

JANUARY 2019 | VOLUME 2 | ISSUE 1
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Park Ave

M A G A Z I N E

ALOMA BOWL
Venue Spotlight

florida's
INDIGENOUS
influence

PROFESSIONAL
RESOLUTIONS

craft
DONUTS

GIRLS
NIGHT OUT

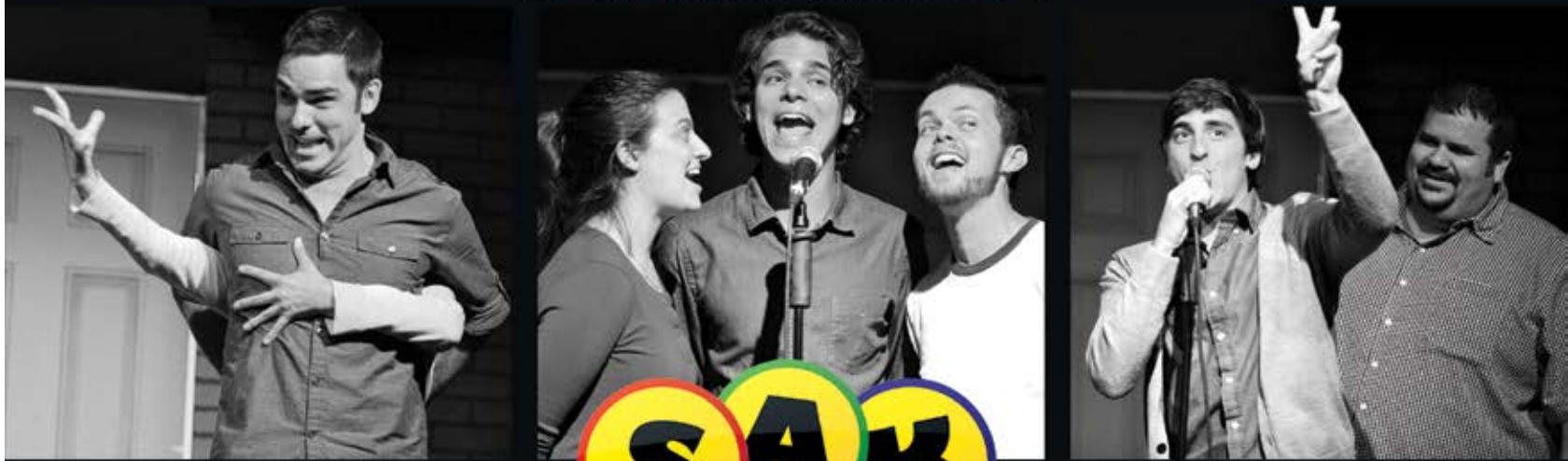
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LETTER FROM THE EDITOR

Welcome, to what we all hope will be a fantastic start to the year. But, do you keep pushing on even when the year doesn't seem to be starting the way you hoped it would?

Thank you for picking up our second issue of Park Ave Magazine. We look forward to proving that print is not a dead medium. We will strive to improve with each issue and bring you content that is appreciated and valued. We are looking forward to the new year and all it can bring, and we have our plans set on how this publication will improve. From strategies within the internal team to incorporating more philanthropy than we did last year, Park Ave Magazine is looking toward the future with some bigger than life ideas.

In this issue, you'll hear from some local business people about their 2019 professional resolutions. Have you thought about that before? Having a professional resolution list and a personal list? I'm sure there are things we can all do to improve our personal lives through maybe adding exercise, self-care, changing eating habits, or limiting our screen time. I also know there are many things you can do that can have just as profound results for your professional life and career. Maybe starting or finishing work an extra 15 minutes per day or committing to go through all your emails on a regularly scheduled basis. Whatever it is that can help you, there are experts out there who will let you know what you can do. Google it and get hundreds of results.

The trick to having a successful year is remembering that there are 365 days and more opportunities than not for success, so stay focused and try again if needed. Sure you might have setbacks and situations occur that seem to bring it backwards a bit, but if you keep methodically pushing forward you will come out ahead.

Allow yourself to have minor setbacks, if needed. But create a plan — a plan that starts with where you are now and ends with exactly where you want to be at the end of 2019. There are many routes you can take and none of them are a direct upward line. Think of the year as a jagged up and down movement that even though it is moving up and down it will continually get higher.

I certainly hope you all enjoy this January issue and all the hard work the team has put in to this publication. Let us know what you might want to see from us this upcoming year. We are already working feverishly on our February "Love In The Park" Issue.

As we are now getting ready for all this next year will bring, I'll leave you with one of my favorite quotes from Brad Paisley, "Tomorrow is the first blank page of a 365-page book. Write a good one."



SCOTT RICHARDS

A blue handwritten signature of Scott Richards, positioned to the right of the author's name.



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NEW YEAR?

...new me?

BY: RACHEL GOLDENBERG

The distinctive nature of the New Year does not lie solely in glitter falling from the ceilings, midnight kisses, the countdown, or the champagne flutes; but rather in the reflection of the faces in the glass, the feeling of pressure in your stomach on January 1st, the unearthly desire to be different — to be better starting today. I say this from personal experience. When it comes to the New Year I have always felt a step behind. When everyone is racing to make resolutions, I'm thinking something like, "Well... maybe I should wear earrings more this year?" I see everyone around me whirring — fixated on bettering themselves — and it seems, at least at first glance, that they're succeeding. Meanwhile I'm sitting alone in my room, scrolling through Insta, wondering how everyone has everything more figured out than me. And you know what? Maybe they don't... but then again maybe they do.

The purpose of this article isn't about coping with the disease that is comparison in the New Year, it's about allowing yourself to feel the way you do and still move forward. That's what matters. I have learned that there are always going to be a million ways to feel bad about yourself or your situation. There will always be an outlet to compare your life with others, to look around and experience your real, unfiltered life, only to put it side-by-side with other people's filtered and cropped day-to-day.

The answer is not to delete all social media and instead dive head first into to-do-lists forgetting about the things that make breathing and blinking meaningful. In a few days you'll download the apps again, you'll find a forgotten list crumpled in the pocket of your pants. Time will go by and it will be mid-February and you'll have forgotten about how you wanted to meal prep on Sundays or drink 8 bottles of water a day. As a society, something we don't talk about is

that you are allowed to feel the same on New Year's Day as you did on New Year's Eve. You are allowed to continue, to start the day the same way as every other day.

It is important to say though, that this is not the destruction of the resolution, but rather the deconstruction of it. It is empowering to set goals and accomplish them. If you want to drink more water, drink more water — today! It's amazing for you. If you want to buy a planner and write out your commitments, do it today! Even if you miss the Jan 1st due date for submitting your New Year's, submit them anyway. Begin anyhow. It is worth it to begin. But it is also important to ignore the propaganda of pressure associated with the clock turning from 11:59 pm to 12:00 am. It just doesn't matter.

Those pictures you see of those people with the perfect lives that are "for sure drinking the amount of water a human being should be drinking in a day." They're stressed too. They feel the pressure of the New Year too, however they may feel it differently. Whereas you may want to lose weight, maybe they are bearing financial hardships. Whereas you want to prioritize being outside more, they want to prioritize spending time with their families.

Everybody has something that they want to change about their lives. You are not the only one. Everybody feels like they are not doing enough sometimes. You are not the only one. If the New Year breezes by and you still feel the same, don't ask yourself, "But why don't they?" Instead ask yourself, "What is next for me and how do I get to that point?" This is your life, no one else's. No one is checking off your resolutions upon completion. You can make progress at your own speed, you can keep going. You get there when you get there — even if it's not in 2019.

Enjoy your New Year, look up at the sky as the glitter falls from the ceiling, look over at your loved ones and take a deep breath out, look at the world around you and recognize that the New Year doesn't have to mean "new everything." But it does mean one thing for certain, and that is more time. And you have the ability to use that time however you see fit.



RACHEL'S RESOLUTION TOOLKIT

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A NEW PLANNER

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riflepaperco.com

NEW READING MATERIAL

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124 E Welbourne Ave, 32789
writersblockbookstore.com

BRANDYWINE BOOKS

114 S. Park Ave., Suite E, 32789
brandywinebooks.com

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theheavywp.com

LGBTQ Guide

There is no denying that Orlando has PRIDE for its consistently flourishing LGBTQ community. In 2019 the pride, support, and outreach from the Orlando area is the strongest it has ever been. One of the benefits of living in Orlando is that there is a strong sense of community. PRIDE in Orlando has a rich history and backstory. Thanks to the support of the area, there are many safe spaces for LGBTQ youth. Whether you are just discovering your sexuality or have previously experienced homophobia in other areas, Orlando has plenty of areas where you can feel safe.

HISTORY OF LGBTQ IN ORLANDO

The state of Florida has had its bumps along the way when it comes to LGBTQ legal issues, but it has worked through them. The Florida Hate Crimes Reporting Act was passed in 1989, and revised in 1991. The revision included "sexual orientation" as evidencing prejudice against specific groups. LGBTQ were now more protected against hate crimes and prejudice. In 1997, Florida legalized gay marriage and legal unions. In 2004, Florida banned gay adoption practices but the ban was lifted in 2010 and finally removed in 2015.

