florida's first

Audubon Society chapter was established in 1900 in Maitland, perhaps in part as a response to the contemporary fashion whereby Floridian women wore feather plumes or entire taxidermized birds on their hats. Florida's Audubon Society is generally concerned with conserving and restoring natural ecosystems as it relates to all birds.

Founded in 1979, the Audubon Center for Birds of Prey focuses on the rescue and rehabilitation of raptors. Famously, and in true Florida style, the seed money (pun intended) to open the Center was raised in part as the result of a stunt pulled off by Doris Mager, later dubbed "The Eagle Lady" by former Florida Governor Bob Graham. Mager crawled into an eagle's nest (which can be as large as a king-sized bed) and spent seven days there. The word raptor derives from Latin and means "to seize or capture." With sharp, hooked beaks and talons, keen eyesight and hearing, and a varied repertoire of flying abilities that include soaring, gliding, and diving, it's no surprise that these fierce, carnivorous predators inspire us to name sports teams, schools, mascots, and comic book superheroes after them. The United States Congress named the majestic American bald eagle to be our national bird in 1784.

More than 20,000 injured raptors have been brought to the Center since 1979 and over 40% of those have been returned to the wild, including 600 bald eagles. They care for nearly twenty species of raptors there, including kites, hawks,

turkey vultures, caracaras, falcons, owls, and kestrels. Injured birds are brought in, and most of those never make contact with the public, because the primary goal is to release them back into the wild whenever possible.

For example, In April 2019, the list of avian patients in early stages of rehabilitation that are thus isolated from the public include a great horned owl, a barred owl, five eastern screech owls, a bald eagle, and three ospreys. There are fourteen mews, or enclosures, reserved for this process. In addition, there are three separate flight barns reserved for birds in the final stage of rehabilitation. The three eagles in residence stretch their massive wings and get to safely move around a space that is one hundred feet long, twenty-five feet wide, and twenty feet high. Depending on the degree of trauma – including bone, feather or muscle damage – an eagle may require the flight barn from three days to two years. The remaining three barred owl and five red-shouldered hawks at this same stage require less room.

Inside the Audubon House, Mike Canzoneri sits with a bazooka-sized lens attached to a professional-grade digital camera trained one by one on the eagles and falcons tethered just outside the window. He's a freelance wildlife photographer based in Costa Rica and is taking advantage of a free day in Orlando. His photos capture in intimate detail not just a speckled golden iris or beautifully hued and layered plumage, but the discernible personalities contained therein.

Go to <http://cbop.audubon.org/> for visitor information, to volunteer, or to learn more about their several educational programs, events, and more.



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*Venue Spotlight*  
**The Imperial at  
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### Local Success, Global Appeal: Exploring The Imperial at Washburn Imports

The sustainable charm of Winter Park, Florida, can be attributed to its local success and global appeal. The same can be said about John Washburn and his latest endeavor, The Imperial at Washburn Imports.

Ensnconced on Morse Boulevard between Park Avenue and the scenic boat tour, the Imperial brings new depth to our downtown vibrancy. The Emporium and its nighttime bar cater to our innate wanderlust for something special while maintaining a sense of neighborhood, of home.

From Balinese shores to remote Indian villages, John travels to exotic outposts for wood-carved benches, handmade artifacts and one-of-a-kind furniture pieces—all of which are on display and for sale at Washburn's Imperial. Meandering through colorful enclaves and tiled alcoves is a great way to explore the store's worldly treasures.

When you want to relax with a drink and a share plate, claim a reclaimed wood barstool and peruse the menu. The Imperial in Winter Park serves drinks and food starting weekdays at 5pm, an hour earlier on Fridays, and starting at noon on the weekend. That's right, it's a bar in a furniture store.

### The art of the furniture bar none

New to the bistro-bar-and-marketplace concept? Not John Washburn. Winter Park is his third location, poised to share the spotlight with his other ventures, Washburn Imports on North Orange Avenue in trendy Ivanhoe Village and Washburn

Imports on First Street in downtown Sanford. His tangible vision of a "world-class furniture bar" is, well, bar none.

"The idea turned out to be a good one," Washburn admits. "We'd been pretty successful for about 10 years with the original import location. Then, the recession hit and people weren't buying houses or furnishings. So, I decided to put a bar right in the middle of the showroom. People thought I was crazy, but we built it, offered wine and beer, included outdoor garden seating, introduced some music, some local art, and boom, we had a furniture bar."

Washburn repatterned his prototype in Sanford, this time with a more whimsical style and specializing in small-batch distillery beer and craft cocktails. Add local musicians and artists and it's another hangout hit for Central Florida.

Third time's a charm. The Winter Park location emanates a unique panache. With hand-painted floorboards (thanks, Sandy Bonus) and angular Mughal and Moorish details, this furniture bar carries an urban elegance all its own. Be sure to venture to the back patio, especially in the evening under the sparkle of warm yellow Edison bulbs strung like a canopy.





### **The truth about vermouth**

Straddling either side of the enormous carved elephant behind the bar are shelves of sultry wines and sherry and vermouth. Yes, vermouth, front and center.

Unlike the relic of vermouth probably parked in the back of our parents' liquor cabinet, the Imperial carries high-quality sipping vermouth. Originally invented in Italy for medicinal purposes, vermouth is a fortified wine, not a spirit. The beauty of vermouth is its ability to evolve in the bottle as the flavor changes over time. John's talented bar manager, Mike Bass, infused a new layer of creativity with distinct vermouth cocktails. On the backside of the paper bar menu, you'll find stories for each of these concoctions. To stay with our exotic theme, try the Vermut Lacuesta Blanco, an extra dry Spanish vermouth aged in French oak barrels or the Carpano Antica, which offers a fruity finish to its 18th-century heritage.

