

SEPTEMBER 2019 | VOLUME 2 | ISSUE 9  
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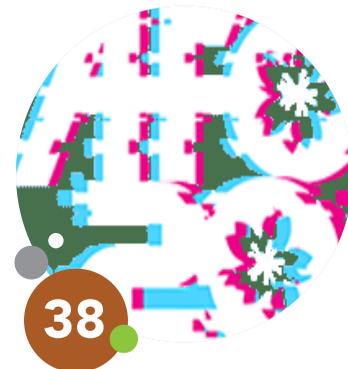
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Vol 2 | Issue 9 | September 2019

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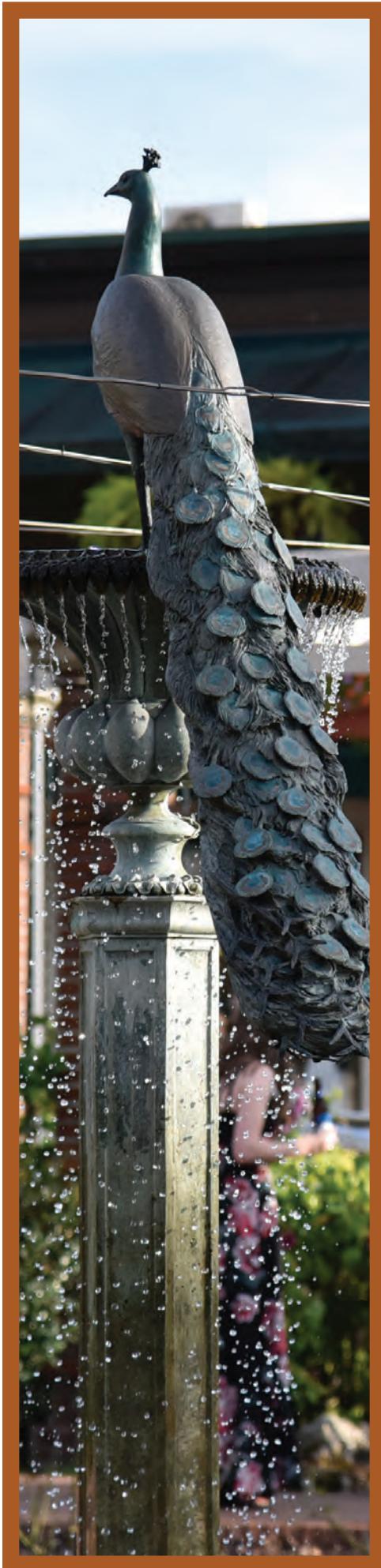
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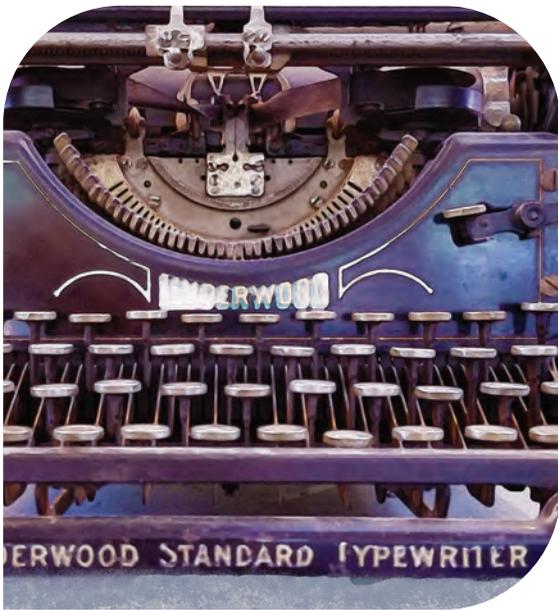
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# LETTER FROM THE EDITOR

ARE YOU READY FOR  
EVERYTHING TO BE  
'PUMPKIN SPICED'?

This has been one of the fastest moving years I have been through for quite some time.

Now that the official summer has passed us, I am truly looking forward to a temperature drop. Not that excited for everything to be 'Pumpkin Spiced' but always looking forward for fall to begin. With all students getting ready to go back to school and the holidays approaching quicker than they actually are. I have seen retail stores with Halloween, Fall and Thanksgiving, AND Christmas holiday decorations displayed and for sale all at once. I think we are attempting to stretch out certain times of the year for shopping and we are rushing through some of our national holidays and favorite times of the year.

We have also been right in the peak of Hurricane season in Florida. Make sure that you and your loved ones are taken care of should any bad storms come our way this season. Protect your property and family including all your pets this season and keep our handy Safety Tips For Hurricanes on pg 12 around so you can make sure you are all prepared and relax.

**SCOTT RICHARDS**

## A FEW THOUGHTS ON HONEY

- RAW HONEY IS THE MOST CRUDE AND NATURAL FORM OF HONEY YOU CAN PURCHASE.
- IT'S UNFILTERED AND UNPASTEURIZED, WHICH MEANS THERE IS NO PROCESSING OR HEATING TO DECREASE ITS NATURAL VITAMIN AND MINERAL CONTENT.
- RAW HONEY CONTAINS DISEASE-PREVENTING AND DISEASE-FIGHTING FLAVONOIDS.
- RAW HONEY CONTAINS BOTH PROPOLIS AND BEE POLLEN, SO YOU GET THE BENEFITS OF THOSE TWO NATURAL POWERHOUSES AS WELL.
- IT HAS BEEN SCIENTIFICALLY PROVEN TO HELP WITH ALLERGIES, DIABETES, SLEEP PROBLEMS, COUGHS AND WOUND HEALING.
- RAW HONEY IS A SMART PART OF A PRE- AND POST-WORKOUT SNACK FOR BETTER ENERGY DURING A WORKOUT AND BETTER RECOVERY AFTERWARD.
- LOOK FOR A LOCAL BEEKEEPER TO SOURCE YOUR RAW HONEY. THIS WILL MAKE IT EVEN MORE LIKELY TO HELP WITH SEASONAL ALLERGIES.

# BENEFITS OF LOCAL HONEY

» BY: JASON FLITTON

Raw honey has been used as a folk remedy throughout history and has a variety of health benefits and medical uses. It's even used in some hospitals as a treatment for wounds. Many of these health benefits are specific to raw, or unpasteurized, honey. Most of the honey you find in grocery stores is pasteurized. The high heat kills unwanted yeast, can improve the color and texture, removes any crystallization, and extends the shelf life. Many of the beneficial nutrients are also destroyed in the process.

If you're interested in trying raw honey, buy it from a trusted local producer. Here are some health benefits raw honey has to offer:

### 1. A good source of antioxidants

Raw honey contains an array of plant chemicals that act as antioxidants. Some types of honey have as many antioxidants as fruits and vegetables. Antioxidants help to protect your body from cell damage due to free radicals. Free radicals contribute to the aging process and may also contribute to the development of chronic diseases such as cancer and heart disease. Research shows that antioxidant compounds in honey called polyphenols may play a role in preventing heart disease.



## 2. Antibacterial and antifungal properties

Research has shown that raw honey can kill unwanted bacteria and fungus. It naturally contains hydrogen peroxide, an antiseptic. Its effectiveness as an antibacterial or antifungal varies depending on the honey, but it's clearly more than a folk remedy for these kinds of infections.

## 3. Heal wounds

Manuka honey is used in medical settings to treat wounds because it's been found to be an effective germ killer and also aids in tissue regeneration. Studies show that Manuka honey can boost healing time and reduce infection. Keep in mind that the honey used in hospital settings is medical grade, meaning it's inspected and sterile. It's not a good idea to treat cuts with honey you buy from a store.

## 4. Phytonutrient powerhouse

Phytonutrients are compounds found in plants that help protect the plant from harm. For example, some keep insects away or shield the plant from ultraviolet radiation. The phytonutrients in honey are responsible for its antioxidant properties, as well as its antibacterial and antifungal power. They're also thought to be the reason raw honey has shown immune-boosting and anticancer benefits. Heavy processing destroys these valuable nutrients.

## 5. Help for digestive issues

Honey is sometimes used to treat digestive issues such as diarrhea, though there isn't much research to show that it works. It's proven to be effective as a treatment for *Helicobacter pylori* (*H. pylori*) bacteria, though, a common cause of stomach ulcers. It's also a potent prebiotic, meaning it nourishes the good bacteria that live in the intestines, which are crucial not only for digestion but overall health.

## 6. Soothe a sore throat

Have a cold? Try a spoonful of honey. Honey is an old sore throat remedy. Add it to hot tea with lemon when a cold virus hits you. It also works as a cough suppressant. Research has suggested that honey is as effective as dextromethorphan, a common ingredient in over-the-counter cough medication. Just take one or two teaspoonfuls, straight.

## 7. Healthy Weight Management

Research studies have linked honey consumption with weight loss. A San Diego State University study found that replacing sugar with honey can help prevent packing on extra pounds and also lower blood sugar. The results also suggest that in comparison to sugar, honey may lower serum triglycerides. Another study from the University of Wyoming found that raw honey can activate hormones that suppress the appetite. In the double-blind randomly assigned study, appetite hormones and glycemic responses were measured in 14 healthy non-obese women after consuming a breakfast containing either honey or sugar. Overall, researchers concluded that honey consumption offers potential obesity protective effects.

## 8. Counters Pollen Allergies

Raw honey contains bee pollen, which is known to ward off infections, provide natural allergy relief and boost overall immunity. Honey's ability to prevent allergies is based on a concept called immunotherapy. How so? The bees in your neighborhood go from flower to flower collecting pollen

that causes you to suffer, but when you consume local raw honey, you also consume that same offending local pollen. After some time, an allergy sufferer may become less sensitive to this pollen that previously caused problems and experience less seasonal allergy symptoms. Many seasonal allergy sufferers have found local, raw honey to be helpful because it desensitizes them to the fauna triggering their allergic reaction.

A 2016 study found that eating honey at a high dose (one gram per kilogram of body weight of honey daily) can improve allergy symptoms over a period of eight weeks. Researchers absorbed that the honey consumption improved overall and individual symptoms of allergic rhinitis. Allergic rhinitis is an allergic response that causes itchy, watery eyes, sneezing and other similar symptoms.

Some people say that a daily tablespoon of honey can actually act like an allergy shot. The type of honey is key though since pasteurized honey does not contain any pollen. For possible seasonal allergy relief, you need to consume raw honey with pollen in it.