Guaranteed safe spaces for LGBTQ youth have always been LGBTQ bars and clubs, which have been a prominent part of the LGBTQ community. In 1969, the first LGBTQ club opened in Orlando – The Palace Club, which was located a few miles from Pulse. When Disney World opened in 1971, it pushed forth growth in the LGBTQ community. In 1973, two men named Miller and Hodge opened the Diamond Head. Then Miller and another man named Goya opened El Goya. These were among the first LGBTQ clubs in Orlando. Then in 1975, Miller and Goya turned a bankrupt motel into The Parliament House – an LGBTQ resort and entertainment spot. Even today, The Parliament House is a well known Orlando institution.

One of the largest LGBTQ organizations in Central Florida's Come Out with Pride Orlando (comeoutwithpride.com). COWP was created by the Metropolitan Business Association (mbaorlando.org) – Central Florida's LGBTQ Chamber of Commerce. Compared with the rest of Florida, Central Florida is one of the more progressive areas. Since 2005, Coming Out With Pride has hosted major events, including one of the largest Pride festivals in Central Florida.

FEEL SAFE AROUND ORLANDO

Regardless of your identity or orientation, you should seek out places where you feel welcomed and embraced for who you are. Safe spaces are inclusive locations that guard each individual's self-respect, dignity, and feelings, – harboring an environment that encourages respect. If you feel isolated, unwelcome, or discriminated against because of your sexual orientation there will always be a supportive community in Orlando waiting for you with open arms.



THE CENTER *946 N Mills Ave, 32803*

Established in 1978, The Center is a proud safe space that celebrates our differences by fighting discrimination, inequality, oppression, and injustice. They provide programs and services that empower, educate, and entertain LGBTQ youth, as well as strengthen the LGBTQ community and its relationship with the public. The Center provides free HIV Testing, Hepatitis C Testing, and PREP Resources.

PLANNED PARENTHOOD *11500 University Blvd, 32817*

Planned Parenthood offers many LGBTQ services. They believe everyone deserves high-quality, compassionate health care that's appropriate for your needs and concerns – no matter your gender identity or sexual orientation. They provide education and support, including sexual and reproductive health services for LGBTQ patients. Planned Parenthood is proud to stand with the LGBTQ community and provides a safe and welcoming place to get health care and information. Their services include – a drop-in center, education, hormone therapy for transgender patients, resources, service referrals, support groups, other services for LGBTQ patients.

ORLANDO/WINTER PARK POLICE DEPARTMENT *500 N Virginia Ave, WP*

The City of Orlando and the Orlando Police Department are committed to the safety of all LGBTQ residents and visitors. If you feel threatened or unsafe, report crimes or suspicious activity. No one should be a victim of a hate crime.

UCF CAMPUS *4000 Central Florida Blvd. Orlando*

The UCF Safe Zone Series (formerly known as Allies) is a program for UCF students, staff, and faculty members interested in showing visual support for gay, lesbian, bisexual, transgender or questioning persons at the university.

LGBTQ BARS AND CLUBS

Barcodes Orlando

4453 Edgewater Dr, Orlando, FL 32804

Savoy Orlando

1913 N Orange Ave, Orlando, FL 32804

Southern Nights Orlando

375 S Bumby Ave, Orlando, FL 32803

SAFE SPACES **A R O U N D O R L A N D O**

One of the most polarizing issues of 2018 is the debate over safe spaces, especially as it pertains to individual's thoughts, feelings, and identities. Regardless of how the general population feels about these safe spaces, they are a necessity for the LGBTQ community. Even in modern America there are still areas where LGBTQ individuals don't feel welcome, or even safe. A "safe space" can include anything from an LGBT student group on a college campus to a simple gathering at an LGBT bar. The goal is for anyone in the LGBTQ spectrum to gather, socialize, and connect with others without worrying about blatant hate or micro aggressions. These spaces are generally open to everyone including heterosexual and cisgender people. These are places where people are welcome to be themselves, no matter who you are.

Go ahead,
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someone's day.



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SAKÉ SANGRIA

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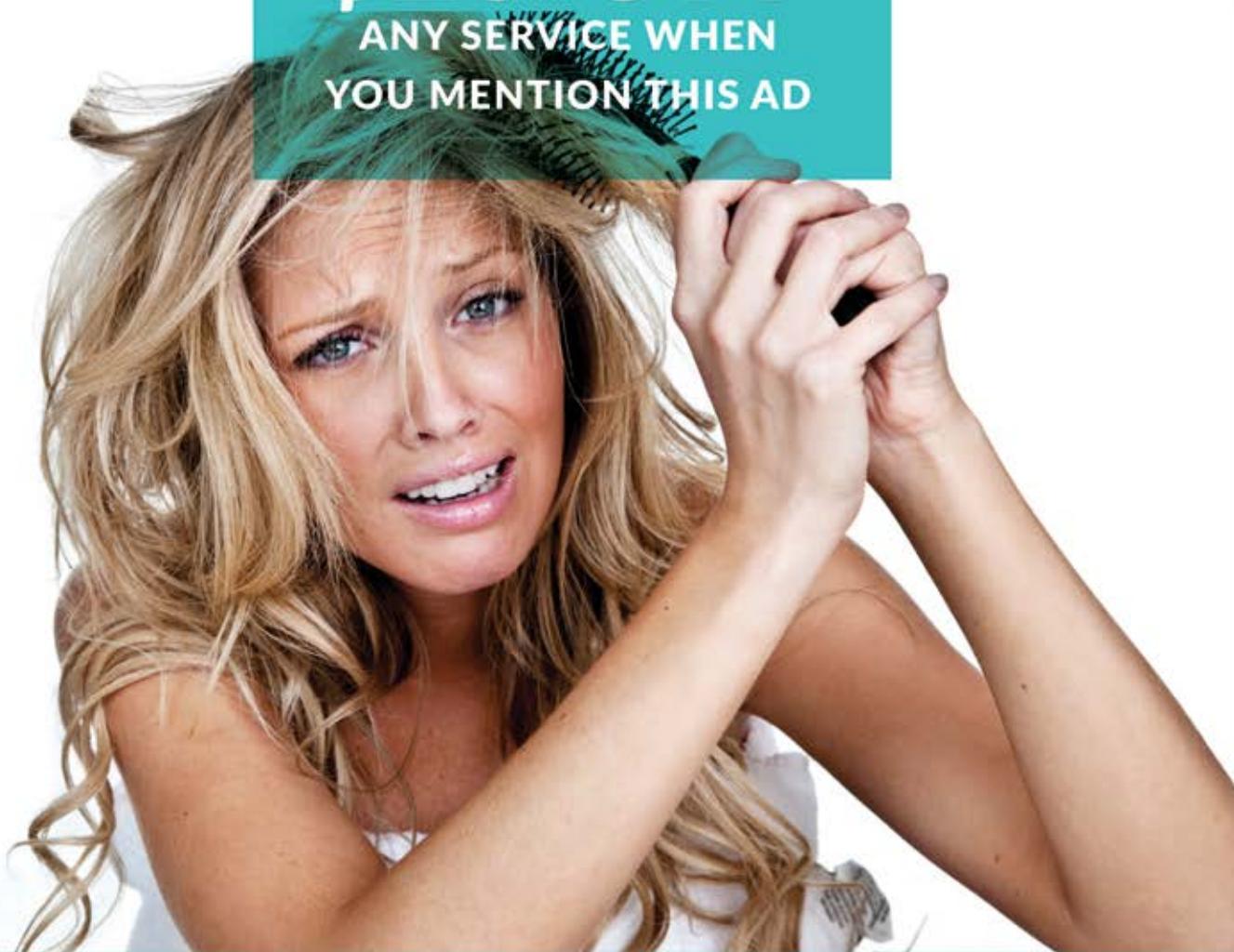
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**matt
Kaess**

CHOICE CHEF



With an incredible popularity boost in the last decade, the food industry is buzzing these days. From foodies, to food trucks, chefs, mom-and-pop restaurants, and delis popping up all over, it seems there's food everywhere you turn! So, what better way to explore this phenomenon than by speaking to a chef?

Matthew Kaess, Executive Chef at Kona Grill has been with the restaurant for roughly two years, but attributes his current success to his lifetime of experience. Matthew started his career in the food industry right out of high school. Waiting tables quickly sparked his interest in becoming a chef every time he went back to the kitchen to put in or pick up an order. The different flavors, aromas, even the look of certain dishes called to him. Once he got into the industry, Matt says his college career started then and there.

"The entire first few years of my career, I treated as my schooling," he says. "The reactions of guests after tasting the food I

prepared was my way of figuring out if I had passed or failed." Combine that with four years of guidance from the executive chef at a Trump national golf club in New York and his foundation as a professional chef was laid.

"Menu creation, cutting different types of fish and meats, etc. were some of the lessons absorbed during that time — nothing like on the job learning," as he put it. Not long after that, Matt found himself working at a large chain in the heart of Times Square. "This change allowed me to learn the volume aspect of the business, taking into consideration

the number of guests to be served, the specials you're offering, the amount of prep time needed, etc." These things combined with the enormous pressure and high-paced environment you would expect from a Time's Square restaurant worked in Matt's favor to develop the "tough skin" needed by a head chef.