Speaking of the bar, let's talk about the actual bar. Built of impressive slices of sandstone from Rajasthan, India, the bar top is polished to an understated tint of earthy red. The slabs maintain their roughhewn edges. Underneath, more colorful, hand-painted scrollwork and tile. The elephant represents Ganesha, one of the most worshipped Hindu deities, representing wisdom, beginnings, art, and prosperity.

"I welcome imperfection in general. I want quality and for things to look beautiful and to operate correctly. The world as I've seen it is wonderfully imperfect, and I love that we can capture a little of that in what we do, what we offer."

### **Fare thee well**

Foodies everywhere can (gently) be likened to ants at a picnic, marching toward their passion with gravitas. If you Google Washburn's Imperial in Winter Park, you'll find no menu item unturned or uneaten. Food bloggers and photoggers are industrious in their quest to capture and release flattering words and images of this fare. The Imperial bar menu offers about a dozen gorgeous, sumptuous small plates.

Executive chef Dave Kirsch brings to life an awesome sharing menu with the same artistry as his surroundings. Formerly at Dexter's Orlando and Raglan Road in Disney Springs, Kirsch is responsible for the wildly popular Imperial flatbreads with duck and brie and the PEI mussels in sherry and tomato broth. Other favorites are the shrimp cake sliders and the pork belly bao with candied jalapenos.

### Why here, why now?

Before the doors even opened, The Imperial became an instant classic. And, it's no wonder. Humbly at the center of it all is John Washburn, continuing to create what works. Whether he's regaling his recent acquisitions voyage, describing the new wine like a poet or inviting you to sit on a funky piece of furniture, John's the real deal. A native Winter Parker (and my childhood friend), John is a high-energy, low-key kind of guy, and there is no vaccination for his contagious smile.

"I wanted to design something here in town for my friends, my neighbors. Over the years, a lot of folks have said that when they get home after a long day at work, they don't always want to get in the car again. The Winter Park store is my answer to that. We're right off the main drag, it's walkable, and it's geared toward locals who want a place to gather, maybe for drinks or before heading to dinner elsewhere. It's the kind of place I'd want to hang out."

Way to go, John.

By Suzie "ZQ" Taylor

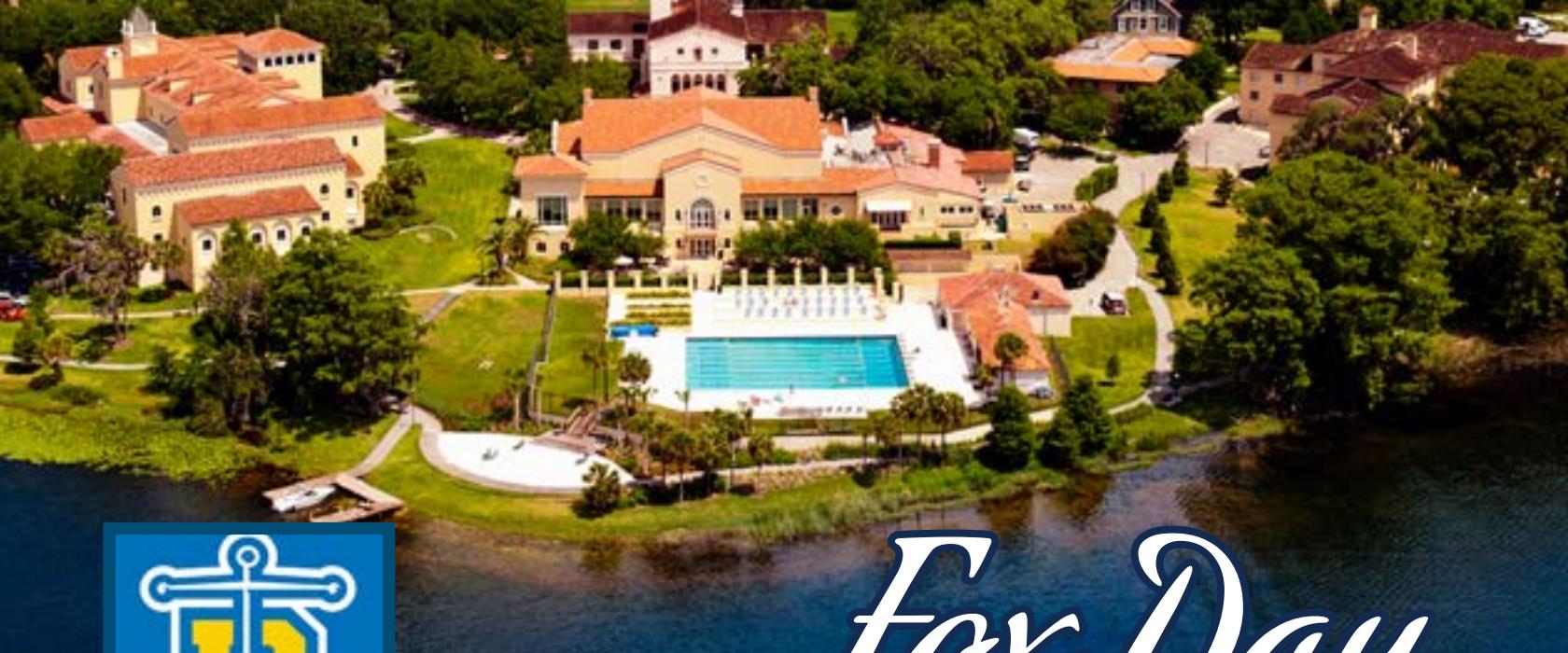
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By Hanif S. Ali

# Fox Day @ ROLLINS

*DING! DONG! DING! DONG!* You wake to your darkened dorm room, confused as to why your alarm is going off so early. Oh no, you must have overslept! Your big test is all the way on the other side of campus. Just as you're about to sprint out of your dorm room half-clothed, reciting chem formulas, and hoping against hope that your professor is as lenient as she is knowledgeable, you realize it's the Chapel bells tolling at this unusual hour, not your alarm. Down below, outside your window, you can make out swarms of Rollins College students gathering en masse on the green spaces of campus. They're cheering, wearing smiles, and all have the same two words on their lips: Fox Day. No class today!