## 9. Sleep Promoter

Raw honey promotes restorative sleep in two ways. By consuming honey before bedtime, it restocks the liver's glycogen supply and prevents the brain from triggering a crisis search for fuel, which can wake you up. Secondly, eating raw honey fosters the release of melatonin in the brain by creating a small spike in insulin levels, which stimulates the release of tryptophan in the brain. Tryptophan converts to serotonin, which is then converted to melatonin.

Melatonin also boosts immunity and helps rebuild tissue during periods of rest. Poor sleep, by comparison, has been shown to be a risk factor for hypertension, obesity, type 2 diabetes, heart disease, stroke, and arthritis. As honey is a proven natural sleep aid, it naturally lowers the risk of all these health problems.

## 10. Diabetes Aid

Consumption of raw honey can reduce the risk of developing diabetes and help aid medication used to treat diabetes. The combination of raw honey and cinnamon can be especially beneficial to healthy blood sugar management, as well as many other health concerns like gingivitis and acne. According to a study out of Dubai, honey has been observed to cause a lower elevation of plasma glucose levels in diabetics compared to dextrose and sucrose. Some suggest that the insulin-boosting power of cinnamon can counteract this glucose elevation in honey, which would make your honey and cinnamon mixture a low glycemic index food combination.

Raw honey increases insulin and decreases hyperglycemia. Try consuming a little at a time and see how your blood sugar reacts to it and add both raw honey and cinnamon to your diabetic diet plan.

Because local, raw honey may include contaminants, it's a potential source of food poisoning. Never give honey of any variety to a child younger than one year and use caution if you have a weakened immune system or health condition that could put you at greater risk of food-borne illnesses.

Local, raw honey may prevent allergic reactions to pollen in your area, and it contains vitamins and antioxidants that help keep your body healthy. Eat a spoonful a day or use it to flavor your foods but remember — heating it above 95 degrees Fahrenheit will eliminate its healthy components, so room temperature is always best. If it's not honey, and it doesn't have the nutritional benefits of honey — what's the point of buying what's in the stores? Local real honey will probably cost more, but at least you'll know it has the health benefits of real honey. Support your local apiarist and honey bees!



# W I N T E R P A R K H O N E Y

BY: J FLINT

Winter Park Honey is a small family owned honey company dedicated to helping bees create the finest honey possible. We keep bees throughout Central Florida and during the summer, they keep bees near Winter Park, Colorado also. They are committed to providing their customers with gourmet, varietal honeys in the most natural state possible. All their honey comes to you straight from the comb to the bottle. It's like eating honey right out of the comb! They always win first place in honey taste contests. Every bottle of Winter Park Honey is like a fine wine. No two harvests are ever the same. Each frame of honey is specifically chosen to create a uniquely distinctive flavor that will tantalize your pallet. Honey from their Apiary is organically produced, unheated and totally unprocessed. Their honey is raw AND unfiltered AND unstrained to maximize its pollen count!

At Winter Park Honey, they work hard to provide their customers with honey in its most natural state. They have a large selection of gourmet varietal and wildflower honey. Try their Tupelo, Sourwood, Palmetto, Galberry, Buckwheat, Raspberry, Blackberry, Avocado, Fireweed, Key Lime, Orange Blossom, and more. Their honey is available for sale at many local farmers' markets including Winter Park, Windermere, Winter Garden, Lake Mary, Maitland, Celebration, Fernandina Beach, and Sarasota. Come see Winter Park Honey at their Farmers' Market locations for a free honey tasting.

What makes Winter Park Honey so special is the fact that the honey comes straight from the comb to the bottle without heating. So, the natural goodness of the bees' work stays in completely. No filter or strainer is used so Winter Park Honey is loaded with all the goodness that nature intended. No wonder Winter Park Honey has been certified and exceeded all honey standards!

***Apparently, raw honey is known to be helpful to a great variety of physical ills: arthritis, allergy, asthma, cough, heart, nausea, fibromyalgia, etc.***

Winter Park Honey began as a hobby and has grown in popularity since 2006 now selling under 3 great brands: Winter Park Honey (raw gourmet honey), Local Bee Honey (raw local honey across the USA) and Wild Florida Honey (hive products, beekeeping supplies and raw honey). Their love of honeybees and passion for creating awesome tasting health honey made them popular worldwide. All the honey from Winter Park Honey is raw, unheated, unfiltered and unstrained to preserve the honey's natural healthful benefits. Each bottle of their honey has a unique flavor dependent on the nectar from local flowers. Their honey is harvested frequently to capture the delicate flavors of the seasonal nectars. Not only does their honey include bee pollen from all seasons, they also include hand collected pollens from trees, grasses and bushes such as pine, cedar

and oak. Because honey is not generally harvested while the oak, cedar, pine and many grass pollens are blooming, these pollens are not present in honey. Their local honey includes a mixture of four seasons of local honey blended with four seasons of hand and bee collected pollens.

Winter Park Honey has developed a proprietary recipe consisting of local and regional wildflower honey. This recipe ensures that you eat today what you breathe tomorrow no matter where you reside. Take 1 tablespoon of their raw, unprocessed Ultimate Wildflower Honey daily to reduce your allergy symptoms.

They have hives located throughout Florida and Colorado. Their bees are treated like the royalty they are. They respect the bees and the bees reward us with great honey! They never use pesticides in, around of anywhere near their hives. Their bees always eat their own honey, so they stay healthy and strong.

In addition to their local, raw wildflower honey, they also have a variety of raw, gourmet honeys that are simply delicious. From Florida they have orange blossom, tupelo, palmetto, galberry, and avocado honey.

The entire line of Winter Park honey products including their wild Florida honey and local bee honey brands are available for sale at The Plant Street Market in Winter Garden, Florida. Come out for a free honey tasting.

#### Contact Info:

- <https://www.winterparkhoney.com/>
- <https://www.amazon.com/Winter-Park-Honey-Wildflower-Infused/dp/B00B43D9S2>
- [LocalHoney@winterparkhoney.com](mailto:LocalHoney@winterparkhoney.com)
- (321) 251-4514

## WHY WINTER PARK HONEY?

- **All their honey is pure, raw, and bottled by hand.**
- **They never blend additives to stretch the volume.**
- **Honey is straight from the bees, as nature intended.**
- **All the honey is made in the USA.**
- **Money-Back Guarantee.**

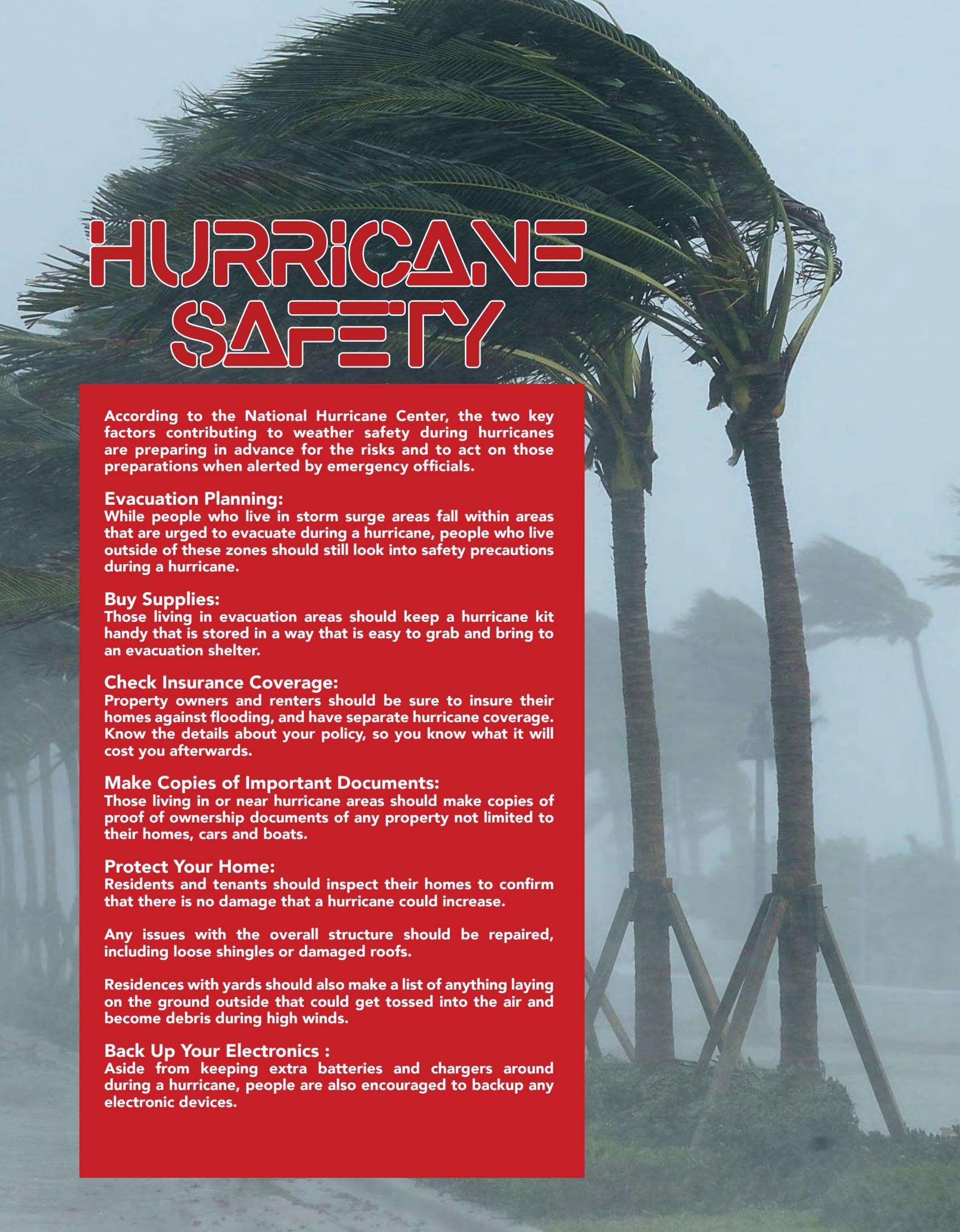
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- **Gallberry (Florida)**
- **Black Mangrove (Florida)**
- **Orange Blossom (Florida)**
- **Palmetto (Florida)**
- **Tupelo (Florida)**
- **Wildflower (Florida)**

#### Honey Products:

- **Liquid Honey**
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- **Naturally Crystallized Honey**
- **Comb in Liquid Honey**





# HURRICANE SAFETY

According to the National Hurricane Center, the two key factors contributing to weather safety during hurricanes are preparing in advance for the risks and to act on those preparations when alerted by emergency officials.