Matt spent a total of nine years in Manhattan before returning to work in Westchester County, just north of The Bronx. He spent the next six months as a sous chef at that location before being promoted to executive chef. In 2011, Matt found himself in Puerto Rico, opening several locations for his then employer before returning to the mainland in 2013. He landed in Florida and has been here ever since.

Prior to working at Kona Grill, Matt was a regular patron and as a chef himself,

appreciated the efforts they made to provide a great happy hour and an extensive, yet inexpensive "from scratch" menu — something rarely

found in such a large chain restaurant. "After work at another restaurant I would shoot over to Kona right across the street and enjoy some down time at the bar while eating shrimp." Not many restaurants today can say compete with Kona's take on the "scratch kitchen," an aspect in which Kona prides itself. Everything in the restaurant is made from scratch. From meats butchered in-house, to sauces made from scratch with base stock ingredients, nothing is purchased pre-made or pre-cooked. The decision to be a "scratch kitchen" is one that Matt sees being implemented for many years to come.

Heading into the new year, Matt's efforts are focused on helping the Kona brand grow, while also prioritizing the comfort and overall enjoyment Kona guests experience. "Getting the word out to the public about Kona Grill's quality and presentation is really important for me heading into 2019." Showing guests the level of effort Kona Grill Winter Park puts into their food is a priority and Matt's spearheading of that process is evident from the moment you walk in. Next time you find yourself in the area, swing by (don't forget about their amazing happy hour) to see what Kona Grill has to offer.

"The entire first few years of my career, I treated as my schooling."



THE BEST THINGS

(352) 394-8627
lakeridgewinery.com



1

Lakeridge Winery & Vineyards

Every day, Orlando's largest premium winery offers free tours with tastings. Lasting about 45-minutes, including a 15-minute video presentation, the tours take you through the production area and provide a view of the 80 acres of vineyards. Lakeridge Winery also hosts free summer and winter music series, as well as a free open house during the holidays. They're in Clermont, about 35 minutes west of downtown Orlando.

(407) 599-3397
cityofwinterpark.org/departments/
parks-recreation/farmers-market



2

Winter Park Farmers Market

Located in the heart of Park Avenue, tons of vendors gather every Saturday for the Winter Park Farmers' Market. Free to enter and walk around.

(407) 872-1117
orlandobrewing.com



3

Tours at Orlando Brewing

Orlando Brewing is Orlando's original craft brewery, and tours are free Monday-Saturday starting at 6 p.m. The tickets are first-come, first-served, and the parking is free.

IN LIFE ARE

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(407) 645-5311
morsemuseum.org



4

The Morse Museum of American Art

Located on Park Avenue, the Morse Museum houses the world's most comprehensive collection of works by Louis Comfort Tiffany, including lamps, glasswork, pottery, and jewelry. The museum is open to the public at no charge on select holidays and on Fridays from 4-8 p.m., Nov.-April.

(407) 647-2330
wphistory.org



5

Winter Park History Museum

Located in the city's historic Farmers' Market building, this venue houses a photo timeline of Winter Park's history, as well as a revolving lineup of themed exhibits. A walking tour of the city that showcases 20 sites is also available, including a free audio-tour CD, a CD player and a map that can be checked out for the day.

(407) 628-8200.
casafeliz.us



6

Music at Casa Feliz

Casa Feliz, a restored Spanish home and museum in Winter Park, hosts live music performances on Sunday afternoons from noon to 3 p.m. The event is free to the public, and children are welcome.

KID ZONE: WINTER PARK



Winter Park is a growing hub of many young families who are looking for that small town feel with all the big city amenities. And with the wonderful winter weather settling down over Central Florida, many families are excited and eager to get out of their homes and participate in activities (that don't involve going to the theme parks). Busy families or those with younger may want to stay closer to home rather than venturing out into Orlando or any of the other surrounding areas. Luckily there are many great things to do and places to go for families in Winter Park. Listed below are just a few of the many places your family can explore around town.

THE EXCITING DOWNTOWN

While being a great place for the adults to shop, savor, or sip, Park Ave and the area around it has many kid-friendly places and activities. You can throw around a frisbee out on **Central Park**, which lies right along Park Avenue, and if you get tired, you can hop right on over to any of the delicious eateries across the street. Or you can attend one of the, what seems like weekly, events the city holds in Central Park including the Art Fest in the spring and ice skating in the winter.

Just off the main thoroughfare, tucked a little bit back on New England Avenue, you can visit the **Winter Park History Museum** Tuesday through Saturday. The museum is operated by the Winter Park Historical Association. The museum was formerly a train depot and boasts intriguing exhibits about local history. On Saturdays, the area around the museum is the site of the **Winter Park Farmers Market** where you and the kiddos can shop from a wide variety of vendors.

The bustling downtown has many stores and shops that are perfect for kids such as **Peterbrooke Chocolatier**, and the local candy shop **Rocket Fizz**. There are also craft stores like **All Fired Up**, where you and the kids can hand paint pieces of pottery.

You can also ride up and down the Central Florida area on the **Sunrail**, which has a stop right in Central Park. Even if you opt not to catch a ride, train loving kids will especially enjoy watching the commuter rail pull in and out of the station.

THE WONDROUS OUTDOORS

Central Florida is known for its many great physical features, and Winter Park is no exception. There are many outdoor areas perfect for taking the tots, including beautiful, serene lakes, like Lake Virginia, Lake Osceola, Lake Baldwin, and the canals. You can enjoy fishing in many areas or you can take a **Scenic Boat Tour** of the local waterfronts.

The kids can also have fun getting down and dirty with other children at one of the

many playgrounds available with a variety of attractions. The **Community Playground** features a large wooden play castle with lots of nooks and crannies for the kids to explore.

Mead Botanical Gardens is a beautifully maintained garden that is open to the public. They also have weekly guided tours for kids that teach them about the different plants their gardens nurture. They also have a Young Naturalist summer camp for the little budding botanist in your life.

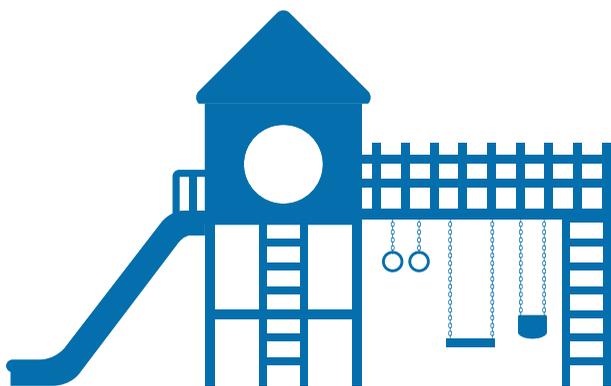
THE COZY INDOORS

If the weather is bad, there are still a great many opportunities for families to get out of their homes. At the **Winter Park Public Library**, located not far from Downtown Winter Park, kids can find books, music, and movies that will transport them to different realms of imagination. Or they can participate in a plethora of programs and activities, from technology to crafts and lots in between that the library has to offer.

There are also a couple of other museums that you might wish to investigate. The **Casa Feliz**, a gorgeous, historic, Spanish style home, is open Tuesday through Thursday from 10 am to noon and Sunday noon to 3 pm. The **Albin Polasek Museum and Sculpture Gardens**, the house of the aforementioned artist, features his art and holds a yearly showing of local artists in the spring called the Winter Park Paint Out, which is open to the public.

If you are looking to get some excess energy out of your child, swing on over to **Monkey Joe's**, a fun indoor playground and children's gym. Or head on over to the **Aloma Bowling Center** for a fun activity that can include the whole family.

Hopefully this list has given you and your youngsters ideas on places and adventures you can take advantage of here in your own backyard. **Start this new year with some new memories!**