Every higher learning institution has its traditions and, generally speaking, the older and more prestigious the institution, the more secretive and obscure its traditions. Winter Park's own Rollins College is no different. Founded in 1885, Rollins was the first recognized college in Florida and, in turn, has its fair share of unique practices and celebrations, but the breakout favorite for many Tars is Fox Day. That's because early in the morning the day of, the Rollins President moves one

of the college's most celebrated treasures, an antique fox statue, to the center of Tars Plaza and subsequently rings the Chapel bell, declaring it Fox Day and canceling all undergraduate classes. It all began in 1956, when a former President of Rollins, Hugh McKean, dubbed Fox Day a break from study for his undergrads on a day "too pretty to have class."

While a day off work may not mean quite as much to your average nine-to-fiver in the working world, during those precious years in college, an unscheduled day of spontaneous freedom is the ultimate joy. No more pencils, no more books, no more teachers' dirty looks ... for 24 hours, at least. Just think about it – when you were 18, was there anything sweeter than freedom from the chains of academic responsibilities? What's more, this campus-wide celebration is embraced by Winter Park as a whole, so the community surrounding one of the nation's leading Liberal Arts colleges is also in on the fun.

The spontaneous student holiday isn't just marked by the absence of classes and duties, but by the presence of activities on campus, including a pancake breakfast, picnics on The Green, and donuts handed out by the

college President, himself. First-year Fox Day reveler, Kali Elliott, recounts the latter as one of her fondest memories of her inaugural experience, "It was fun to see President Cornwell in the Fox Day spirit while he passed out doughnuts. It's obvious he is a big kid at heart and wants to have fun with the students. He could not have selected a prettier day to surprise us." SGA Student Body President, Matthew Weiner, concurs that on Fox Day, "Everyone is allowed to participate by getting the day off from stressors, with beach trips, picnics, and more. It's truly great, and an integral part of the close-knit Rollins culture."

Though Fox Day occurs every April, the exact date is a carefully-guarded secret by none-other than the President, so Fox Day speculation and dreams of revelry reside in the students' hearts and minds all month long. For some, the anticipation of Fox Day is a much-needed dose of endorphins to help push past the finish line of a rigorous academic year. As the former Student Council President and current Vice-President of his fraternity, Yasha Carroll provides insight into the meaning of Fox Day for current students, "Fox Day gives the students something important to look forward to – it helps them get through the week, knowing that tomorrow may or may not be one of the wildest days of the year. That element of surprise is super important. It turns it into a game; the waiting process is just as important as the actual day." He may be right about that, as more than a handful of dedicated students can be found camping on The Green in the early mornings in April, just hoping to catch a first glimpse of the infamous Fox.

While it's true that Fox Day did not always occur officially on campus, having halted during the 1970s, Rollins students have always cherished the tradition - so much so that a fake Fox Day occurred in 1976 where students made their own Fox statue and placed it on display. Following the impostor Fox, and with the arrival of President Seymour in 1979, the tradition was reinstated by popular demand. Student Body Vice-President, Sydney Brown, explains why Fox Day endures, "Fox Day is an exciting and important tradition at Rollins College. Nearly every student participates in Fox Day activities in some form or another, and it is the highlight of the spring semester for most students, faculty, and staff." As a beloved staple of the Rollins experience, Fox Day isn't likely to be abandoned again – if only because of the complete

buy-in of students, faculty, and the community, alike. A familial event of this magnitude, yet with this level of closeness and caring, is a feature of a by-gone era and could only take place at a college like Rollins, in a town like Winter Park - of which there are few. If you have yet to sample the warmth and congeniality of Fox Day, join in next year ... but be sure to keep your ear to the ground and your eye on Tars Plaza or it could sneak up on you.



As a Winter Park resident and writer, Hanif S. Ali spends his days working on his novels, ghostwriting and tutoring local aspiring young authors. 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)





# It's A Smoothie Lifestyle

By J Funk

We don't call them liquid diets anymore, but meal replacement drinks or smoothies are popular with almost everyone. Juice bars alternate with coffee shops along the main drag of our favorite vacation destinations. Health bloggers promote their favorite green drink as a sure-fire way to get your vegetable intake for the day, mixed in with the supplement of choice.

Why even try the smoothie lifestyle? Here are a few points to get you on board.

## **HELPS YOU LOSE WEIGHT**

Smoothies can help you lose excess body weight without skipping any meals. The fruits and berries that are used to prepare these drinks serve as excellent companions for keeping you healthy. The enzymes present in several fruits help dissolve body fat and clear up your circulatory system.

## **AIDS IN DIGESTION**

Green smoothies that contain a lot of green leafy vegetables add essential vitamins and minerals to breakfast and aid in digestion.

## **SOURCE OF ANTIOXIDANTS**

Green tea is a popular source of antioxidants. You can add a green tea powder to make your smoothies rich in antioxidants, and these will help prevent a lot of diseases. Grapes, berries and sweet potatoes are natural sources of antioxidants.

## **ENHANCES IMMUNITY**

Immunity refers to the ability of your body to fight against pathogens and diseases. This natural potential becomes degenerated due to several reasons. Interestingly, having smoothies made of ingredients that include nutrients like beta-carotene helps boost your immune system.