## **Evacuation Planning:**

While people who live in storm surge areas fall within areas that are urged to evacuate during a hurricane, people who live outside of these zones should still look into safety precautions during a hurricane.

## **Buy Supplies:**

Those living in evacuation areas should keep a hurricane kit handy that is stored in a way that is easy to grab and bring to an evacuation shelter.

## **Check Insurance Coverage:**

Property owners and renters should be sure to insure their homes against flooding, and have separate hurricane coverage. Know the details about your policy, so you know what it will cost you afterwards.

## **Make Copies of Important Documents:**

Those living in or near hurricane areas should make copies of proof of ownership documents of any property not limited to their homes, cars and boats.

## **Protect Your Home:**

Residents and tenants should inspect their homes to confirm that there is no damage that a hurricane could increase.

Any issues with the overall structure should be repaired, including loose shingles or damaged roofs.

Residences with yards should also make a list of anything laying on the ground outside that could get tossed into the air and become debris during high winds.

## **Back Up Your Electronics :**

Aside from keeping extra batteries and chargers around during a hurricane, people are also encouraged to backup any electronic devices.

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

**Allison Olcsvay**

Three years ago, the client was facing the same prognosis that she has watched her mother suffer with for de-cades. The progressive osteopenia 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 Rinehart, one of Elite's train-ers, 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," Rinehart 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.



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," Rinehart 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.

70-year-old physician Dr. Maria Bors has been a client of Elite for seven years and finds that training there fits quite nicely 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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# 10 BEST TRAVEL SONGS

By: Ronald Ross



For me, traveling and music go hand in hand. Whether I am traveling alone or with friends, music adds a spark of fun to the trip and really gets me in the mood for adventure.

There are so many songs I love, that it was nearly impossible to select a top 10. Music always brings back so many memories and helps create new ones. Music taste is very personal but most of these will appeal to all of us. Here, in no particular order, are my 10 best travel songs of all time.

## 10. Route 66- Chuck Berry

We all seem to know the words and this popular hit will have the whole car singing along. The lyrics really capture the adventure and excitement of traveling on the open road. Route 66 originally composed as far back as 1946 and initially made famous by Chuck Berry in 1961. This all-time classic has

## TURN UP THE RADIO & PUT THE WINDOWS DOWN

been covered by many others, including Depeche Mode and John Mayer.

## 9. Roadhouse Blues- The Doors

Another iconic travel song, the late Jim Morrison advises you to "Keep your eyes on the road and your hands upon the wheel." He also tells you, in that deep, gravelly tone that you "Gonna have a really good time." Let's hope so.

## 8. Paradise City- Guns N' Roses

A real wake up song that will have everyone on the back seat playing their air guitars, this song is guaranteed to build excitement. Hopefully, you are off to somewhere "where the grass is green and the girls are pretty."

## 7. Blowin' in the Wind – Bob Dylan

Slowing things down quite a bit, this musical poetry will make you look around and ponder the meaning of life for a while. Recorded while Dylan was still an unknown folk singer, this became one of the most iconic songs of its generation. The lyrics are just as relevant today as when it was first written in the 60's. "Blowin' in the Wind" is a great travel song.

## 6. Hotel California – The Eagles

Another timeless classic almost everyone can and will sing along to is the soulful Hotel California. This melodic song will take you on a musical journey with its haunting lyrics. It features what is arguably one of the best guitar solos of all time.

Just a few useful statistics, that album sold over 16 million copies in the U.S. and more than 32 million worldwide. It was ranked 37 on Rolling Stone's list of "The 500 Greatest Albums of All Time".

## **5. Highway to Hell – AC/DC**

Reving things up again, AC/DC will pump everyone up with this rock brilliance. As you bang your head to this explosive song you can picture Angus strutting on stage.

## **4. The Passenger- Iggy Pop**

This tune from the “Godfather of Punk” is an interesting and entertaining song from his Lust for Life album. Your traveling mates will all be able to relate to the Passenger.

## **3. Proud Mary- Creedence Clearwater Revival**

No trip would be complete without at least one lively song from CCR. They have so many great songs, it was hard to select just one, but Proud Mary captures that travel adventure perfectly. Keep on rollin’.

## **2. Take Me Home, Country Roads – John Denver**

A great tune to play when you are headed back after a brilliant trip, this song will remind you of what is waiting for you at home. Traveling is fantastic but it will always be good to be back home.

## **1. What a Wonderful World – Louis Armstrong**

The unmistakable, enchanting voice of Louis Armstrong will remind you of all that is good in the world. It will make you reflect on the simple pleasures all around us and appreciate what a wonderful life you have.

Let me stop now. I could have easily put a top 100 together, or even a top 1000. There are so many brilliant songs out there. So, turn the radio up and the windows down. Put a playlist together and don’t forget these 10 must-haves. Mix things up a little bit and include everyone’s favourites. Carry a portable karaoke microphone with Bluetooth along with you and have fun singing with your friends. Singing will be equally fun while traveling. Create the soundtrack to your life as you and your friends travel with wonderful music.

### **Author Bio:**

Ronald is a hard-core music lover who has been backpacking around the world for quite some time now in the search for the perfect destinations to suit his passions. He writes on [www.loudbeats.org](http://www.loudbeats.org) to share his reviews about various musical instruments and help people know the importance of music in life.



# ISSY LIVING: THE TALE ABOUT A WINTER PARK MATCHMAKER

»» BY ANDREW BROWN



“THERE’S NO REAL BLUEPRINT TO DATING. IT’S JUST ABOUT BEING YOURSELF - GENUINELY BEING YOURSELF. YOU CAN UNDERSTAND AND GET TO KNOW THE OTHER PERSON WITHOUT TRYING TO BE “EXTRA”. A LOT OF RELATIONSHIPS DON’T WORK BECAUSE IN THE DATING STAGES PEOPLE DIDN’T ACT LIKE THEMSELVES.”

Issy Living is a Matchmaking and Love coaching company created and ran by Issy, a Love Coach, Lifestyle Coach, and Matchmaker. Issy resides in Orlando, FL. She enjoys helping high achievers with a busy life manifest the love and life that they so deserve and want. I got the opportunity to interview Issy Living about her experiences as a dating coach, her perspective on the current dating scene, and her perspective on love, relationships, and personal well-being.

On this road to want to help people dating in today’s technological world what has helped you with love matchmaking to help individuals?

Issy Living: “Well I think that dating apps really changed the dating game and people are still kind of struggling to understand how to date in this new paradigm but I think beneath all of that I feel that people need to focus on themselves first before they create anything in their lives whether it be a career change or a romance and I feel that we’re kind of living in an age where we’re outwardly projecting and expecting that all of these other things are going to be able to make us happy like a great relationship or an awesome job but at the end of the day you can’t really create the relationship you want or the career you want or the lifestyle you want until you fix your relationship with yourself first so I like to think that I am a relationship coach in a sense but I help people improve their relationships with themselves and create relationships out of that foundation.”

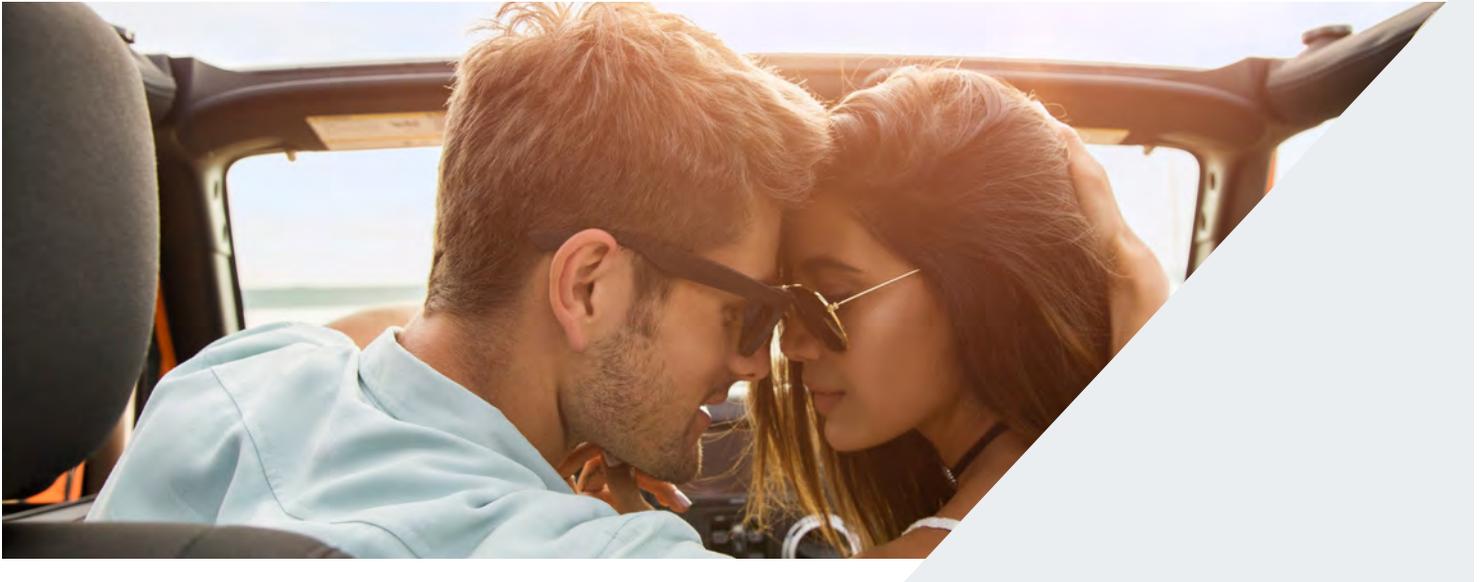
I completely agree with you. I’m a single father and tried the dating scene, but it’s very different. I don’t personally believe in using dating apps to meet partners (Tinder, Plenty of Fish, Bumble, being one of the newest popular dating apps). I’m a very traditional person and I know that there are others out there with that same mentality.

I have a belief that through solely texting, so much can be misunderstood. You can’t really express complete feelings through text. When you occasionally send emojis, you can’t really feel the tone, the energy, the connection with the other person. What would it be like to hang out with them in real life? I like to go out and meet people, have genuine conversations, find out what we really like, what we don’t, and actually building a real connection with someone. I enjoy the small but awkward moments from connecting with someone for the first time- instead of leaving it up to an app to guide me. Before we can step into that stage of light where we’re looking for love and looking to take someone serious we need to first heal from within so we can enjoy another’s company and see the beauty in another human being - perfections and imperfections.