Florida's Indigenous Influence



**THE SPIRIT OF NATIVE AMERICAN
CULTURE LIVING IN CENTRAL
FLORIDA**

BY: ALEX DIMOVSKI





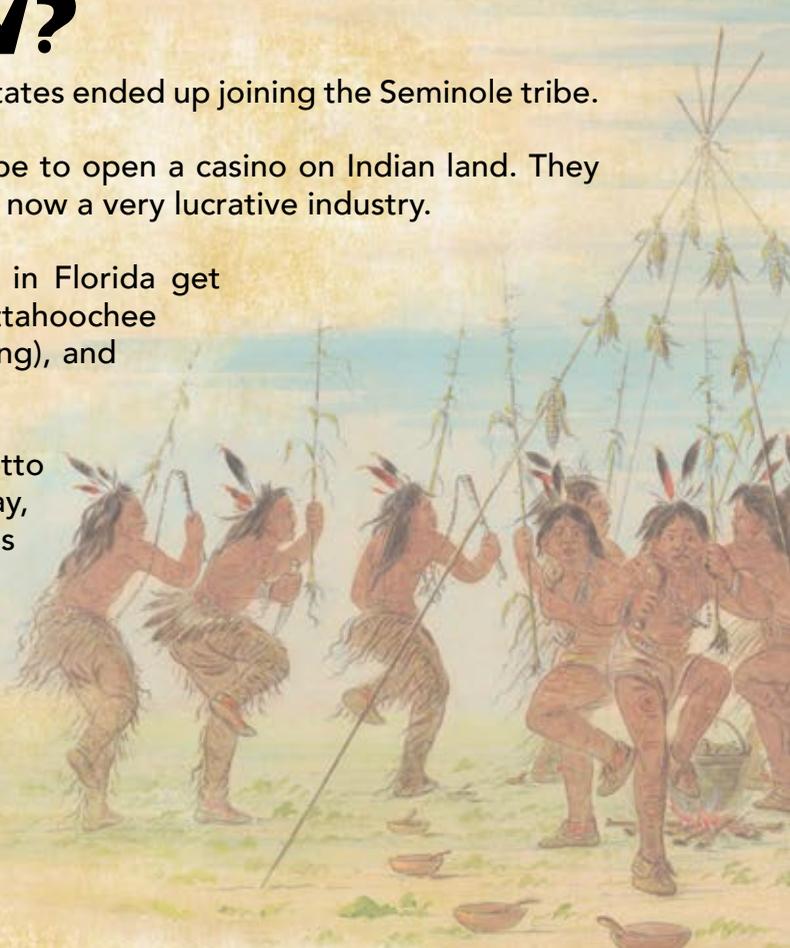
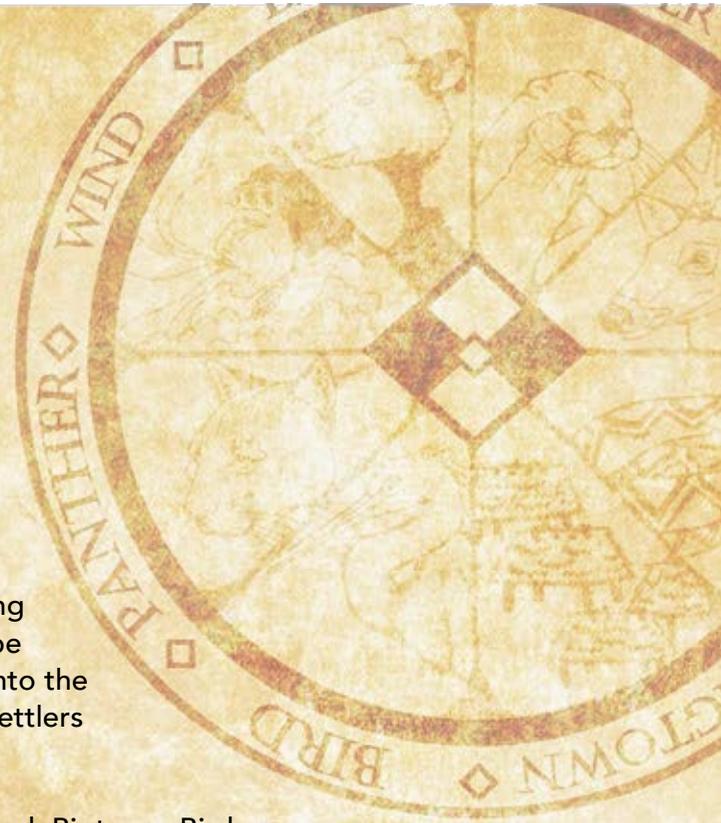
SEMINOLE HISTORY

Before the Spanish arrived in 1513 and “discovered” Florida, there were nearly 200,000 Seminole ancestors spread across hundreds of tribes. All of them spoke a dialect of the Maskókî language. One of the several counties in Central Florida was named after the Seminole tribe. Ironically, the Spanish called these indigenous Floridians “cimarrones” meaning “free people,” as they refused to allow themselves to be dominated by the Europeans. The word was adopted into the Maskókî language and by the 19th century, European settlers were referring them as “the Seminoles”.

The Seminole have eight clans - Panther, Bear, Deer, Wind, Bigtown, Bird, Snake, and Otter. Each Seminole Indian born of a Seminole mother is a member of her clan. This is a traditional extended family unit. Husbands traditionally went to live in the wife's clan camp. When the last female in a clan passes on, the clan is considered extinct. Several historical clans, including Alligator, are now extinct. The Panther clan is the largest clan in today's Seminole Tribe of Florida.

DID YOU KNOW?

- Several escaped slaves from southern states ended up joining the Seminole tribe.
- The Seminoles were the first Indian tribe to open a casino on Indian land. They were followed by many other tribes in what is now a very lucrative industry.
- Many areas, rivers, cities, and streets in Florida get their names from Seminole words — Chattahoochee (marked stones), Hialeah (prairie), Ocala (spring), and Okeechobee (big water).
- Women made baskets from palmetto leaves, pine needles, and sweet grass. Today, the Seminole still make sweet grass baskets which they sell as souvenirs.
- Each spring the Seminole hold a traditional ritual called the Green Corn Dance. For the Seminole, this is the most important ceremony of the year.



Whether you are commuting to work or visiting nature trails, chances are, you've noticed the unusual names of the areas around you. Many of these common locations have Native American names and meanings. You might recognize some of these names. Take note that these are not exclusively from the Seminole language.

ALAFAYA

The word originates from the Alafay people, who were located in 7th century Pohoy territory including the Alafia River, which flows into the Tampa Bay. Alafaya is a street in the UCF/ East Orlando neighborhood.

APOPKA

The word "Apopka" comes from the Seminole word "Ahapopka" which translates to "potato eating place" Apopka is a town located in Orange County.

HIAWASSEE

Located in MetroWest Orlando, Hiawassee is from the Cherokee word "ayu-hwa-si", meaning "meadow" or "savannah".

LAKE OKEECHOBEE

Its name is derived from the Hitchiti word "oki" (water) and "chubi (big). The Hitchiti were an indigenous tribe that resided in present day Georgia. Lake Okeechobee is the largest freshwater lake in the state of Florida and the ninth largest natural freshwater lake in the United States.

LAKE MINNEHAHA

Minnehaha was a fictional Native American woman found in Henry Wadsworth Longfellow's 1855 epic poem The Song of Hiawatha. You may recognize Minnehaha if you are in the Maitland/Fern Park area.

KISSIMMEE

It is speculated that Kissimmee comes from the Ais word "Cacema" meaning "long water". The Ais people were a tribe of Native Americans who inhabited the Atlantic Coast of Florida of what is now Cape Canaveral and St. Lucie Inlet.

OCALA

Ocala stems from the Timucua word meaning "Big Hammock". The Timucua were a Native American tribe who lived in Northeast and North Central Florida. At one point, they were the largest indigenous group in the area – with 35 chiefdoms. Ocala is a town in Marion County, Florida.

OCOEE

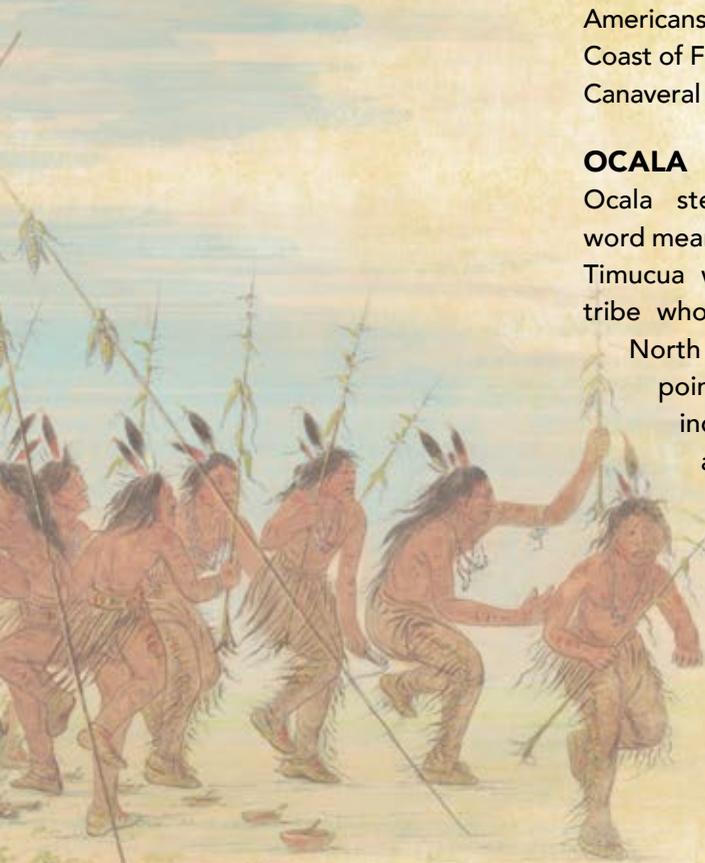
Ocoee is a part of metro Orlando and its name also has a Native American origin. Ocoee is a Cherokee word anglicized after uwagahi, meaning "apricot vine place".

OSCEOLA

One of the most famous Seminole Indians was a man named Osceola, a prominent leader, speaker, and warrior for the Seminole during The Second Seminole War. Osceola was captured in 1837 under a white flag of truce. He refused to sign a treaty giving up the Seminole land and later died in prison. Today, Osceola is a symbol of freedom for the Seminole people.

WEKIVA SPRINGS

Known for its lush tropical greenery and abundant wildlife, Wekiva Springs is one of Florida's most unique state parks. Its name is derived from the Creek word for "spring".