## **CURBS SLEEP DISORDERS**

People belonging to different age groups around the world often face issues related to lack of sleep and restlessness. A smoothie made of bananas, kiwi and oats provide calcium and magnesium in good amounts. This induces sleep and helps maintain healthy sleeping patterns.

## **IMPROVES SKIN**

As you may know, food containing carotenoids, like mango and pumpkin, are highly beneficial for skin and complexion. Therefore, smoothies that contain these ingredients help you keep glowing.

## **BOOSTS BRAIN POWER**

It is quite evident that certain fruits and vegetables increase brain power and boost memory. Mental alertness and concentration are greatly enhanced by ingredients like coconut that are rich in omega-3 fatty acids. Smoothies with these ingredients help the brain work faster.

## **SUPPLIES CALCIUM**

A regular intake of calcium in the right amount is essential for bone and tooth health. Moreover, it can affect hair growth and heart functioning too. Smoothies prepared with dairy or fortified dairy alternatives serve as great sources of calcium for the body.

## **CHECKS THE GROWTH OF CARCINOGENS**

The growth of cancer-causing factors, or carcinogens, can be checked by controlling the growth of free radicals in the body. Fruits like strawberries, blueberries, and grapes are rich in antioxidants that inhibit the growth of cancer-causing free radicals.

## **PROVIDES A GOOD AMOUNT OF FIBER**

The most common problem people suffer from today is related to upset bowels. A good amount of fibrous food is essential for regulating the excretory system so that you can enjoy summer without worrying about your health. Smoothies with a lot of fruits and vegetables help keep your bowels functioning smoothly.

## **IMPROVES BONE HEALTH**

Calcium, vitamin D3, and vitamin K are nutrients that improve bone health. Smoothies rich in these nutrients contain spinach, green vegetables and citrus fruits as chief ingredients.

## **BETTER OPTION THAN JUICE**

On the last note, smoothies are always a better option than juice when it comes to health benefits. Juice is often free from the pulp of fruits and vegetables. In addition, peeling fruits or vegetables before putting them into a juicer makes them prone to germs and oxidation. Smoothies consist of every part of the ingredients, thus locking in all the goodness and wholesomeness of them.



We really hope you enjoyed this list of benefits to living the smoothie lifestyle. No doubt you can see now why we love smoothies so much and always make sure to fit them into our busy schedules! Trust us – You Can TOO!

## **What about the sugar bomb though, aren't all smoothies just pretty much a milkshake with tons of fat & sugar?**

Let me tell you... That is just NOT the case at all. Yes, some smoothie recipes can be fat and sugar heavy, but not all smoothies are created equal. Be aware of what you are buying! At Planet Smoothie they have switched to a Stevia Sweetener to adjust for the sugar content in their recipes. It is truly about the ingredients that are in the smoothie that make it good or bad for you. Hmmm, sounds like everything we eat or drink. Make sure you are getting all-natural ingredients with No Sugar Added (NSA) and you will be on the right path.

Give some recipes a try! **Stop by our local Planet Smoothie @ 415 Orlando Ave, Winter Park, FL 32789** to try a taste of the smoothie lifestyle and be sure to try the NEWEST additive of this innovating brand Dragon Fruit in your next visit. Planet Smoothie is dedicated to the proposition that all smoothies are not created equal. They are focused on delivering great-tasting products in a wide variety of options to fit the unique needs that your taste and lifestyle demand. The Planet Smoothie mission, vision, and values below are what drives us to deliver an awesome smoothie experience to you each and every time. With on 20 years of experience, Planet Smoothie may just be your local source to start a new way to look at your meals.

**Some great advice from our local Planet Smoothie crew, "Parents tend to LOVE the +\$1 leafy greens additive – it seems to be a great way to get the kids to eat a salad! The kids don't even notice."**

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**NINJA GOT CHOPS.**

How did SusHi Eatstation happen? It all started in 2010 with Robert and Teresa, two people who love food, creativity and, of course, each other (I'll raw 🍣). You see, Robert and Teresa had big dreams, one of them being to open a restaurant together. But, if they were going to do that, it had to be super unique and different from stuff they've already seen (which was a lot). They wanted to create a NEW experience. So, they got to brainstorming. They really liked sushi, there's a start. What's something that's really fun? Ninjas. Combine them together? 🍣 🥷 Now, we're getting somewhere. Robert and Teresa spent the next year perfecting the Ninja art of making sushi, while filling the bellies of their friends and family at sushi parties and other local events in their hometown of Orlando, FL. On August 29th, 2011, the first SusHi Eatstation was open and ready for business right across the street from the University of Central Florida. What started as a way to create a unique food experience has since reinvented sushi and what it means to be a NINJA 🍣 🥷

[www.sushieatstation.com](https://www.sushieatstation.com)

# MegaCon

## ORLANDO

By Jason Flitton

One of the world's largest pop culture celebrations is in Central Florida which all started in 1993. The convention's organizers estimate more than 100,000 people will attend the four-day event. Officials with the convention center estimate the event will have a \$73 million economic impact.

### **If you haven't heard of MegaCon, where have you been?**

There is something for everyone at MegaCon. Whether you're into comics, horror, anime, gaming, sci-fi, it doesn't really matter. If you've never been to a "Con" (see: "convention" for comic and sci-fi fans), don't be so quick to assume it's not your thing. There's bound to be a movie, TV show, or book you've enjoyed in the past that could draw you in.

Celebrities

The list of celebrity guests is long, and we mean long. To mention just a few ....