IL: “I think we live in an age of hyper-connected isolation. We all know what everyone ate for lunch yesterday or what their last vacation looked like but we don’t actually know people beneath the surface. Sometimes that’s where the real connections happen from. So, I think the most surprising thing in my job is that I have people with great careers, really robust personal lives but underneath it all they’re still lonely because they’re all missing that authentic connection.”

**You worked for a dating company before creating Issy Living and you’re still working for them as well. What was training as a matchmaker and love & life consultant like?**

IL: “I still work for a dating company and as a matchmaker as well as owning my own company as a dating coach. The training for that was highly focused on getting to know your client and trying to read beneath the surface of what your client is saying. The aim was to be a mirror for your client so they can see themselves on this journey and also helping



.....

them understand that dating isn't just about the outcome- it's the journey of getting to know and understand yourself as well."

### **What is the most difficult part of your job?**

IL: "The most difficult clients to deal with regardless of their issues are the clients who are unwilling to look at themselves because we all have issues, baggage, and flaws. If you're unwilling to admit that there's no potential for you to grow because the first step is being able to look at yourself and admit that you are a human being who has problems. If you're not willing to do that then you're not going to grow as a person and if you're not going to grow as a person you're not going to have success dating. If you're unwilling to grow, you're not going to have the kind of success that you're looking for. At that point, you're really just repeating the same things you've been doing and once you get into a relationship if your unwilling to grow you're not going to be able to stay in that relationship long because your partner is going to constantly outgrow you, so I would say those are the most difficult clients to work with. Anyone who is willing to admit that they have flaws, problems and baggage is going to have success. It doesn't really matter what kind of baggage is if they're willing to commit to the process of self-growth and introspection. If not, then there's nothing I can do to help them"

### **Tell me about your services. I see that you offer love coaching. I also see that you help with Lifestyle Changes, which involves helping people pursue the life that they want. Tell us a little more about these services?**

IL: "At the root of both love coaching and helping clients to change their lifestyles is a desire and authenticity. People come to create the life that they think they should be living but rather than the life that they really want to be able to live. When I work with clients I ask them what's your dream life or what's your dream job, they'll tell me something that sounds practical or correct rather than what they really want. When I'm working with love coaching clients on what kind of match or person they really want they usually tell me something that sounds practical

or something that sounds like they're family, parents, or friends would rather them have than what they really want. At the bottom of those things it's kind of getting beneath those layers of social programming. I try to figure out what my clients really want and the lifestyle they truly desire. They work hand in hand. Once you change one aspect of your life in a real way, learn more about yourself and what you really want, the other side of the coin will change as well"

### **Elaborate on what you mean by your clients being "practical." Can you give me an example?**

IL: "They want spontaneity or to maintain a 6 figure income. I work with people across all fields. For example, someone in their 20s would feel they need to grab whatever will hire them first just to make ends meet. This is due in part from overwhelming student loans rather than the dream job they want. They are afraid to take risks in their career. The focus should be more about finding fulfillment more than just means to an end.

### **How long is the process of working with a client? How long did the process take fully for an individual within themselves to see and manifest the changes they were looking for when they initially hired you?**

IL: It all depends on how much work they are willing to put into helping themselves and the quality of that work. My programs usually take about six weeks to three months. But you can start seeing results in as little as 1 session with the way you think"

### **You also offer Spiritual theta healing sessions. Would you care to share some more about that?**

IL: "I am a Theta energy healer, which is a type of energy healing I tend to use into my coaching sessions if my clients are open to it. It's a method of using energy healing combined with coaching to change mentalities that clients have internalized and that are standing in their way of whatever it is that they want and they're trying to manifest"

**I've heard you like to travel. What are a few of the most interesting places you've traveled to?**

IL: "I just got back from Mexico City a couple of days ago but I lived in Budapest for a few years. Eastern and Central Europe is my second home. I take all my own pictures on both my websites and my Instagram, and they are some of the most wistful photos to view. Take a moment to check them out @issyliving."

**What age range of clients do you have and accept?**

IL: "My clients span from all ages, I have clients in college and clients in their 60s. There is no age limit on who I work with as long as your looking for love and life coaching I'm at your service."

**What kind of things do you like to do for hobbies?**

IL: "Traveling is my main hobby. Also, anything related to self-development, and spirituality, yoga is a big hobby... I go to Altamonte Springs yoga and The Kundalini Yoga Center in Altamonte Springs as well. I love Florida so weekend trips around Florida are really special."

**What advice do you have for those finding their way through life?**

IL: "My number one advice is to be authentic. You're never going to find the romantic partner or the job or the friend

or hobbies that you really like unless you are living and speaking and acting from your authentic self. It might take some time and some exploration to figure out who you really are since many people tend to live for other people instead of themselves. I tell a lot of clients to take some time for them to figure out who they really are. Leading with your authenticity will attract all of the right things to you and for you. It's really hard to accept what you really want out of life if you're not being yourself. When it comes to dating, being authentic and honest on your dating profile will work for you. I wrote an ebook on "how to date mindfully and authentically". You can go to my website and download it for free. It's full of easy tips on how to be more authentic with yourself and others. There are also tips on your dating profile, dating life and all phases of dating. You'll learn how to put together an attractive and authentic dating profile, how to have conversations on dating apps and how to be yourself on the first date."

**What would you recommend for someone who wants to get back into dating? Should they use a dating app? Would you recommend they go out and meet people the traditional way? For instance, they could be on the lookout while in coffee shops or bars?**

IL: "Meeting people in person is great. But ultimately, I don't think that whatever tools you use to connect with people matter because everything that you do is a reflection of what's going on in your internal world. If you're not ready for a relationship, it doesn't matter whether you use a dating app or you get set up by friends or work with a matchmaker. You're never going to meet the right person but if you're ready to meet the right person and you've



done the personal work you can easily find someone waiting in line at the grocery store or on a dating app. It doesn't matter if you use a dating app or traditional methods. It depends on what people feel most comfortable with and if they are actually ready for the type of relationship you're looking for."

"It's easy to lose interest with the dating app age because it seems there's always someone better one swipe away. This isn't true and it's also about committing to one person that you think you can grow with and continue to build a relationship together. Sometimes we tend to forget that a relationship or bond needs to be built from the ground up. It doesn't just magically happen and it's also not about sleeping with someone you have a really good connection with. It's about doing the work together"

### What led you to write your eBook?

IL: "My inspiration came from my work as a matchmaker. I spend a lot of time on dating apps and I see when my clients aren't doing things that serve their best interests. Whether people want to work with me or not, my eBook is just a free tool I offer to help people date more authentically and to make the process easier. I hear people telling me every day about how exhausted they are, how much they hate dating apps, and how much of their time they invest in their love life for it to not take off. It really begins with forgetting that it all starts from dating authentically. If you're going to be out there dating and you're putting in the effort to not be yourself it will take a toll on you. It takes an effort to wear a mask and when you continue to be someone you're not, you'll burst really quickly. But if you lead with authenticity, it's going to become something that's a lot more aligned with what you're looking for. I want everyone to be dating better and to be bringing more love in the world whether they work with me or not."

### One final question. If you were to give advice on what apps you've found to be useful for dating what would you recommend.?

IL: "I would recommend Bumble and Hinge because it lets you enter the most personal information about yourself. It gives you the most space to be the most authentic you. I would encourage people to include their political affiliations, religions and what they're actually looking for. They can also reach out to me and potentially be set up as one of my clients."

If you are looking into improving your dating life, relationships with yourself and others, or are curious about theta and energy healing, find out more at <http://issyliving.co/>. You can send her a message at [issy@issyliving.co](mailto:issy@issyliving.co) and receive a FREE eBook on her website. For your daily dose of inspirational and motivational photos, follow Issy on Instagram at @IssyLiving.

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Full of greenery and life, Piante Designs in Winter Park is something special for the nature lover in all of us. Piante has two locations within a mile or two of each other: a retail shop on 141 Lincoln Ave. Winter Park and a Garden Design Studio on 129 W Fairbanks Ave. Winter Park. Piante's shop continues to flourish in the stunning Park Ave neighborhood of Winter Park. Park Ave already has its own historic charm, and Piante adds something freshly unique and bright.

Right off of Park Ave in Winter Park is a lush urban oasis called Piante – a small botanical shop that carries botanical goods and garden designs. In addition to their retail shop, Piante also has a studio on Fairbanks Ave that hosts a garden variety of classes and workshops for the budding gardener. Our world today is fast-paced: dominated by the internet, smartphones and AI. Piante's shops and brand culture are like a breath of fresh air. Every now and then, we need to take a pause from our busy lives to stop and smell the roses and enjoy the simple pleasures of life.

### **A Budding Winter Park Business**

Piante opened its doors in November 2017 and has been showcasing its amazing creations since then. Their retail location on 141 Lincoln Ave is full of bright green, inspirational goodness. Take in the beauty of potted cacti, succulents, aloe, ferns, tropical plants, fresh cut flowers, bouquets, floral arrangements, stunning centerpieces, orchids, hanging plants, and glass terrariums. Piante offers more than plant life in their retail shop. They offer a wide array of garden accessories and tools, garden décor and home décor. The home décor they sell is colorful and eye-catching: hand painted plant pots, gold dipped plant pots, porcelain plant pots shaped like dogs, and even dinosaur-shaped plant pots. They also offer an array of cute home goods such as candles, handmade soap, room scents, woven baskets, tea, chocolate, macramé plant hangers, artwork and books. The plants and gifts featured in their shop have an "urban jungle" style that is popular with millennial women. This style is often shared on the likes of Pinterest and Instagram – homeowners and apartment owners love to have their own backyard gardens, balcony gardens and lush plant rooms. Piante was a genius business model in

# **Piante: Not Your Garden Variety Shop in Winter Park**



that sense – as there is a growing demand and popularity for gardening and plant life.

The shop and workspace Piante was founded by Gary and Grace Li. Gary is Piante's Creative Director and Garden Designer, and very passionate about working with flowers and plants. He's had a storybook background—after obtaining his B.Sc in Horticultural Science and M.Sc in Crop Science from the University of Guelph, he has taken floral design training classes in Lyons, France and Aalsmeer, Netherlands. He then went on to complete his post-grad diploma in Garden Design with distinction from the Inchbald School of Design in London, UK. Gary launched Convallaria Floral Design in Toronto before opening his shop in Winter Park. Piante's retail shop and workspace is operated by a team of those passionate about plants – including garden designers and studio instructors.