FESTIVALS

SAINT AUGUSTINE FILM FESTIVAL

Saint Augustine
January 17-20
staugfilmfest.com

This fun Festival runs every January in the downtown historic city center, with five screening rooms at three locations within a 5-minute walk. If you select an All Access Pass, spend three evenings at parties where you can mingle with filmmakers and chat with other film goers. An outstanding variety of foreign and independent films and documentaries are waiting for you!

ART DECO WEEKEND

Miami
January 18-20
artdecoweekend.com

"The best 3 days on Ocean Drive" is the Miami Design Preservation League's (MDPL) signature event and largest educational outreach program. There's something for everyone with over 85 individual events including the Classic Car Show, Guided Walking Tours, Antiques Promenade, Culinary Tent, Fitness at Muscle Beach, Bark Deco Dog Show, Retro Fashion Show, Live Jazz, and more!

SOUTH FLORIDA FAIR

West Palm Beach
Jan 18-Feb 3
southfloridafair.com

Five stages of continuous entertainment await you during 17 fun-filled days at one of Florida's oldest and largest community events. Fairgoers are entertained by first class stage shows, national concert performances, sensational midway rides, unique shopping, and the best of fair food.

CENTRAL FLORIDA SCOTTISH HIGHLAND GAMES

Winter Springs
January 19-20
flascot.com

Experience traditional highland athletics, dance, art, music, culture, food and a Gaelic spirit that will we hope will awaken your soul

FLORIDA MANATEE FESTIVAL

Crystal River
January 19-20
gomanateefest.com

Consistently voted Best Festival by Citrus County Chronicle readers, the festival promises a wonderful experience in downtown Crystal River including music on two stages, a huge Kid Zone, boat tours of the bay, free access and shuttle to Three Sisters Springs, tons of vendors, and so much more!

CHILDREN'S GASPARILLA

Tampa
January 19
ChildrensGasparilla.com

This alcohol-free event celebrates the return of Gasparilla Season to Tampa Bay with family friendly activities along Bayshore Boulevard including the Gasparilla Preschooler's Stroll presented by ZooTampa at Lowry Park, a SOCOM Day Jump, the Children's Gasparilla Parade, a SOCOM Night Jump, and lastly the Gasparilla "Piratechnic" Extravaganza.

GASPARILLA PIRATE FESTIVAL

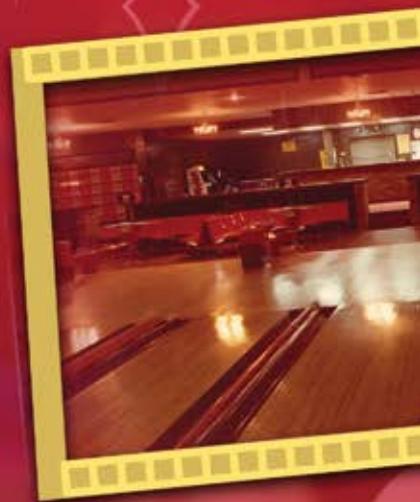
Tampa
January 26-27
gasparillapiratefest.com

Following the 102nd invasion and capturing the Key to the City, the pirates of Ye Mystic Krewe of Gasparilla celebrate with a victory parade. The 4.5 mile Gasparilla Parade of the Pirates winds its way along Hillsborough Bay, with over 140 units – featuring 103 floats, 5 marching bands, and over 50 participating social organizations, known as krewes.



VENUE SPOTLIGHT

"WHAT BETTER PLACE TO RELIVE THOSE NOSTALGIC CHILDHOOD MEMORIES, THAN THE ALOMA BOWLING CENTER. WINTER PARK'S LONG-STANDING ENTERTAINMENT HUB CELEBRATES OVER 40 YEARS OF BRINGING HAPPINESS TO INDIVIDUALS AND FAMILIES ALIKE. LET'S TAKE A CLOSER LOOK AT WHAT ALOMA BOWL HAS TO OFFER...



Aloma

B O W L





ALOMA BOWL



One amazing thing about the Winter Park area is how much there is to do in such a concentrated area. You could literally think up anything and find it either in a specific area of town or find a business that caters to the type of entertainment you're looking for. One of my personal fun favorites is Winter Park's very own, Aloma Bowl on Aloma Avenue.

Back in 1977, the Luccisano family arrived from New York (reflected in the name of their bar, Brooklyn South) looking to start a business. They decided to open Aloma Bowl right on Aloma Avenue. At this point in the city's history, Aloma was still a dirt road. Between the combined efforts of Joe Luccisano and Ray Kohler, Aloma Bowl opened and quickly became recognized as a place to bring the family for a great time. As years passed, Aloma Bowl has stood the test of time — growing with the city of Winter Park while continuing to maintain the original ideas and values established back during its inception.

That truth is evident considering Aloma Bowl's recent milestone celebrating its 40th anniversary last year. Original \$0.90 game prices were brought back for the occasion for bowlers to play as if it was 1977 all over again. The presence of current owner, Vinny Luccisano, drew a huge turn

out from the community, and combined with original pricing, resulted in a packed house all day long.

This event almost didn't happen though, as Aloma Bowl was almost purchased a few years back. An immediate backlash from the community and its loyal patrons kept Aloma Bowl where it is today, and they are excited to celebrate another 40 years at their current location.

Over the years, Aloma Bowl has become more than just a place to go bowling. When you factor in the arcade, Brooklyn South Bar, billiards, and all the special events they host, you can easily see that there is a lot more to offer at Aloma Bowl than just a bowling ball and a pair of shoes. Since Colonial Lanes closed earlier this year, the Toys for Tots drive that was previously held there has found a new home at Aloma Bowl. Leagues compete at the center Monday through Thursday with the biggest league, Crazy 8, competing on Wednesday nights. The Professional Women's Bowling Association will host their regional tournament on August 18, 2019 at Aloma Bowl. There's even a league for the kids! Saturday mornings at 10 a.m., Aloma Bowl hosts its Pin Busters league where kids





compete for a chance to win scholarship money. Aside from its very popular leagues and events, The Brooklyn South bar provides top shelf drinks and beer, along with a food menu that is rotated seasonally.

When you consider all these factors, combined with the history of the Aloma Bowling Center, you can see why they are considered the premier family entertainment venue in Central Florida. With two other locations (Boardwalk Bowl Entertainment Center and Airport Lanes) in the Central Florida area, they offer a total of 144 lanes for your enjoyment. Next time you find yourself longing for simple yet entertaining evening, either with friends, family, or on your own, consider the Aloma Bowl Center in Winter Park. They'll always hit a strike when it comes to service and entertainment.



DAILY SPECIALS

MONDAY 9pm - Close

\$1 Games, \$1 Popcorn, \$1 Hot Dogs
\$3 Domestic Drafts

TUESDAY 9pm - Close

\$2 Games
Adult Trivia 8:30pm

WEDNESDAY 9pm - Close

All You Can Bowl (shoes included)
\$8 per person, \$6 with Student ID
\$5 Personal Pizza

THURSDAY 12- 4pm,

Bring a friend and the friend plays free!
(of purchase equal or lesser value food & bowling)

FRIDAY 9pm

Karaoke

SATURDAY 8pm

Live Music

FRIDAY & SATURDAY 11pm - Close

Late Night Happy Hour \$13/hr Bowling
\$2 Select Shooters
\$4 Fireball
\$5 Nachos, Smothered Fries, Craft Beers,
and Margaritas

SUNDAY 9am - Noon

Sunrise Special \$2 Games
\$5 Breakfast Burritos

Noon - Close

3 Games with shoes \$12 per person

THE PRESIDENT



THE WRITER

BY: HANIF ALI



Winter Park has long been known for the impressive resume of its public schools: the crown jewel of which is Winter Park High School, the home of the Wildcats. The school boasts nationally recognized drama and music programs, a legacy of state titles across multiple sports mediums, and intimidating academic performance, but as of November 30, 2018, WPHS stands apart from the rest for a whole new reason. The Wildcats served as host to not one, but two American icons.

The Orlando Sentinel and Park Avenue's own Lauren Zimmerman of Writer's Block Bookstore teamed up with the "Unscripted" lecture series to bring Former President Bill Clinton and bestselling author, James Patterson to Winter Park High School. The reason? To present their recent joint venture and boundary-breaking book, "The President is Missing."

It is the first partnership between a novelist and a President on a work of fiction and focuses on the daunting, but hidden danger of cyber attacks threatening our country, infrastructure, and way of life. Tickets sold out almost immediately after the special event was announced.

The evening of the 30th, fans of American history, thrillers and, well, just about everyone in between swarmed around the WPHS auditorium. It was an altogether surreal scene in the band room, in the place where the brass section usually plays where velvet ropes holding back VIP guests. Secret Service agents cleared the way and swept aside wayward notebooks with eagle-eyes, all the while, whispering commands.

And then the men of the hour arrived.

I was among the few who had the opportunity to meet the two dignitaries and pose for a picture. The moment was as forgettable for these two great men as it was memorable for me. I prepared my smile and a simple sentence to say if given a chance. I could handle that, right? I even promised myself I wouldn't mumble incoherently when confronted by the rumored charisma of President Bill Clinton.

Naturally, I failed. I stood halfway back in the line and watched as, one-by-one, VIPs like Mr. Dick Bachelor, local business owners, and several reporters took turns sharing a few words and a smile with President Clinton and Mr. Patterson.