- Ke Huy Quan - GOONIES, INDIANA JONES
- Billie Piper - DOCTOR WHO, PENNY DREADFUL
- David Tennant - DOCTOR WHO
- John Barrowman - DOCTOR WHO, TORCHWOOD
- Michael J Fox & Christopher Lloyd - BACK TO THE

#### FUTURE

- Zachary Levi - SHAZAM!
- Peter Weller - ROBOCOP
- Sean Astin - GOONIES, LORD OF THE RINGS
- Pamela Anderson - BAYWATCH, BARB WIRE, V.I.P.
- Dan Fogler - FANTASTIC BEASTS AND WHERE TO

#### FIND THEM

- Lana Parrilla - ONCE UPON A TIME
- Lynda Carter - WONDER WOMAN
- Maurice LaMarche - PINKY & THE BRAIN
- Jim Cummings - WINNIE THE POOH

- Jess Harnell - ANIMANIACS
- Greg Cipes - TEEN TITANS GO
- Lynda Carter - WONDER WOMAN
- John Barrowman and Stephen Amell - ARROW
- Kiefer Sutherland, Jason Patric, and Corey Feldman - THE LOST BOYS
- Peter Weller - ROBOCOP
- Patricia Summersett - LEGEND OF ZELDA
- Rose McIver - iZOMBIE
- Jason David Frank - POWER RANGERS

### **THE COSTUMES**

You won't be able to walk an inch without seeing really interesting costumes. Superheroes, villains, princesses, animals ... and this is not amateur hour. A lot of these costumes are elaborate (and probably expensive/uncomfortable). Even if you're not dressed up, the people watching makes the experience worth it.

### **CAST REUNIONS**

Fans will be amazed by very rare reunions throughout the weekend including Back To The Future, Boy Meets World, The Goonies, Lost Boys, Smallville and more. Stars appearing from the Back To The Future cast include Michael J. Fox, Christopher Lloyd, Lea Thompson, Tom Wilson and James Tolkan. Danielle Fishel, Ben Savage, Will Friedle and Rider Strong from Boy Meets World will be joining Thursday through Sunday. From The Goonies, Sean Astin, Corey Feldman and Ke Huy Quan will all appear.

### **MICKEY MOUSE CLUB 30TH ANNIVERSARY REUNION PANEL**

The Mickey Mouse Club celebrates its 30th anniversary of its debut episode with a once-in-a-lifetime reunion of the Mouseketeers. On Saturday, May 18, \*NSYNC Artist and childhood friend of the Mouseketeers Joey Fatone will host a special reunion panel at MEGACON™ Orlando starting at 12 p.m. followed by a photo and autograph session from 1-4 p.m. The Mickey Mouse Club reunion show is included in a Saturday MEGACON ticket and the panel is on a first-come first-served basis.





### **CELEBRITY PHOTO AND AUTOGRAPH SESSIONS**

Capture the ultimate fan memory with a photo taken with a celebrity guest of choice. Professional photographers are on-site to capture the special moment in the Photo Op studios. Then, have your photo or favorite memorabilia signed during various celebrity autograph sessions throughout the weekend.

### **ARTIST ALLEY**

Fans can meet the rising stars behind the hottest comics, graphic novels, limited edition prints and original art and sketches at Artist Alley. Highlights include Batman's Greg Capullo, Amazing Spider-Man's Tim Townsend, Wonder Woman's Cary Nord among others.

### **FAMILY FUN**

With Family Passes available, MEGACON Orlando is fun for all ages! Families can enjoy costume contests, crafts, group celebrity photo sessions, cosplay meetups and more. Head to [www.megaconorlando.com](http://www.megaconorlando.com) to download a free kid's coupon for children 12 and under.

### **NERF WAR ROOM**

A popular new feature at MegaCon last year returns! Exciting three vs thee action. Hourly tournaments. The latest equipment and obstacles. Shoot your buddies or play alongside them. Meet new and dynamic people! But most importantly, have fun!

### **SPEED DATING**

When you're at a pop culture convention like-minded people surround you, but sometimes meeting folks can be complicated; but not when you're in a setting designed just for that. This is a fun way to quickly meet and get to know some of your fellow fans, and who knows, you might just develop a very important relationship in the process. Sign up in person at the show!

### **TABLETOP GAMING ROOMS**

Experience a weekend gaming madness with tons of titles from your favorite tabletop games. Role-playing games, D&D, Catan, CCG's, Miniatures, Board, LARP are just some of the types of games happening throughout the weekend. Come on your own, or bring a friend, there's plenty of room for everyone! There are a ton of gaming events happening throughout the weekend. Be sure to visit the following rooms for a variety of games & tournaments.

### **THE ORIGINAL U.S.S. ENTERPRISE BRIDGE ENVIRONMENT**

Have you ever dreamed of sitting in the center seat on the Bridge? At MegaCon, you have the opportunity to sit in the most famous chair in the Galaxy at the original U.S.S. Enterprise Bridge Environment! Another great visual backdrop for an unforgettable photo op! Now to Warp Speed Mr. Sulu!

### VINTAGE VIDEO GAME ARCADE

Reconnect with all your favorite console video games! Over 50 gaming stations offering a huge selection of games from the in-house library! Hundreds of games available for you to play for free! Brought to you our friends at Sore Thumbs.

### EXHIBITOR AREA

Experience the hottest new products and services - before anyone else sees them! Companies from all corners of the industry will be showcasing their upcoming projects and promos in the Exhibitor area and you get to be there for a sneak peek. You'll also be sure to receive samples, goodies and chances to win prizes through their contests.

### DOCTOR WHO DALEKS AND TARDIS

Doctor Who will not want to miss the amazing set up in our Community area on the Exhibit floor! Doctor Who costumes, props, backdrops, Daleks, the TARDIS and more!