***“Piante's main goal is to create a plant driven and well-designed interior and exterior spaces for both residential and commercial clients to promote a happy and healthy living and working environment.”  
– Piante's mission statement***

### **The Rosy on Garden Design**

It's easy to get swept up into the beauty that Piante offers through their retail shop and workshops. Owners Gary and Grace have actually had decades of experience doing garden design. For those of you who aren't familiar with garden design, it is both an art form and process of creating plans and layouts for planting gardens and landscapes. Piante's designers specialize in both exterior residential and exterior commercial garden design. Exterior residential focuses on garden design

for homeowners – think of stylish botanical balconies, patios, front and back gardens, and even roof top gardens. Piante's exterior commercial services are for businesses and offices who want to incorporate more of a lush greenery into their space. These include everything from rooftop gardens and entryways with greenery. Super modern, sleek architecture and interior spaces are cool, but sometimes you need a little greenery and life mixed in. Piante is an amazing breath of fresh air in that regard.

### **Piante In Full Bloom**

There is no denying that Piante is a hotspot for plant lovers of all backgrounds. It services a varied customer base – Rollins College students, the event and wedding community, gardening enthusiasts, homeowners looking to decorate their home and even influencers who share Piante's fresh creations on their platform.

The wedding industry itself is enormous. On average, a couple will hire 14 vendors for their wedding day. 74% of engaged couples will make a purchase on flowers and the average cost of flower arrangements are \$1,800. (Source: <https://go.weddingwire.com/newlywed-report>). Piante offers wedding services in addition to their retail shop and workshops. Their owners have had over 20 years of experience in the floral industry and have an amazing attention to detail. Their custom arrangements are tailored for every type of wedding: simple and intimate, bold and bright, grand and luxurious, or exotic and quirky.

### **Back to the Roots**

Any nature and plant life – bushes, fern, flora and trees brighten up anyone's home, office, event or environment. Better yet, plants have natural healing properties to them. Greenery promotes wellness, pulls toxins out of the air, and helps distress! Go ahead, take the day off and spend an afternoon having fun with plants at Piante!

BY ALEXANDRA DIMOVSKI

## **Park Ave Magazine did an exclusive interview with Piante owner and operator Gary Li. We discussed plants, his adventures abroad, design and creativity. Find out more about the man behind the creation of Piante.**

According to your website bio, you were a floral designer. What was that like?

"I created my first "arrangement" as a 10-year-old kid living in Hong Kong then, and I grew up with growing various plants and orchids in my parents' tiny apartment. It used to be fun making arrangements and helping out at friends' weddings during my university years, but that all changed the day I decided to open my own shop after graduation - I lost my hobby that day!

Working with flowers with one's hands was super rewarding for me; there wasn't a single day I felt going to the shop was a chore at all. As a business owner however, I had to worry about marking up properly and refraining from adding more flowers to hurt the bottom line - the businessman and the designer in me were always at war with one another! The thing about making floral arrangements for clients was that the products would always need to be at a certain place by a certain time. The arrangements would render useless if they show up at someone's wedding or funeral late. To me, this aspect was the greatest thorn in the flesh as a florist in an urban setting (Toronto) where traffic was constantly bad due to congestions or bad weather."

You've taken floral design training classes in France

and the Netherlands. How does garden care differ between cultures?

"My trip to France was an eye-opener. The course offered by Formafleur (a floral school based in Vienne) and was taught by various floral world cup and Europa cup champions - so they weren't necessarily all French designers. The two instructors I latched myself onto happened to be Norwegians; through them, I learned to show respect to my flowers and use every single part. I also

had a glimpse of the sense of superiority the Scandinavian designers felt toward the designers from warmer, flower-growing countries such as France or the Netherlands - where they have an abundance of relatively inexpensive products to work with to create an arrangement that's possibly less thought-out. When I went to the Netherlands a year later, it didn't feel as new or exciting, but I did learn from the designers the art of selling flowers as a florist - and those Dutch flower shops are all so amazing and magical!

In terms of garden design, we're now at the age of social

media where there's so much cross-pollination amongst designers from different countries - it's so much harder to dissect and discern who came up with what these days. One designer I've been following quite closely is Piet Oudolf from the Netherlands; he was the landscape designer behind the High Line in NYC and Lurie Garden



# PIANTE

in Chicago. His newer planting styles are matrix and inter-planting - really fun to see, but perhaps a bit too wild for our taste here in Florida."

3. What is it like to create designs for residential versus commercial space?

"For a residential space, it is basically to reflect the taste of the homeowners and the architecture of the house. There is more attention to detail there, as some homeowners do want to spend time going through their garden at a leisurely pace. The design for a commercial space needs to convey a strong and clear message, as most people would just be passing through quickly to get to the front entrance. I, on the other hand, am known to be taking my time looking at little details, like taking snaps of a little screw or fastener, or the joint between 2 slaps of stone!"

4. What is your favorite plant or flower and what does it mean to you?

"As an introvert, I love all the humble little flowers such as Lily-of-the-valley, helleborus, snowdrops and fritillaria - anything that you have to be on your knees in the mud and face on the ground in order to fully appreciate. But as Narcissus (daffodils) are known to be looking down at their beautiful reflection in the water, perhaps I'm secretly the biggest narcissist after all!"

5. Silly question: do you believe in talking to plants?

"Talk? I sing to them and take them out on a trolley for long walks!"

6. What made you choose Winter Park as your spot to open your retail location?

"My family and I fell in love with Winter Park as tourists a few years back then. As we were deciding on a warmer place (warmer than Toronto) to set-up my garden design practice after finishing my training, we started driving upward from Miami and constantly asked ourselves if we could find a city with a greater sense of community than our beloved Winter Park ... you know the answer to that one!"

7. Do you notice a difference in your customers

and students when they visit the shop? Are they happier and calmer?

"We do our best to greet every student and customer and be generous with sharing our plant knowledge with everyone that enters our shop. Plants naturally do make people happy and calm (we really lucked out with that one), but our staff works very hard with my wife and I to create order and clarity in the shop, and a lot of the process is often after-hour and behind the scenes. Thanks to our kind and loyal customers, our products move quickly, and there are often holes that need to be filled just as quickly during the business hours."

8. What are some of the most popular plant items that you sell? What are some of the most unique?

"There seem to be never enough String-of-Pearls and Watermelon peperomias to go around at our shop! People are always fascinated by our carnivorous plants as there are plenty of insects here in Central Florida. This may be going off-tangent, but we have recently discovered a way to keep our string-of-pearls alive during our humid summer months here: bright diffused light is a must, but water them lightly and somewhat frequently (once a week usually) so that the roots can utilize the water quicker."

9. Your team are also designers and creatives. How is it pulling a team together?

"We try to find people who are kind, giving, and teachable. We also empower every staff member with correct and specific plant knowledge to share with our customers. We have been very lucky to have a wonderful team of people to work together with, doing a wide range of things from customer service, carrying out heavy pots, and planting and maintaining gardens in heat and rain!"



# Flemming's<sup>®</sup>

"Fleming's amazing menu comes with an impressive selection of international wines, and hand-crafted cocktails"



# VENUE SPOTLIGHT:

## FLEMING'S PRIME STEAKHOUSE OF WINTER PARK

BY ALEXANDRA DIMOVSKI

**FLEMING'S PRIME STEAKHOUSE AND WINE BAR OF WINTER PARK IS AN UPSCALE STEAKHOUSE IN THE WINTER PARK VILLAGE. THE RESTAURANT IS KNOWN FOR ITS PRIME BEEF, LOBSTER TAILS, AND PORK CHOPS. WITH ITS CHEF-CURATED MENU AND UPSCALE ATMOSPHERE, IT'S NO SURPRISE THAT FLEMING'S IS A LOCAL FAVORITE. PARK AVE MAGAZINE IS PROUD TO INTRODUCE FLEMING'S STEAKHOUSE OF WINTER PARK AS OUR VENUE SPOTLIGHT FOR AUGUST.**

There is no shortage of highly-rated restaurants in Winter Park – and Fleming's Prime Steakhouse and Wine Bar have been consistently making that list for quite some time. Located on 933 Orlando Avenue on the corner of Lee Road and Orlando Ave, Fleming's is among the hottest Winter Park restaurants for upscale eatery. Everything about Fleming's is high-end and perfect – the menu, service, ambiance, and atmosphere. Every dish is so artfully arranged with the most precision and attention to detail. If you are a frequent patron, you have already experienced this for yourself. However, if you have yet to eat at Flemings, we are going to treat you to a preview here.

### **Not Your Average Chain Restaurant**

Despite its status as a chain, Fleming's is anything but the typical "chain restaurant" feel. If you aren't familiar with the company, it can come as a surprise. From its branding to the service and menu, Flemings carries itself differently than say, Cheesecake Factory or Olive Garden. Consumer tastes in America are changing, with more people shying away from chain restaurants. Fleming's manages to rise above the title of "chain restaurant" with its quality. Fleming's vision was for "unique steakhouse experience with an emphasis on generous hospitality, an inviting atmosphere and the very finest aged USDA Prime beef."

### **Fleming's Menu: A Fine Body of Work**

Fleming's menu is perfectly mastered and curated like a fine body of artwork at a gallery. Let's take a short preview of their stunning menu. For starters, you can look forward to appetizers such as Beef Carpaccio (caper-creole mustard sauce & red onion), Ahi Tuna Poke (wasabi cream aioli, crispy wonton chips), and Crab Cakes (roasted pepper and lime butter sauce.) If you love salads to accompany your meal, one of Fleming's popular dishes is the Wedge Salad (bacon, Campari tomatoes, red onion, Danish blue cheese crumbles & blue cheese dressing). Soups are savory as well, such as their French Onion Soup or Lobster Bisque. Now, let's move on to the main course. Fleming's is known for its signature steaks from Main Filet Mignon, Prime New York Strip, and Bone-In-Filet Mignon. You can also select from Fleming's main entrées, such as the Pork Tomahawk, Seasonal Featured Lobster Tails, and Miso-Glazed Chilean Sea Bass. Their sides are to die for, such as the Fleming's Potatoes, Sautéed Mushrooms, and Signature Onion Rings. Last but not least, is the decadent desserts, such as the Chocolate Lava Cake and a Crème Brûlée. After all of that food, we have yet to even touch upon the wine, liquor and cocktail menu.