Then, suddenly, the crowds parted and it was my turn. I tried to remind myself that James Patterson was just a writer like me — he just makes some \$94 million a year

more for his words than I do for mine. This reasoning didn't help my nerves. Mr. Patterson warmly extended a hand to me and, in return, I clutched his palm like I was falling off the bow of a ship and weakly offered, "Mr. Patterson, Sir, I'm a local writer and I am such a fan of yours and..."

Things are going so well, I thought to myself. I haven't tripped, spilled my drink, or indirectly insulted anyone ... but, of course, I was yet to finish my sentence. James Patterson then turned in the middle of my veneration revealing the former leader of the free world right behind him. I failed in majestic fashion in nearly every capacity, except in my ability to walk – and to be honest, even that was somewhat shaky. I pictured tripping and being tackled by the stern looking Secret Service woman behind him before our picture was even taken. Then, I imagined being tackled during the picture so evidence of my unworthiness could be savored by family and friends everywhere in that perfectly lit Kodak glow that belongs on mantle pieces.

Thankfully, fate was mischievous with me, but not cruel. And so, as I let go of the writer and took the large, warm hand of the President — seriously, his hands are massive — he gives new meaning to "having the whole world in his hands." I continued right on saying what was meant to address James Patterson, just not to him... and not to the President, either. But instead to the kind of random air between them while I mumbled incoherently, "I... I wanna be... oh... uh... Sir, just like you someday... mumble, mumble unintelligible words..." and strained to hold onto consciousness.

The moment would have left me mortified and I would have been utterly stranded if I were in the space of lesser men, but I was with a President and the world's best-selling author, so with their powers combined they staved off my clumsiness and managed to salvage the moment.

The President humbly spoke, "Well, he is the writer here, so I believe that was meant for him," gesturing at his co-author with one hand while he skillfully pirouetted me around for a picture with the other. Without missing a beat – and right before the flash of the camera – Mr. Patterson said with a George Carlin-like delivery, "[i]f the writing thing doesn't work out, you can always go after the Presidency." The three of us laughed in unison: the two of them in genuine humor at my inelegance and me at the fact that I survived the humbling experience without further embarrassment. Finally, the camera flashed, and I was out the door with my signed copy of "The President is Missing."

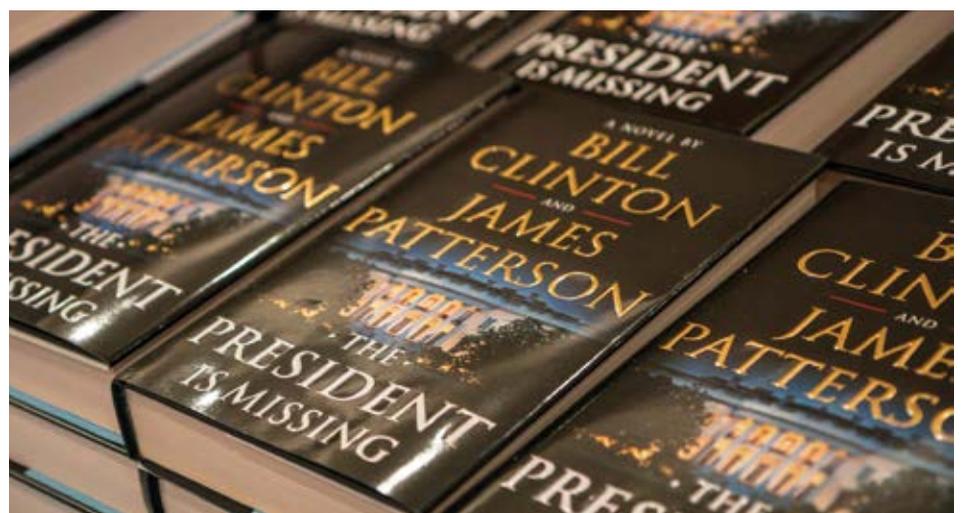
The rest of the event was seamlessly opened by the charming and always-witty Scott Maxwell of The Orlando Sentinel who introduced the interviewees and the night's moderator, Robert Barnett — former Clinton campaign staffer. Barnett's questions focused on the plot of the



thriller, which I won't risk spoiling here, but I can assure you it is worth picking up

For me, personally, the highlight of the incredible Winter Park evening was the cool collection with which the President fielded hardball questions such as, "How did you make those kinds of choices?" (in reference to life and death decisions about noncombatants in conflict zones). The President showed great candor in his responses speaking about the sacrifices Presidents must make, and concluded with, "[y]ou want a President who is prepared to use force under the right circumstances, but is not eager to kill innocent people just because they're not Americans. Everybody ought to have a chance to live their life."

The President and the writer brought class, insight, and education to the lecture, but the heart?, that was supplied by the people of Winter Park and our little high school that made this event possible.





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CRAFT DONUTS

BY: KRISTA KNAUER

Unless you've been living under a rock for the last few years, your Instagram and Snapchat feeds have probably been filled with delicious looking artisanal donuts. If you've been dying to try these out-of-the-box donuts (and be the envy of your friends), then you're in luck! Winter Park has its own specialty donut shops, —*Little Blue Donut Company* and *Donut Central & FuelPresso*. And lucky for you, I tried both.

Donut Central & FuelPresso, located in the shopping plaza at the corner of Aloma Ave. and Semoran Blvd, offers specialty donuts made in-house daily, as well as specialty coffee. In fact, they roast three different types of coffee beans in-house. Their signature Rose and Honey Lavender lattes are some of the best coffees that I have ever tasted! Opened in September of 2017, Donut Central & FuelPresso is a family run business with the atmosphere of a cosmopolitan coffee shop, boasting beautiful tables made from cross-sections and large strips of trees, inlaid with coffee beans and sea stars — all handmade by the family. Originally from Bulgaria, the owners took their love of coffee and blended it with perfectly with the current donut craze. They offer a variety of creative and unique donuts including a Croissant donut and a Fruity Pebbles donut. When I visited they even had a red and green twisted donut shaped like a candy cane.

I tried the Cotton Candy, Reese's, and Old-Fashioned donuts. They were huge and soft and satisfied my sweet-tooth without being overly rich. The Old-Fashioned donut had a nice, dense, almost cake-like texture. The cotton candy and the Reese's donuts were light and almost melted in my mouth. The flavors of all three donuts were wonderful. In addition to the exceptional donuts, the hospitality and warmth of the place is superb! If you're constantly on the run, Donut Central & FuelPresso will be opening a drive-thru off of Semoran Blvd sometime early this year.

Little Blue Donut Company started out in March of 2016 as Orlando's first donut truck, owned and operated by Alyse and Mike Perfetto. Due to their amazing success, they opened a brick and mortar shop on Fairbanks Avenue in April of 2018, just a few blocks from Park Avenue and Rollins College. The owners married their love of donuts with great coffee, offering a selection of specialty brews featuring beans from Kahwa Coffee in St. Petersburg. They also have a quirky selection of

DONUT CENTRAL & FUELPRESSO

495 N Semoran Blvd Ste 1
Winter Park, FL 32792
donutcentral.com
(407) 821-3000

LITTLE BLUE DONUT COMPANY

223 W Fairbanks Ave
Winter Park, FL 32789
littlebluedonut.com
(407) 575-0103

donuts, handmade fresh for each order. You can even watch as they take them out of the fryer, dip them in icing, and top them, so that they are warm and crispy when you bite into them, every time.

Their unique selection includes some of the best donuts I have ever tasted — Choco-PB-Pretzel, Sriracha Peanut, and three weekly specials (while I visited, they had an eggnog flavored donut)! I also tried the Cinnamon Sugar, Salted Caramel, and S'mores donuts. They have the perfect amount of sweetness and a nice crispy outside with a soft center and smooth, mouth-watering icing. Not only are their donuts and coffee warm, but their atmosphere and location is so cozy and inviting. The decor features a modern-chic/Victorian vibe with a beautiful padded booth that brings the whole room together. You can also book the donut truck for events. All in all, Little Blue Donut Company has my thumbs up and I hope to enjoy years of delicious donuts from their locations.

If you're looking to find awesome, interesting, artisan-style donuts, you don't need to head to New York. Both Little Blue Donut Company and Donut Central & FuelPresso are wonderful places to check out right here in Winter Park.



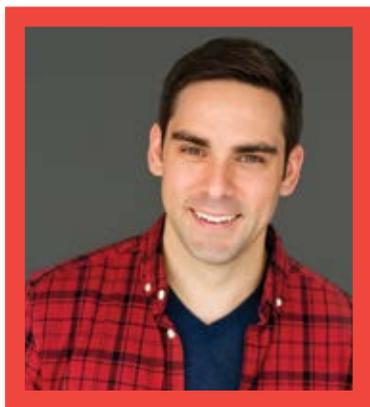
GETTING DOWN TO BUSINESS

This time of year a common practice is to establish some sort of new year's resolution to better yourself. It could be a healthy resolution like going to the gym more often or eating better. Or it could be a self-discovery resolution that helps you better yourself on a mental or spiritual level.