### A COMPLETE STAR WARS EXPERIENCE

Something for every level of interest, young or old, you will be sure to enjoy our multi-faceted Star Wars Experience! Hear from the celebrities, get an autograph, see and touch the many props and displays, shoot a Stormtrooper! Photo ops abound

with Star Wars themed vehicles, Droids, Lego display and literally thousands of retail items and rare collectables. And if you are truly serious about marking this occasion, perhaps you would like to make an appointment onsite to get your licensed Star Wars tattoo!

### MUSEUM OF COSTUMES & CURIOSITIES

Celebrate the work of outstanding costumers and makers! This year's costume exhibition will feature a variety of genres that represent exceptional costume design and construction - including Steampunk, historical dress, science fiction, original designs, props and more. Open Thursday/Saturday/Sunday from 10 am to close and on Friday, from 10 am to 4 pm. Presented by the Central Florida Steampunk Association, in partnership with the Central Florida Costumer's Guild. If you would like to submit, please click the link below.

MEGACon™ Orlando's four-day passes and single-day tickets are available for purchase at <http://www.megaconorlando.com/tickets> starting at \$20. For a complete list of programming, guest announcements, and tickets, visit: [www.megaconorlando.com](http://www.megaconorlando.com)



# LOCAL ARTISTS



Art By: Angie Nguyen



Photo: Joseph St Jean



Photo: Joseph St Jean



Photo: Gregory Neston

An advertisement for Park Ave Magazine. The top half features a collage of creative items like a camera, a keyboard, and a hand holding a pen, with the text "SHOW US YOUR STUFF!" in large, bold, blue letters. Below this, a dark teal banner contains the text "WRITERS, PHOTOGRAPHERS, ARTISTS, ETC." in white. The bottom half of the ad is a solid teal background with the Park Ave Magazine logo on the left and a paragraph of text on the right.

**SHOW US YOUR STUFF!**

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Park Ave Magazine is looking for local students and artists interested in an opportunity to have their work published in a local magazine. This is a chance to have an article, photo, or artwork viewed not only by your peers, but by those who live, work, and enjoy Winter Park and the surrounding areas.

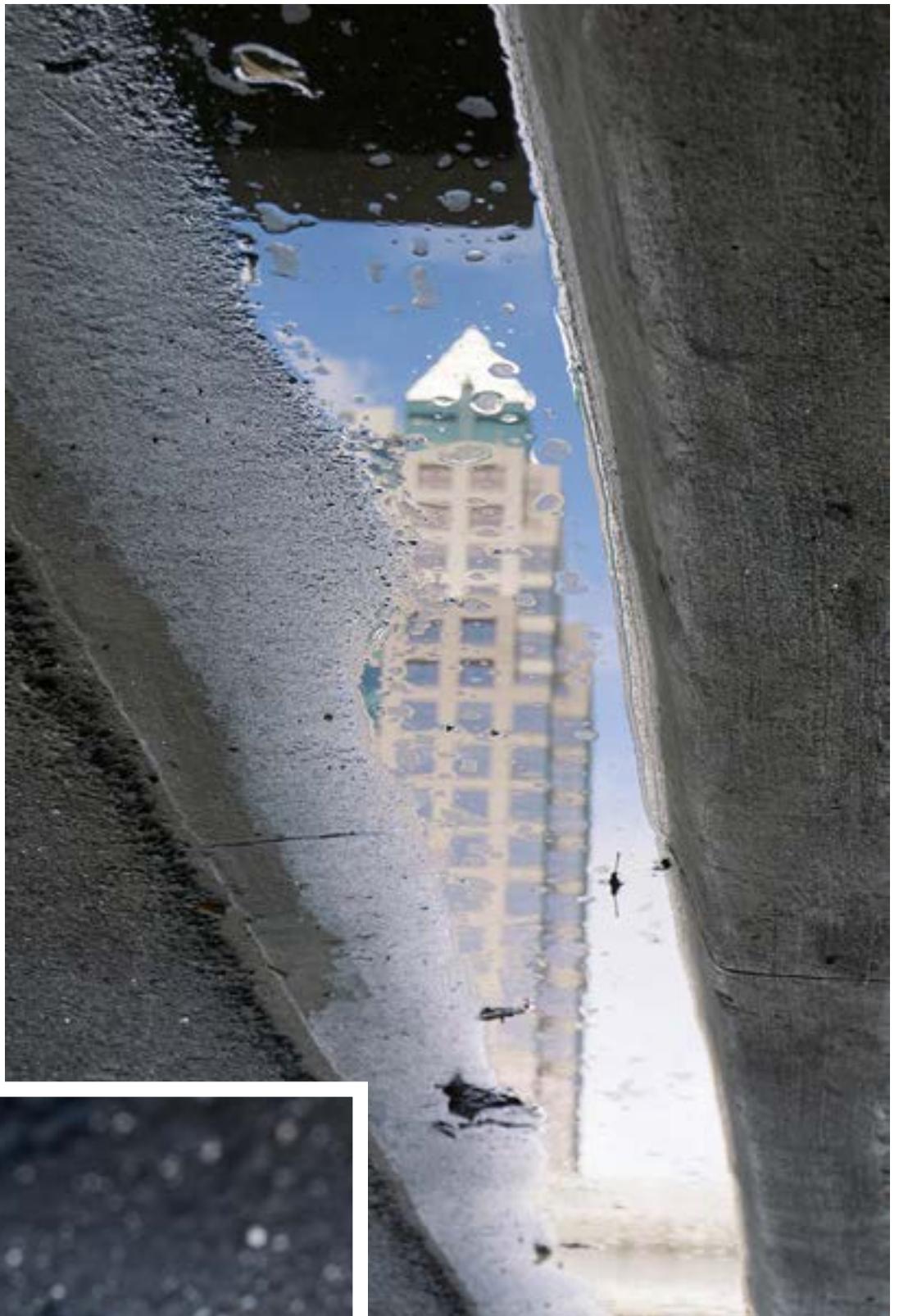


Photo: Chris Carr



Photo: Chris Carr



## To Honor a legacy of a message of hope....

By M. Glazer

# GOT MILK?

**Harvey Milk, was a visionary civil and human rights leader.**

After moving to San Francisco in the early 1970s, Milk established himself as a leading political activist for the gay community. Winning a seat on the city's Board of Supervisors, he emerged as one of the country's preeminent openly gay elected officials, spearheading an important anti-discrimination measure.