Fleming's amazing menu comes with an impressive selection of international wines, and hand-crafted cocktails. The selection of wines on the wine menu at Fleming's is a vast and impressive selection of sparkling wines, white wines and blends, chardonnay, pinot noir, cabernet blends, cabernet sauvignon, and merlots. If you're not in the mood for wine, they have a sizable selection of hand-crafted cocktails such as the Moonlight Mule (Belvedere vodka, lemon with aromas of ginger and rosemary) or the Russian River Gold Rush (Four Roses Small Batch bourbon, honey syrup, finished with RRV pinot noir). Fleming's knowledgeable staff would be happy to recommend a drink to pair well with your meal.



# SPOTLIGHT WITH HEAD CHEF AUSTIN HERNANDEZ

BY ALEXANDRA DIMOVSKI

Fleming's Prime Steakhouse of Winter Park is head by Chef Austin Hernandez. Chef Austin transferred from a Fleming's in Chicago to the Winter Park location. Central Florida is very unique in the sense that it has a very eclectic culture – different cultures mean different flavors. For Winter Park, Chef Austin focuses on “clean flavor profiles and simple ingredients that allow for true appreciation behind the quality of each dish.” Chef Austin has created some signature dishes for Winter Park, including Roasted Lamb with pistachio mint pesto, purple carrots, balsamic glaze and Garlic Butter Broccolini with mushrooms, garlic butter, sweet and spicy walnuts, and lemon juice.

## **Fleming's Doesn't Feel Like The Typical "Chain" Restaurant. Tell Us More About Why This Is.**

You're absolutely right when it comes to Fleming's. We are the modern American classic Steakhouse power company. When it comes to our Winter Park location, we see this as an opportunity to drive business in a different direction whether it's our location-specific or not. Fleming's has been working on renovations to its interior, which is going to

be amazing. Geographically, each Fleming's has different flavor profiles as well as different ingredients and dishes. What's interesting about the artwork in the Winter Park Fleming's, is that it has an aspect of Winter Park. Many different artwork pieces are mid-century modern, which is a style found in Winter Park. This area is blossoming and thriving. This is a new direction that our company is going in - they're really taking their time to research and when they do-Renovations make them unique to each other. Each Fleming's has specific architecture to the restaurant and each location is different. You get a small restaurant impression that you get when you walk in here. It doesn't feel like another chain restaurant – it feels very like a Fleming's and it's an exciting kind of mentality.

## **Fleming's In Winter Park Has A Lot Of Local Love And Popularity. Why Do You Think Diners Love This Restaurant So Much?**

Diners like to come here and now local very much you know, and this has been the mentality ever since Rebecca Gaines has been the operating partner for the last decade. We really feel even though

we are corporate, we connect with our guests every single night. You see our servers really trying to make relationships with our guests. Ultimately, in the service industry, we believe it is about the experience. Whether it's our regular guests or guests that come here every year for their anniversary you know we really try to connect and understand what brings somebody in. We find out what makes them incredibly happy and we make a memorable experience and create memories for the future. That's really been the mentality. I started at Fleming's in the downtown Chicago location in Illinois, so there's a lot of tourism there. Winter Park has a very different feel than that location did. Again, it's all about trying to be a Neighborhood Steakhouse. We make sure guests are going to be well taken care of and that we care about their experience.

## **What Makes The Fleming's Menu So Unique And Distinctly "Fleming's"?**

Number one, the classics are incredibly different. However our we have classics such as potatoes and French onion soup. We have a number of staples on our menu



that have only slightly changed since our company started. That says a lot about the care that went into developing the company from the start. There are classics on the menu that everyone knows and loves. There has been a recent shift a couple years ago. Corporate really asked every location what they wanted to see on their menu and there was a sounding answer from all of our staff. I've seen a lot more talented chefs coming to the company calls now and we also do wine dinners. That gives us the ability to explore and try new things but having our name on the menu brings all this together.

**What Are Some Fleming’s Dishes That Are Universally Loved?**

I will like will start desert because I already talked about that before. Let’s talk about the Chocolate Lava Cake, Carrot Cake and Crème Brûlée. The Barbecue Scottish Salmon is another amazing dish as well. Since I've been with Fleming's, our sauces that go with that are perfect. Another dish that is a huge success is our Miso Glazed Sea Bass. At Fleming’s Prime Steakhouse, steak is in the name, so our steaks are the top quality for our guests. obviously is going to drive a different experience than now what is. The difference with the quality of beef is that about five percent are considered “prime”. Cattle-raising and butchering have changed vastly over the last two decades and raised it at such a high level. Our steaks are such an incredible quality that you can’t find at your typical grocery store.



**What Is Your Favorite Dish To Create And Why?**

I love to create dishes. I'm really bad with favorites, so this might sound like kind of cop out- but the nice thing about the chef’s table is that we change it every two months. It’s constantly evolving. I'm a bad with favorite dishes – but we've got a halibut dish right now on the menu that's a very kind of Santa Fe southwest feel. It’s got a blackening seasoning, roasted poblano peppers, panko breaded and deep as well. I try to take great pride in creating fresh dishes, such as the Roasted Lamb - it’s got a pistachio mint pesto and balsamic glaze that works well with others. When it comes to the Chef’s Table menu, we really try to drive and change and that depends on which location you are. I try to do a little bit of everything, especially seasonally.

**Name A Few Dishes That Diners MUST Try When They Are At Fleming’s?**

We have a 35 Oz tomahawk it's a long bone Tomahawk that's kind of a showstopper. It's the biggest steak that we have. Like I mentioned, the Miso Glazed Sea Bass is about as balanced as a fish dish that you could get. The Seafood Tower as is also a showstopper- it's very like pretty to look at, almost like a centerpiece. The Seafood Tower is an absolute must as one of the dishes people order and rave about.

**What Are The Best Wines That Pair Well With The Steak Dishes?**

The wine that pairs well with the steak dishes is obviously the Cabernet Blends, and the beautiful Shiraz. It really depends on what you order, though. If you’re going a little bit later on the red side, the Wagner Family wines are excellent choices for you. If you want something a little bit lighter to go with steak we have a myriad of Chardonnay wines to choose from.

**What Is The Fleming 100 Wines?**

Every Fleming’s offers 100 wines and every location has the opportunity to choose what wines that they give you. It gives each Fleming’s its own identity. For instance, our downtown Miami restaurant has it’s Fleming’s 100 that is unique to that location. We have at least a hundred Wines in every location and it's different, just like how the chef’s table is that different for each location. Each Fleming’s has their own dinner menu in 70 different locations as well as their own wine menu. Each Fleming’s has their own wine director, who chooses the types of wine that gets served at that location.

**Tell Us About The New Menu That You Are Rolling Out.**

There are certain things I’m really excited about. We have new items we’re adding, like shrimp scampi,. We also have a couple of changes to some sides and appetizer changes. Our main focus this year is to really enhance the bar and adding more items to order at the bar.

**Are There Any Upcoming Events Or Specials Going On**

**At Fleming’s?**

There are some specials going on at Flemings that you should look out for. We do wine tastings every month and we will have dinner cocktail dinner in August - so something very light and fruity and creative as well. There’s always something just about every month that this location is hosting.

**Can You Describe Flemings In One Word**

Experience-driven. At Flemings we are all about our guest’s experience- from the moment when they make a reservation to the moment they walk through the door. We ensure that every little detail has been taken care of - the devil really is in the details. Fleming’s is about high-end service quality food. Our staff is constantly checking to ensure that guests are satisfied. It’s really all about the experience.

Have The Perfect Dinner And Night Out At Fleming’s Fleming’s Steakhouse is a place that every Winter Park local should experience at least once, if only for a special occasion. Whether it’s happy hour with your female friends or an anniversary or birthday, go ahead and indulge yourself in their expansive menu and quality drinks. Fleming’s Steakhouse celebrates a love and art for great food, amazing service and an unforgettable upscale dining experience.

# *The Best Happy Hour Spots in Winter Park*

When some people think of happy hour, they think of leaving work at 5 p.m. Friday, cheap drinks or some people just flocking to the bar with sunglasses on. When you look around, you can find some nice specials that can actually fill you up and the reasonably priced drinks in a very cozy atmosphere and beautiful decor. Winter Park has some of the best happy hour spots in Orlando. There are so many options, such as a date night , celebrations or if you're in the mood for something different. Check out a couple of our favorite happy hour spots in Winter Park.

As Orlando grows at a fast pace, it's good to know where you can get a top tenderloin steak with fries the meal for 9 bucks or shrimp cocktail and add a lobster taco on the side. Happy hour specials on signature cocktails wines reasonably priced.

### **Brio Tuscan Grille**

There are two Orlando locations for Brio Tuscan Grille - Mall at Millenia and the Winter Park Village. Monday through Friday, Brio offers the Tuscan Taster Bar Menu with an outstanding selection of appetizers including Margherita Flatbread, Beef Carpaccio, and Steak Bruschetta. Enjoy specially priced wine, and Martinis and other cocktails in the bar for the Monday through Friday happy hour. Enjoy these bar bites from 3 pm to 7 pm then again from 9 pm till closing.

### **Fleming's Prime Steakhouse and Wine Bar**

Upscale and sophisticated, Fleming's Prime Steakhouse and Wine Bar is a great happy hour spot. The popular 5 for \$6 till 7:00 happy hour is offered at both Orlando area locations; Winter Park and Sand Lake Road. For more substantial snacks or a light dinner, Fleming's offers some tasty items on the Bar la Carte menu.

### **Pharmacy Orlando**

An unmarked elevator door in an unassuming passageway is the only clue you've located Pharmacy, a stylish speakeasy bar and restaurant located within The Dellagio in Dr. Phillips. Arrive early to snag a coveted table and take advantage of the restaurant's weekly happy hour deal. During happy hour, served Tuesday-Thursday from 5-6:30pm, the entire dinner menu (sans dessert) plus a selection of craft cocktails are offered for half-off the normal prices.