One resolution that doesn't get mentioned too often is one that will help better yourself on a professional level. Either to continue your success, or to help you achieve a goal in your professional life. We reached out to some local business people to get their take on this slightly different, yet important angle on new year's resolutions.



**DON'T MAKE
RESOLUTIONS.
CREATE HABITS.**



"Now that SAK is setting record numbers in attendance and the company is on solid ground, we aim to sharpen our eye on show production value and a smoother ticketing process to enhance the overall guest experience in 2019. Every decision we make as a company results from asking ourselves how we can give our audience a more excellent experience."

CHRIS DINGER
SAK Comedy Lab

These are just a few examples of professional resolutions. Whatever your specific resolution may be, we hope that these business people help motivate you to accomplish them, and more importantly we hope you have a healthy and happy 2019.



"In 2019, I want to continue the growth of Kona while at the same time providing guidance for upcoming chefs in the industry. I want to share my wealth of knowledge and passion for food with someone coming up the ranks who can benefit from it and become an even better chef than myself."

MATTHEW KAESS

Kona Grill



"This coming year, our resolution is to help people empower themselves to live a balanced, pain free life. My goal is to spread awareness of living the best life you can through simple and effective methods that anyone can utilize."

SONDRA THOMPSON

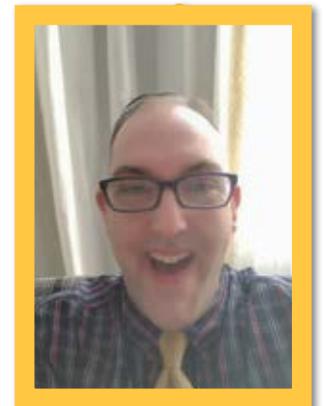
Empower Yoga



"For 2019 we want to continue to promote the message of community. Aloma Bowl has been a staple in the area for 40 years and nothing is more important to us than the people who walk through those doors every day. We want them to feel that Aloma Bowl is an extension of their home."

JENNIFER HALPERN

Aloma Bowling Centers



"In 2019, The Center is looking forward to continuing our mission of education, advocacy, and support of the LGBT+ community in central Florida. We are very excited to unveil a new website in 2019. And we resolve to continue being a safe space for anyone who enters our doors."

GEORGE WALLACE

The Center



"We are always a student, in business and in life. We must always be willing to humble ourselves and leave room to learn & grow. I plan on continuing my education, take more classes versus teaching more classes, and put my own health at the forefront of My Journey operations."

DAISY NONSANT

My Journey Orlando

Girls, we all know that every now and then the time comes for you to ditch your significant other (or your couch) and spend some quality time with your best girlfriends. When the time comes, you want to know that wherever you end up is classy, yet still a ton of fun for you and your friends. Well, I'm here to tell you that right here in the heart of Winter Park are a few fantastic, Girls Night Out **APPROVED** options for you and your besties to make the most of your coveted girls night!

PARK AVENUE

In Winter Park, strolling down the famous Park Avenue is a must for your girl's night. Make it a weekend venture for you and your ladies to try out some of the local bars and restaurants! We highly recommend you start your night by heading over to The Parkview. With its comfy chic atmosphere and fantastic assortment of craft beers and wine, The

Parkview will put you and your ladies on the right track for a fabulous evening.

WINE DOWN WEDNESDAY

Ever heard of Wine Down Wednesdays? Basically, it is a day of the week dedicated to enjoying wine (LOVE).

If you and your girls haven't done a Wine Down night, what are you doing with

your lives? We highly recommend hitting up The Wine Room in Winter Park. With over 156 hand-selected wines available for sampling, you're guaranteed to find one or two wines you and your girls will enjoy while munching on artisanal cheese platters in their cozy and classy atmosphere.

Girls Night Out



WINE ROOM LADIES NIGHT

EVERY WEDNESDAY FROM 6PM-CLOSE THE WINE ROOM WILL MATCH ANY CARD PURCHASE OF \$20 OR MORE! A \$20 CARD WILL GET YOU \$40 IN WINE TASTINGS!



PIZZA & WINE

If you and your girls love eating pizza but you also love drinking wine (obviously), then this is the destination for you! The Wine Barn is a family owned shop located on Fairbanks Avenue in Winter Park. Upon arrival you are welcomed into their wine and pizza wonderland, that includes samples of their wines (with no cork fee!) and their wood fired foods, consisting mostly of pizza and other delightful finger foods.

TASTE OF NOLA

Not into your typical beer and wine? Well, Winter Park has a little taste of Louisiana for you girls looking for more of a southern treat. At Tibby's New Orleans Kitchen located on Aloma Avenue, you're instantly thrust into the vibrant

culture and spirit of New Orleans. Enjoy their elaborate display of art pieces and photography from New Orleans artists, all while taking in the aroma of delicious creole cooking! End your night with one of their famous beignets and you and your girls will be singing with delight.

MOVIES AT CENTRAL PARK

Maybe you and the girls just want to take a break from all the crazy partying and have a nice relaxing movie night. Here in Winter Park, in collaboration with Enzian Theater, movie nights called Popcorn Flicks are hosted in Central Park on the second Thursday of every month. It's free admission, so all you and your girls need to do is show up with a blanket and a few snacks to share.

THE PARKVIEW

407-647-9103
136 S Park Ave, 32789
theparkviewwp.com

THE WINE ROOM

407-260-5497
270 S Park Ave, 32789
thewineroomonline.com

THE WINE BARN

407-599-9463
959 W Fairbanks Ave, 32789
thewinebarn.net

TIBBY'S NEW ORLEANS KITCHEN - WP

407-672-5753
2203 Aloma Ave, 32792
tibbys.com

THE ENZIAN

407-629-0054
1300 S Orlando Ave, 32751
enzian.org

WHY 50

10 EASILY ATTAINABLE RESOLUTIONS

STOP DRINKING ORANGE JUICE IMMEDIATELY AFTER BRUSHING MY TEETH.



SPEND LESS THAN \$1825 FOR COFFEE AT STARBUCKS THIS YEAR.

Start a blog about how I would write more often if I had something important to write... Then only post one blog entry and leave it published for years.



CLAIM ALL MY PETS AS DEPENDENTS ON MY TAXES



Save some money for a rainy day. That way I can shop online instead of having to go to an actual store.



SERIOUS?

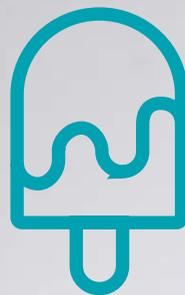
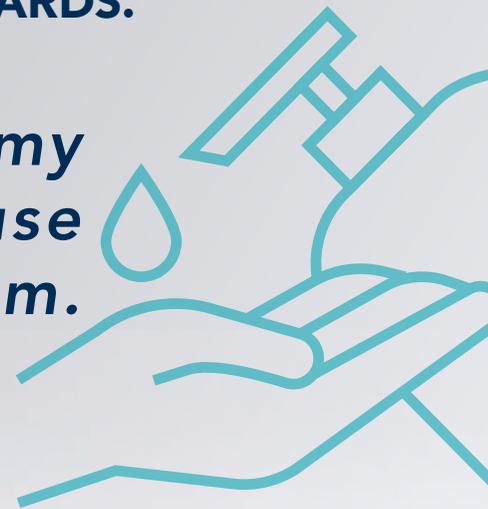


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Start washing my hands after I use the restroom.