Harvey Milk's ground breaking election in 1977 symbolized the freedom to live life with authenticity to millions of LGBT women and men around the world. Milk's political career started and ended in San Francisco, a city whose gay population had ballooned so much by 1978.

Milk, however, did not win his first campaigns for local office. Lillian Faderman, a historian and author of "Harvey Milk: His Lives and Death," said when Milk moved to the Bay Area from New York in the early 1970s, he was eager to run for office. But a Democratic official told him to wait his turn, saying, "You don't get to dance unless you put up the chairs, and I've never seen you put up the chairs," Faderman recounted in an interview with NBC News.

Harvey's inspiring life has been the subject and inspiration for Academy award winning films (1984 The Times of Harvey

Milk and 2008 Milk), operas, books including children's books, plays, music, awards, proclamations and starting in 2010, an annual official governmental day of recognition.

Harvey showed us all what one person, standing up loudly and clearly, against a fierce societal fear and prejudice can accomplish. He created a rich and vivid message of hope and an enduring dream, teaching us how to create our own and leaving them for us to realize.

Milk's political career centered on making government responsive to individuals, gay liberation, and the importance of neighborhoods to the city. His remarkable career was tragically cut short when he was assassinated nearly a year after taking office. His activism continuing to inspire, years after his assassination, is set to be celebrated in Orlando next month.

The City of San Francisco has paid tribute to Milk by naming several locations after him. The San Francisco Gay Democratic Club changed its name to the Harvey Milk Memorial Gay Democratic Club in 1978 (it is currently named the Harvey Milk Lesbian, Gay, Bisexual, Transgender Democratic Club) and boasts that it is the largest Democratic organization in San Francisco. In New York City, Harvey Milk High School is a school program for at-risk youth that concentrates on the needs of gay, lesbian, bisexual, and transgender students and operates out of the Hetrick Martin Institute. In August 2009, President Barack Obama posthumously awarded Milk the Presidential Medal of Freedom for his contribution to the gay rights movement stating, "he fought discrimination with visionary courage and conviction". Milk's nephew Stuart accepted for his uncle. Shortly after, Stuart co-founded the Harvey Milk Foundation with Anne Kronenberg with the support of Desmond Tutu, co-recipient of 2009 Presidential Medal of

Freedom and now a member of the Foundation's Advisory Board. Later in the year, California governor Arnold Schwarzenegger designated May 22 as "Harvey Milk Day", and inducted Milk in the California Hall of Fame.

In July 2016, US Secretary of the Navy Ray Mabus advised Congress that he intended to name the second ship of the Military Sealift Command's John Lewis-class oilers, USNS Harvey Milk. All ships of the class are to be named after civil rights leaders.

Forty years after his death, Harvey Milk's legacy still lives on. In his honor, on Wednesday, May 22, 2019, The Center will present the 7th Annual Harvey Milk Diversity Breakfast at Dubsdread Ballroom from 8AM to 11AM. On this morning, we will come together to celebrate and acknowledge individuals and businesses that exemplify leadership in diversity and inclusion. Come enjoy the awards, food, and keynote speaker, WFTV anchor, Jorge Esteves.

In the last year of his life, Milk emphasized that gay people should be more visible to help to end the discrimination and violence against them.

## Event Details:

**May 22, 2019**

**8:00AM-11:00AM**

**Historic Dubsdread Ballroom,  
549 W Par Street, Orlando, Florida**



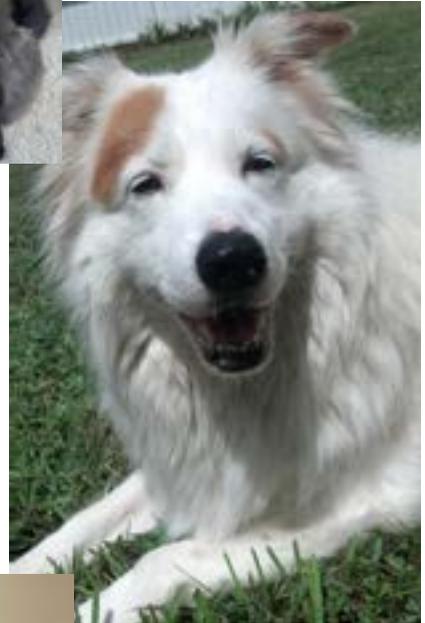


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# Pet Pics

Park Ave Magazine was looking for the most adorable pets for our "Cutest Pets of Winter Park" Contest. On the previous page are the winners that we all voted on, but we know the truth..which is all of your pets are beautiful and are all number 1 in their homes!



# DEAR MOM: CELEBRATING A MONTH OF MOTHERS

"LIFE DOESN'T COME WITH A MANUAL, IT COMES WITH A MOTHER." – UNKNOWN



She is always there for you no matter what life throws at you. She changed your diapers, walked you to the school bus, helped you with your math homework (Lord help you) and so much more. Your mother is your rock – the individual you always looked toward for support through the years. A mother's love and kindness is something special and something to be celebrated. Behind the scenes, she was laser-focused on creating the best life for you – whether it was putting in long hours at work, making sure lunches got made, or setting up appointments. For many of us, it takes us until adulthood to discover all of the love, effort and sacrifices that our mother made.