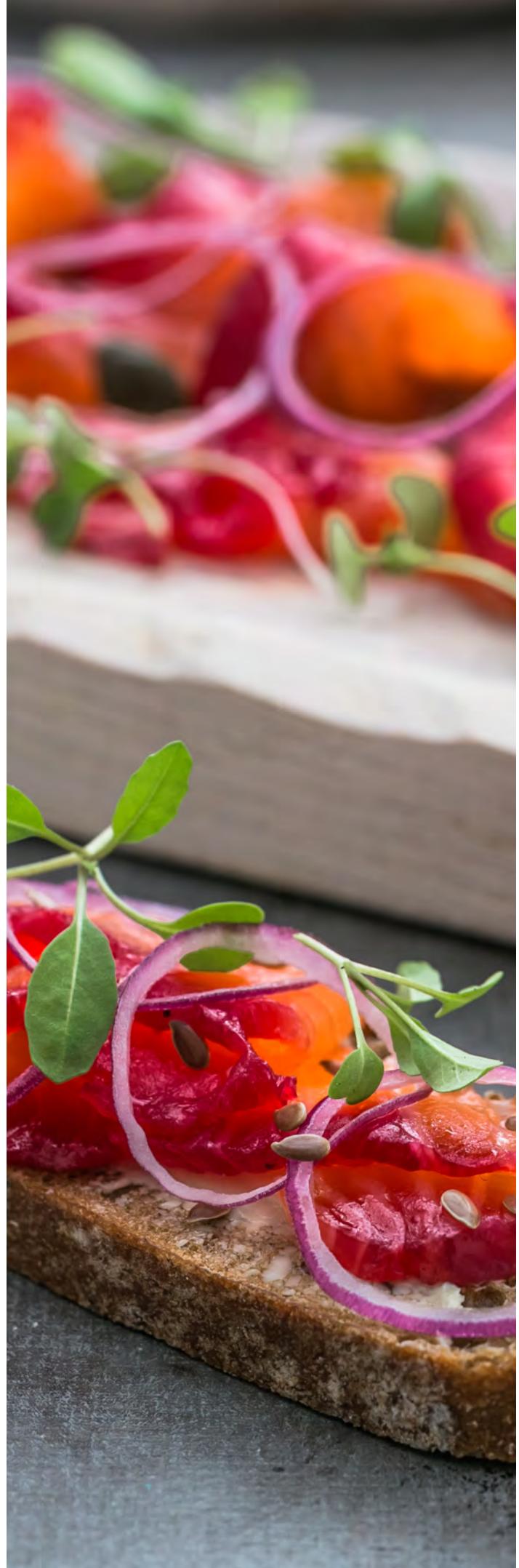
### **Luma On Park**

Situated on the corner of Park Avenue and E New England Ave in Winter Park, Luma on Park is one of those restaurants you've got to visit for date night at least once. Now you can experience this Winter Park dining hot spot on a budget too, thanks to the newly launched happy hour, dubbed "Luma After Work." Served in the bar and lounge area Monday-Friday from 4-6pm, happy hour includes a selection of seven bar snacks, six cocktails, wines by the glass, and select draft beers priced at \$5-\$9 each.

### **Umi**

Nestled on Park Avenue is a Japanese fusion restaurant that's quickly becoming an area favorite for sushi, sashimi and robata. Umi in Winter Park, which opened in February, also offers a stellar happy hour Monday through Friday from 5-6:30 p.m., and Saturday and Sunday from 12-3 pm. The happy hour food menu is only offered Monday through Thursday 5-6:30 pm.

Happy hour at bars and restaurants are some of my favorite ways to enjoy Winter Park. One of the best parts about happy hour in Winter Park is that everything is in walking distance. If you feel more comfortable away from bars, try a lakeside happy hour such as Hillstone at Lake Killarney. If comedy and theatre is your thing, catch a comedy show at the Ad Lib theater. To finish off the evening, take a stroll around Winter Park and enjoy and ice cream or a smoothie.



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Photo: Raine Navarro



Photo: John Ruggeri

Photo: John Ruggeri

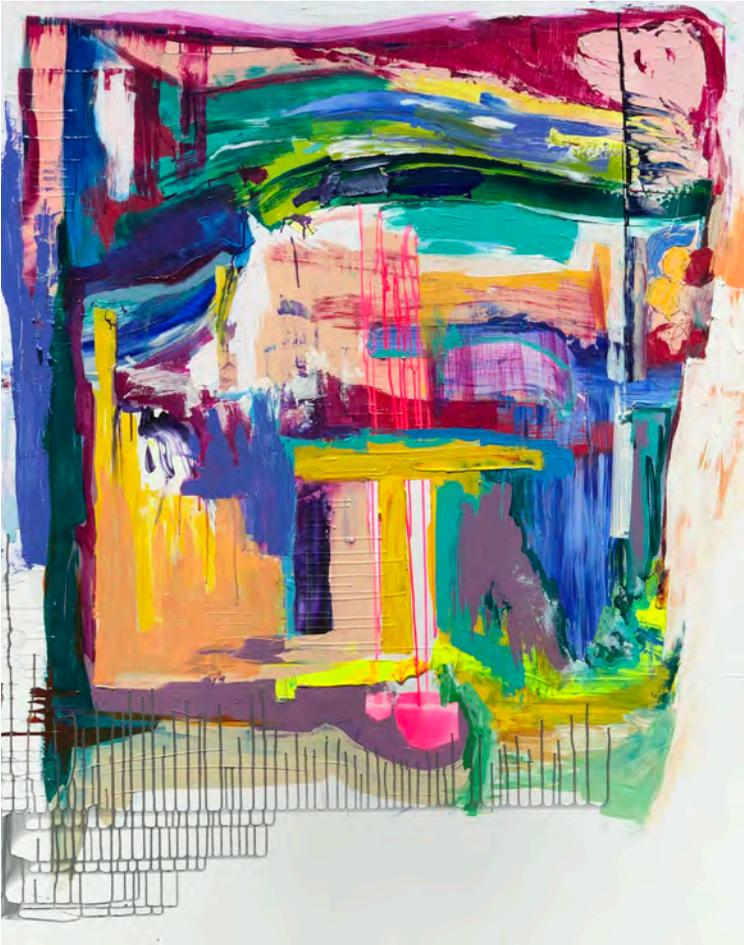




Photo: John Ruggeri



Photo: John Ruggeri



Artist: Jennifer Friedland



Artist: Jennifer Friedland



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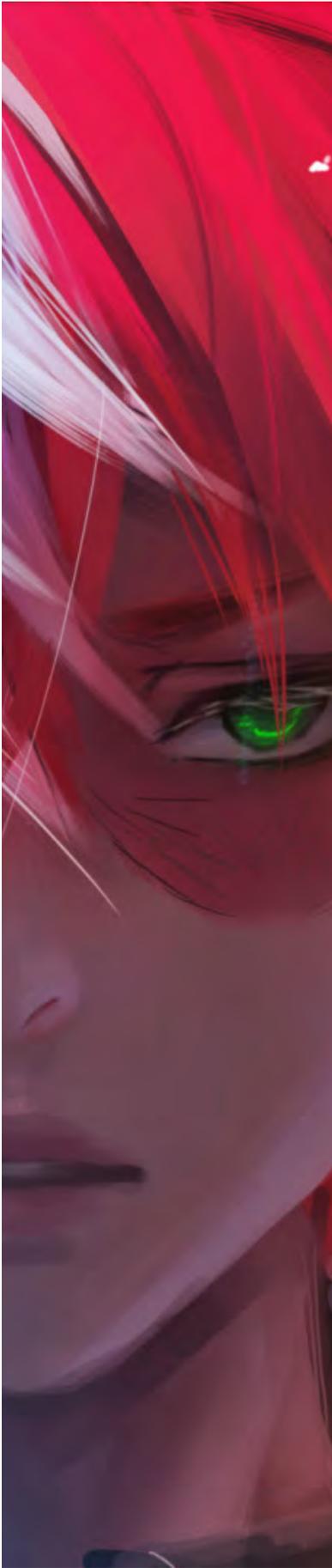
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# ADVENTURES AT THE 2019 ANIME FESTIVAL ORLANDO

By: Mariah Delgado & Emma Beth

If you're looking for something exciting, something so filled with optimism and happiness then look no further than the Anime Festival Orlando. This event takes place at the Wyndham Orlando Resort International Drive every year and has done so for years. As it turns out, this year was the 20th anniversary for Anime Fest Orlando. To celebrate their 20th anniversary, Park Ave Magazine had to get a word in with the festival founders to share their experience getting AFO to this milestone. From what we experienced, it really is a place full of happy, loving people, optimistic artists, kindhearted guests and caring volunteers.

During our interview with the founders, Erik and Karen Reiss, we asked about the volunteers and guests attending the event. The founders were more than willing to share the fact that they go out of their way so the volunteers and guests can have a good time while attending the festival. It shows just how hardworking the staff and volunteers are. We got a chance to see this for ourselves after being met with kindness and smiles from the volunteers each time we asked for directions while navigating the event. The guests in attendance take the time to be with their fans as the fans need to be attended to. They enjoy coming to the show, they feel looked after. Karen noted that some of the staff has been with the festival for several years, most of them at least being present for 10 years.

Both Karen and Erik Reiss noted the fact that Ruben Langdon was promoted to a staff position last year after attending the festival for over 10 years. One of the volunteers even noted that festival staff were very kind and welcoming and helpful to any first volunteers. Everyone treats each other as if they were one giant family, Karen even states "it is like we are one giant nerd cycle". Treating each other like a family is one of the biggest parts of why the staff and guests are always happy and excited to come back to AFO to lend a helping hand. Karen and Eric also try to create a good environment for their guests so that way they are encouraged and excited to bring back their family and children to the festival. They want everyone to have a great time and create new memories for future generations. This happiness and camaraderie are reflected in the actions of the guests and staff and it creates such a welcoming, friendly environment for the fans to return to each year.

We got the chance to get a little inside scoop of how the founders feel about the work they do with AFO, while both said it's an extremely fun hobby, it does take a lot of work. Karen quotes "I think I've been doing this for so long, I'm pretty sure I can even do it in my sleep". When they first started AFO, it was one of 15 anime conventions in the country, now they are one of thousands and must keep up with the competition. Erik noted the turn out for the first years of the convention, was about 600 people who had attended when they were expecting about 100 people to show. Karen and Erik are amazed to see the difference in where the conventions were, back when they started AFO, compared to where they are now.