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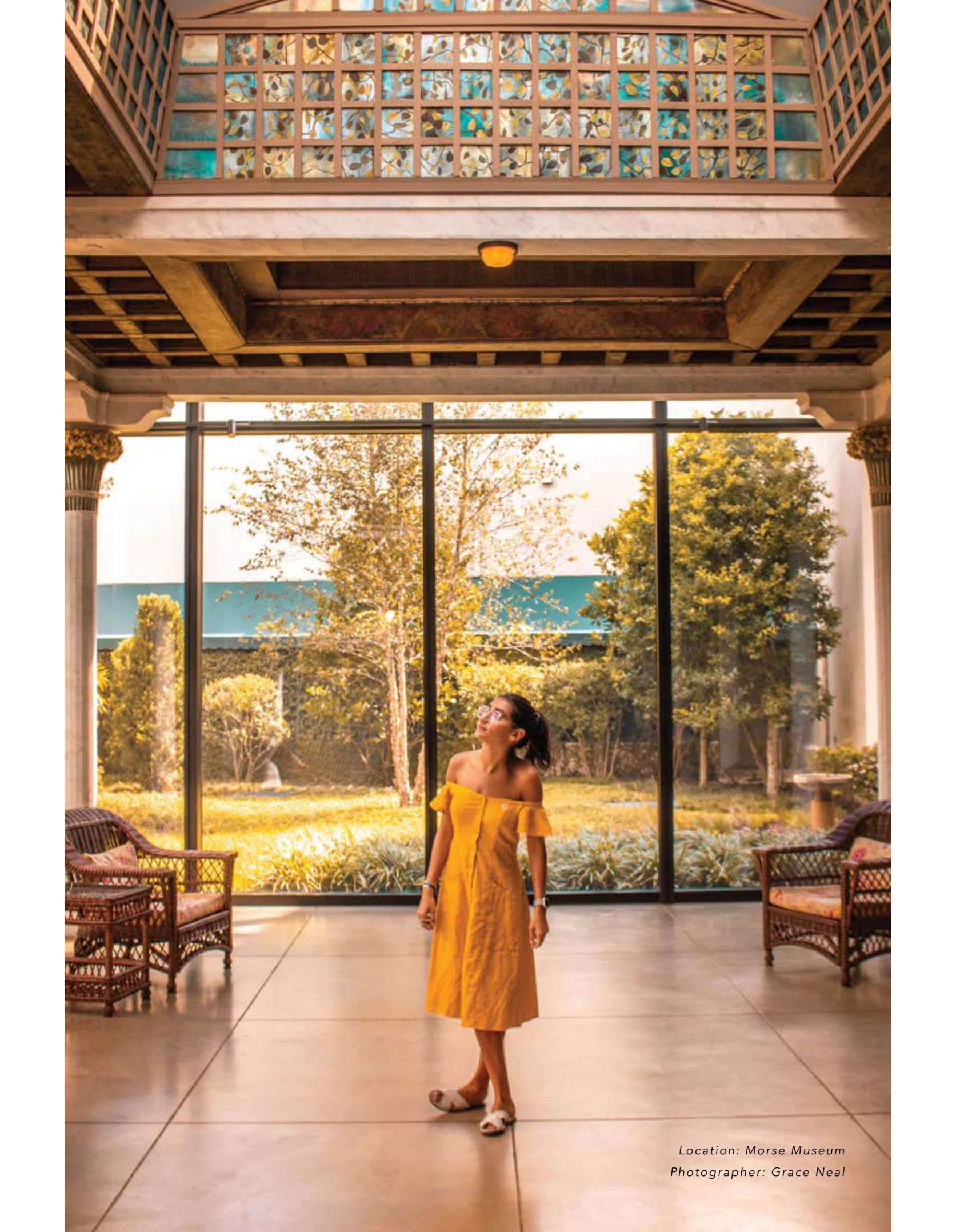
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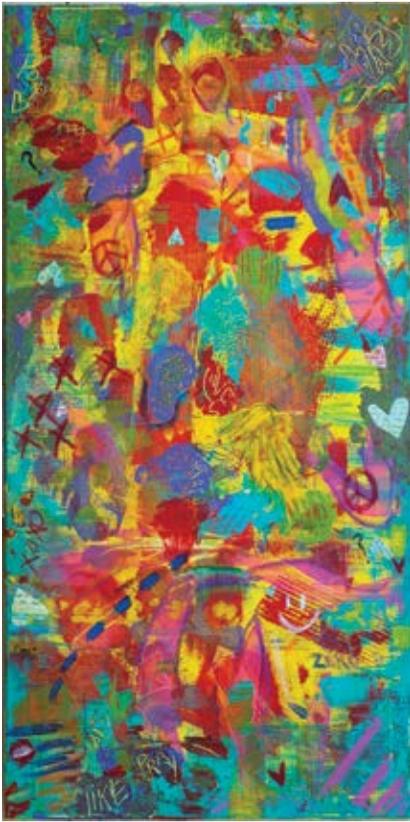


Photographer: Zachary Anderson-Jew

LOCAL ARTISTS

A woman with glasses and her hair in a ponytail, wearing a bright yellow off-the-shoulder dress and white sandals, stands in a sunlit conservatory. She is looking upwards and to the left. The conservatory features a large, multi-paned stained glass skylight with a floral pattern in shades of blue, green, and yellow. The ceiling is supported by dark wooden beams, and a single warm-toned light fixture is visible. Large floor-to-ceiling windows on the right side offer a view of a lush garden with green trees and a blue building in the background. Two wicker armchairs with patterned cushions are positioned on either side of the woman. The floor is made of large, light-colored tiles.

*Location: Morse Museum
Photographer: Grace Neal*



Paintings
Artist: Eva Weingarten



Mural
Artist: Eduardo Smet





Photographer: Brandi Randall



Location: Winter Park, FL
Photographer: Zachary Anderson-Jew



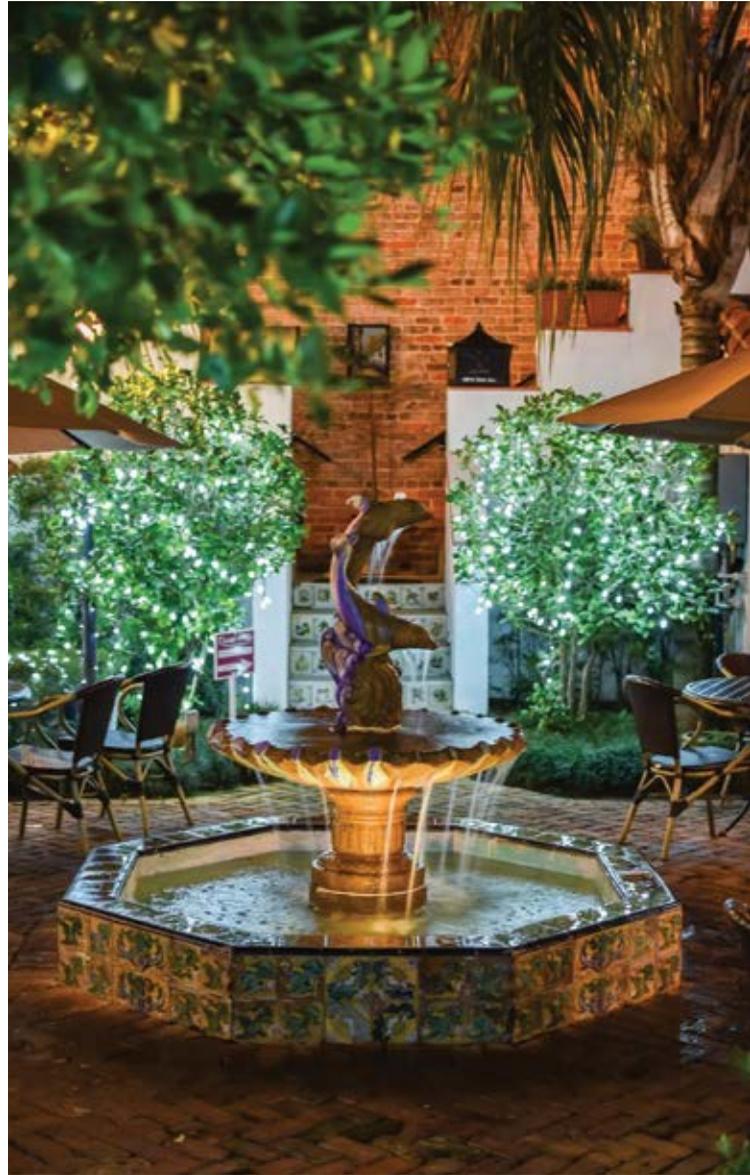
Location: Winter Park, FL
Photographer: Zachary Anderson-Jew

Location: Winter Park, FL
Photographer: Zachary Anderson-Jew





*Location: Winter Park, FL
Photographer: Ben Flores*

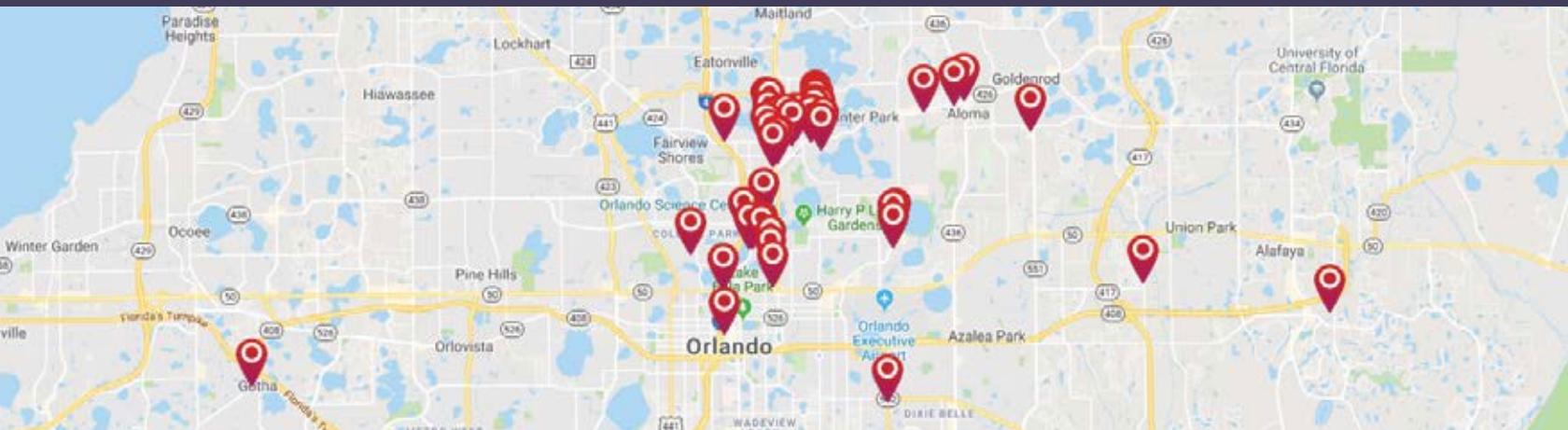


*Location: Winter Park, FL
Photographer: Ben Flores*

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