There are so many things about motherhood that are magical, beautiful....and also scientific. For instance, a unique study found that babies start listening to their mothers' voices while they are in the womb. Another well-known study about mothers is that skin-to-skin contact with a mother improves health. Mother's Day is always celebrated

on the second Sunday in May. It's not a federal holiday, but Mother's Day is widely celebrated as a special day to honor all mothers and motherhood. Together, let's honor the women who raised us—and all the mothers who sacrificed for their children.

## 10 Ideas for Making Mother's Day Special

1. Let mom sleep in – Moms are usually the first to get up every morning to get the day going. Let your mom have a morning to sleep in. Maybe that means getting breakfast ready or doing the dishes.
2. Serve Breakfast in Bed – after you let mom sleep in, serve her a breakfast with pancakes or waffles, fresh fruit and orange juice. Go the extra mile and get a few fresh-cut flowers for the home.
3. Make a Mother's Day "coupon book" – get a "coupon book" together filled with various coupons – i.e. "vacuuming the house" or "doing dishes".
4. Garden – there is no nicer way to spend a Mother's Day in May than doing some gardening and yardwork.

5. Go shopping in a new area – There are many exciting spots in the area that are perfect for shopping. Downtown Winter Park is full of unique boutique shops and restaurants.

6. Have a spa day at home – pamper mom with a spa day just for her! Lay out a comfy bathrobe, light candles (Yankee Candle and Bath and Body Works has some of the best scents), magazines, bubble bath and face masks.

7. Get crafty – try a new craft together or sign up for a craft class at Michael's or JoAnn Fabrics.

8. Host a family Game night – get scrabble, monopoly, and Uno together as well as your favorite snacks.

9. Take a "paint and sip" class – if you aren't into crafts you get have a boozy time painting and enjoying a good time!

10. Do a family photoshoot – plan a fun photoshoot with props and exciting backdrops. There tons of Instagram-worthy spots around Park Ave that make great settings for photoshoots.

## Mother's Day Events in The Park

### Mother's Day Brunch At The Alford Inn

Sunday, May 12, 2019 at 10 AM – 3 PM

The Alford Inn - 300 E New England Ave, Winter Park, Florida 32789

Celebrate Mom With A Mother's Day Brunch At The Alford Inn with a special brunch menu. There will be starters such as roasted red pepper soup and a gourmet flatbread display, a fresh fruit display, salad bar, seafood display and a brunch table with an omelet bar and scones. There is also a lunch/dinner table and a kids buffet. \$69 per guest \$29 per child, ages 5 – 12 Children under 4 are complimentary.

### 2nd Annual Blooming for Mothers

Saturday, May 11, 2019 | 10:00 AM to 12:00 PM

Ward Park Pavilion - Cady Way & Perth Ln, Winter Park, FL 32792

Bring your children for some arts and crafts. Kids will get to decorate a flower pot with paint and/or stickers for their mother/guardian. After they paint the pot, they will then be able to fill up the pot with a flower seed and soil (with staff help). With tender, love and care, the seed will bloom to become a beautiful flower for your mother to admire. Enjoy this FREE event!

### Ladies' Night Sip and Paint Social Hour

Saturday, May 11, 2019 at 6 PM – 8:30 PM

Hannibal Square Heritage Center - 642 West New England Avenue, Winter Park, Florida 32789

Hosted by The Paper Bar Co. Your mother will enjoy lite bites, Rose, and a unique painting & craft experience with local illustrator & renowned artist Jaison Radcliff. Sip and shop with vendors SparkleBox Accessories, and of course, The Paper Bar Co. Tickets are \$40

### Yoga in the Garden

Saturday, May 11, 2019 at 9 AM – 10 AM

Mead Botanical Garden - 1300 S Denning Dr, Winter Park, Florida 32789 (at the Grove Stage)

There is nothing more relaxing and rejuvenating than doing yoga surrounded by the beauty of nature. Try yoga in the midst of the beautiful Mead Botanical Garden. Take part in the opportunity to truly connect with yourself and nature. This is a reoccurring event at Mead Botanical Garden – join them on more Saturday mornings. The Cost is \$10 (Proceeds will benefit Mead Botanical Garden). Don't forget to bring a yoga mat and water!

### Mother's Day Jazz Brunch

Sunday, May 12, 2019 at 11 AM – 3 PM

444 West New England Avenue - Suite 119, Winter Park, Florida 32789

The Vinia Wine Bar is an exciting new spot located in Hannibal Square. Enjoy delicious food, live jazz and bottomless mimosas!

### Moms get FREE admission to these wonderful spots in Winter Park:

- Harry P. Leu Gardens offers free admission for moms on Mother's Day, 9 a.m. – 5 p.m. Stroll through the lush botanical oasis and experience the rose garden in full bloom. Regular admission: adults \$10, kids \$5.
- Albin Polasek Museum in Winter Park offers free admission for moms on Mother's Day.
- Cornell Fine Arts Museum at Rollins College is always free!
- Mennello Museum Free Family Funday - Sunday, May 12 - Visit with the family to tour the exhibits and create a miniature fine art project. The exhibit halls are open until 4:30 p.m. for you to explore.
- Music at the Casa - Sunday, May 12, 12 p.m. to 3 p.m. Casa Feliz in Winter Park opens its doors for live music and tours of the historic house and James Gamble Rogers II Studio. Bring along a picnic to enjoy in the beautiful flower gardens. A donation of \$5 is suggested.



By Alexandra Dimovski

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