The progression of conventions over the years has been impressive. Nowadays we see even more anime conventions and the rise of poly cons, conventions that include all sci-fi media. Eric and Karen really fought early on to make sure their convention stayed an only anime convention. They've had conversations with staff over the years who had recommended to call it "animation festival Orlando" But the founders are adamant about keeping it an anime festival. They truly love anime,

even to the point where one year they cosplayed as Kiki and Tombo from the popular Miyazaki animated movie Kiki's Delivery Service.

Before we had to part ways, I got to ask about the ingenuitive game available for play at the festival called Tales of Orlandia: Warriors of Orlandia. Each year has new themes and quests for your journey in Orlandia, this year's theme being Cyberpunk. Warriors of Orlandia is an in house written story, the artwork for their cards are done by some of the artists featured in the festival. One of their lead developers even wrote some of the cards for 4 years. They're hoping to get the game published this year and make a box set. This is a game about finding killer combos and even though they try to keep the game even with its attack and defense there's always someone that finds an exploit. The most memorable person being a young girl, Katana, who's 14. She's been the champion for the past three years. Let's see if she can keep her title this year.

Not only did we get to meet the beautiful incredible founders, but we got to meet some of the voice actors involved within the festival. We got the opportunity to speak with Rollins College Alumni, Dorah Fine, who was able to attend the school on a full ride due to scholarships and grants. Ms. Fine is so grateful to have attended this school, she always says to the people who are thinking they can't afford college, "if you have good grades and are determined to work hard to get where you're going, there is always a way". Afterwards she met Tony Oliver who gave her the courage to pursue her acting. She later found herself volunteering at Bang Zoom and impressed the CEO, Erick Sherman, who asked her to become the coordinator for the voice acting school "Adventures in Voice Acting". She's such an amazing, hardworking, accomplished inspiration. It was also an honor and privilege to meet one of AFO's biggest and most well-known voice actress Laura Stahl, a graduate of the American Musical & Dramatic Academy in California. She admits that even with the schooling nothing compares to life experience. Laura allows herself to accept success the way it's going to look, instead of the way she expected it to be. This opens the door for more opportunity to come her way. She was successful in getting her first role as Wangari from Little

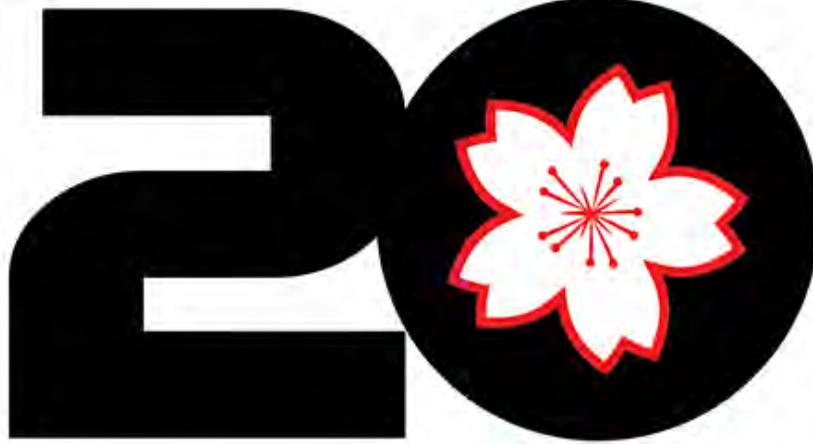
Witch Academia on Netflix. Laura is very grateful for the opportunities she's gotten thus far, and we wish her good luck.

Our interview with Jalen Cassel was very refreshing. He is very proud and grateful to have been cast as Okuyasu Nijimura, this being his second character in Jojo's Bizarre Adventure. Jalen is also an Automated Dialog Replacement writer, and he takes a lot of joy in it. He's been writing since he was young and is currently writing a book. We asked him what it was like to move from small town Arkansas to California. While there he began working at Bang Zoom, Tony Oliver was able to help get Jalen a chance to write episodes for "Love Life" and then "Seven Deadly Sins". Jalen shared with us that his love for anime started when he was as young as 4 years old. This is something that he has always hoped he would be able to do, and we believe in you Jalen.

It was difficult to hind my blushing face during the interview with Billy Kametz. He's such a charming funny person but he was surprised to have gotten the role as Aladdin in Disney, California's "Aladdin Musical Spectacular". After that he began taking classes at Bang Zoom he eventually got cast in the Hunter: Last Mission movie as Jed. Billy admits that he is more comfortable doing voice acting now, it's easier for him to work his funky flow. Before the end of our interview, Billy shared that he was a little shocked by the ending of Evangelion, so please everyone give it a watch. It's worth it. Lastly, keep an eye out for Billy and his cosplay as character Josuke Higashikata, from Jojo's Bizarre Adventure. According to him, it's something worth seeing.

Overall, AFO has more than just a loving, comfortable, heart filled family. It has become an inspiration for the future generations. Eric and Karen are so proud and grateful for everything Anime Festival of Orlando has all become, from the staff to the visitors to all of the families, it is what keeps them coming back to do it every year and plan on doing it for more years to come.

**Be sure to check out an Expanded article with Interviews and information on the website at [www.ParkAveMagazine.com](http://www.ParkAveMagazine.com)**



# Staying Cool

Staying cool in Florida is always a challenge..Before we get to some slightly chilly weather, here are some tech gadgets to help you along.



### 1. Use Your Phone's Power To Stay Cool

So Much Fan Portable USB Fan, \$12 (4 Fans), Amazon

<https://www.amazon.com/Mini-Cell-Phone-Fan-Accessories/dp/B07CZM8VSX/>

This portable USB fan plugs right into the side of your phone, laptop, or tablet to deliver a cooling breeze right to your face, wherever you happen to be. Its motor runs quietly and efficiently off the energy from your device, and despite its small and convenient size, it's a lot more powerful than it looks. It works for both Apple devices and Android and can run up to five hours on one battery charge.

### 2. Upgrade Your Water Bottle To One That Mists

Arctic Squeeze Mist 'N Sip Water Bottle, \$13, Amazon

<https://www.amazon.com/O2COOL-ArcticSqueeze-Insulated-Squeeze-Bottle/dp/B017314W0A>

For continuous hydration and a refreshing mist, this Arctic Squeeze water bottle is a great gadget for any hike or beach trip. It has a double-insulated wall to keep water cold as long as possible, as well as a misting trigger to deliver a cooling cloud of water to your face or body. The bottle itself is durable, easy to grip, and won't form condensation, and reviewers say it's an awesome and portable way to stay cool and hydrated all summer long.

### 3. Chill Any Drink Without Diluting It

Whiskey Stones, \$19, Amazon

<https://www.amazon.com/Prestone-Prestige-Polished-Reusable-Handcrafted/dp/B07KGK97TM/>

Nothing hits the spot quite like an iced coffee or a cold water bottle on a hot summer day, but half an hour in a boiling car turns your drink lukewarm in no time. These sleekly designed whiskey stones chill your drink faster and longer than regular ice-cubes, and if you're drinking tea or coffee, they won't dilute it, either. They're made from naturally anti-bacterial stainless steel, and because they're small and easy to freeze in their storage tray, they're a convenient way to keep any beverage cold for hours.

### 4. Elegantly Fan Yourself With Sandalwood

Sandalwood Scented Fan, \$10, Amazon

<https://www.amazon.com/SPG-Sandalwood-Hand-Crafted-Decoration-Birthdays/dp/B07MK3MBFB/>

If you're looking for something subtle, elegant, and sans-motor to keep in your bag (perhaps for an outdoor wedding), these sandalwood scented fans would be it. They're lightweight and ornately carved, and because they're made from all-natural wood, they're a little more durable than your usual paper fan. They fold up for easy storage, and the sandalwood delivers a subtle but pleasant fragrance every time you use them.

### 5. Get A Breeze And A Misting Simultaneously

Mini Misting Rechargeable Fan, \$20, Amazon

<https://www.amazon.com/OPOLAR-F304-Humidifier-Rechargeable-Fan-White/dp/B01DZYUPO8/>

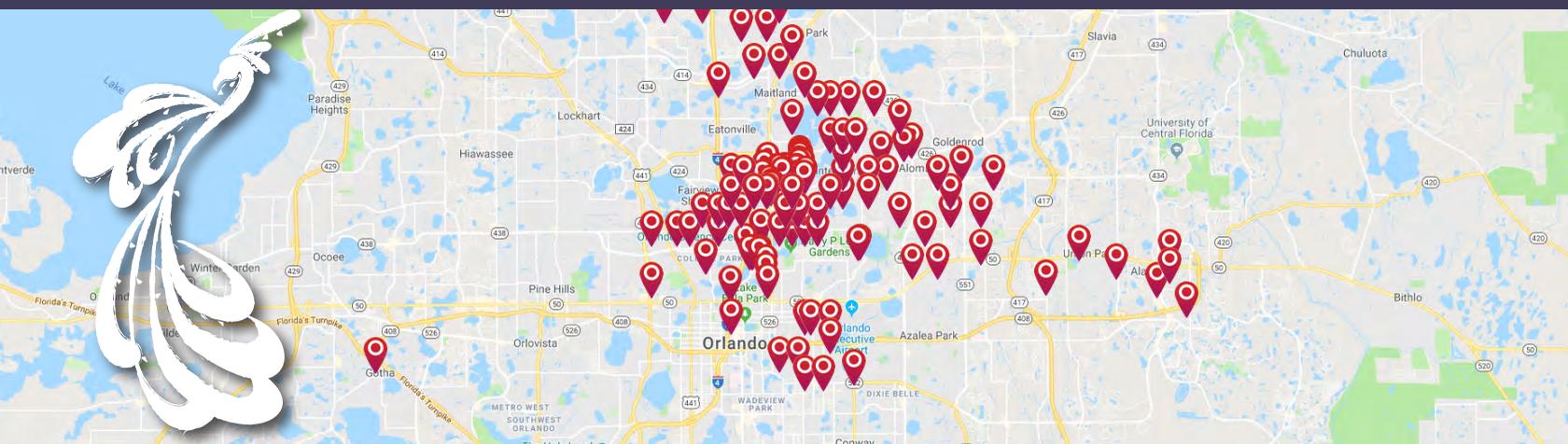
A must-have when traveling on hot, dry days, this mini misting fan is portable, lightweight, and convenient. It delivers a steady stream of cool air, as well as a refreshing but subtle burst of water, and its three settings mean you can use just the fan, the mist, or both simultaneously. It's easily rechargeable with a USB cord, and because it's surprisingly powerful and lasts up to seven hours on one charge, it'll be a staple in your beach bag — or on your desk — this summer.

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