

FEBRUARY 2019 | VOLUME 2 | ISSUE 2
www.parkavemagazine.com



Park Ave

M A G A Z I N E



VENUE SPOTLIGHT
KONA GRILL

BLACK HISTORY MONTH
UPROOTING WINTER PARK'S RICH HISTORY

FINDING THE BEST
BABYSITTER

VINACCIA
HAIR GODDESS
CLASSY SOPHISTICATED HAIR

\$25 OFF

ANY SERVICE WHEN
YOU MENTION THIS AD





modular glasses

100
BANJOLITOS



CASTLE

ROOFING GROUP

(407) 477-2823 | www.CastleNewRoof.com

SCHEDULE YOUR ESTIMATE ONLINE TODAY!

**BECAUSE YOUR HOME
IS YOUR CASTLE**

YOUR NEW SHINGLE ROOF SPECIALISTS

License: CCC1331562

12



BLACK HISTORY MONTH

FINDING THE BEST
BABYSITTER

20



24



VENUE
SPOTLIGHT:
KONA GRILL

28

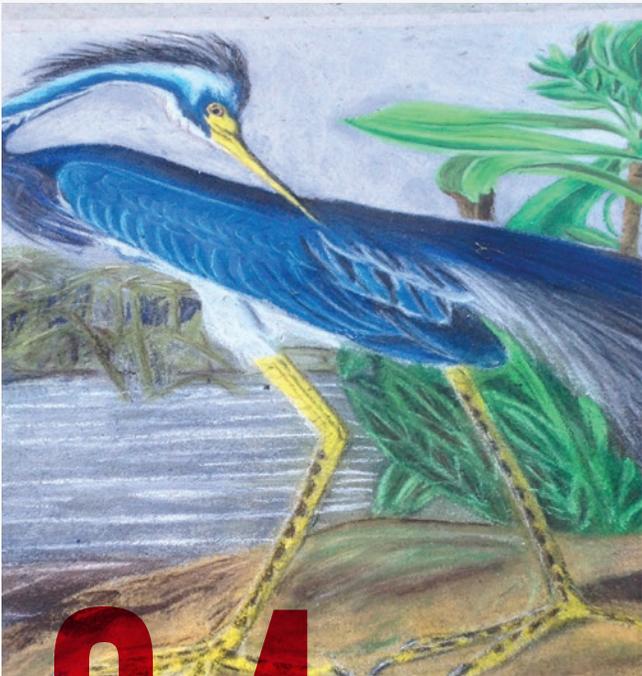


A HEART TO HEART
WITH YOUR HEALTH

30



EAT YOUR HEART OUT



34

CHALK ART





Vol 2 | Issue 2 | February 2019

PUBLISHERS & EDITORS

Alena Benchova



Scott Richards

Jason Flitton

Scott Richards
EDITOR IN CHIEF

Jason Flitton
CREATIVE DIRECTOR

Camille Tyler
ART DIRECTOR

Alexandra Dimovski
DIGITAL MANAGER

Amanda Bendick
ADVERTISING MANAGER

Park Ave Magazine
805 West Fairbanks Avenue
Winter Park, FL 32789
407-951-5341
hello@parkavemag.com
www.ParkAveMagazine.com



CONTRIBUTING WRITERS

Hanif S. Ali

Alexandra Dimovski

Rachel Goldenberg

Fern Goodman

Krista Knauer

Scott Richards

Elizabeth Sanchez

Camille Tyler

CONTRIBUTING PHOTOGRAPHERS

Jessica McCarty-Carvajal

Jennifer Tee

CONTRIBUTING ARTISTS

Emily Brown

Nina Ramos

Copyright 2018 Park Ave Magazine LLC All Rights Reserved. Reproduction of, or use without written permission of the publisher, of editorial, pictorial, or design content in any manner is prohibited. Back Issues can be purchased @ \$10 when available.

Park Ave Magazine assumes no liability or responsibility for any inaccurate, delayed or incomplete information, nor for any actions taken in reliance thereon. The information contained about each individual, event or organization has been provided by such individual, event organizers or organization without verification by us.

The opinion expressed in each article is the opinion of its author and does not necessarily reflect the opinion of Park Ave Magazine Inc. Therefore, Park Ave Magazine Inc. carries no responsibility for the opinion expressed thereon.

LETTER FROM THE

We dedicate the shortest month of the year to focus on a month of love. Coincidence or by design?

As we are gaining some appreciated local traction among readers and local businesses, we take a moment out to present to you our 'Love In The Park' issue. Where we are going to cover a variety of angles on where the corners of Love & Winter Park intersect.

We are also adding a new monthly addition written exclusively for you, the Park Ave Magazine reader. A creative new take on a classic detective concept situated and taking place throughout the streets of Winter Park, FL. Brought to you by a very talented & dedicated writer who we are honored to have join our team.

What does Love mean to you? Is it more than a well-planned reservation on Valentine's Day? Does your heart skip a beat when you think back to your first date with the one you

love? To experiences you have had together? Is it an action or emotion? Or both?

I personally have had many moments of love throughout this city. Many memories that all combine to bring a feeling of warmth to mind. From the first date at 310 restaurant to Sunday brunches at Park Plaza (when it was still there...) to Dexters watching some live music and every dinner at Luma On Park. Even my attempt at ballroom dancing at the YMCA on Lakemont. To movies in the Park at Central Park and every time the Orlando Phil Harmonic is performing, the city of Winter Park always added to the adventures we shared.

It's not just romance love either..but love of all kinds..from friends and family that have come to visit from all over the world and seeing them enjoy something as beautifully simple as the Winter Park Boat Tour, to running the Watermelon Run 5k on July 4th, to even just driving my mother around the cobble stone laid streets in the neighborhood on a beautiful day with the sunroof open and sounds from the 60s playing.

Winter Park has the flavor of love and romance peppered throughout the entire city and I am glad to be a part of it. From early morning walks to the Farmers Market or evening strolls through Rollins College I have been experiencing all this city has to offer. I hope you all will come in to town and enjoy it too.



SCOTT RICHARDS

A handwritten signature in black ink, appearing to read 'Scott Richards', located to the right of a vertical line.



**THE
CENTER**
thecenterorlando.org

**FREE HIV, HEP C & STI SCREENINGS
FREE PREGNANCY TESTS
FREE HEP A & B IMMUNIZATIONS
FREE MENTAL HEALTH COUNSELING
25 SOCIAL AND RECOVERY GROUPS
SENIOR PROGRAMMING**

KISSIMMEE • ORLANDO



Open 7 Days a Week
946. N. Mills Avenue
Orlando, FL 32803
407-228-8272
www.TheCenterOrlando.org



WHOLE ANIMAL BUTCHER & RESTAURANT



local pasture-raised meats, daily changing menu, full-service butchery

728 VIRGINIA DRIVE | 407.598.0700 | ORLANDOMEATS.COM | [@ORLANDOMEATS](https://www.instagram.com/ORLANDOMEATS)

WINTER PARK WINE & DINE

TASTINGS FROM ORLANDO'S TOP RESTAURANTS
CRAFT BEER, WINE, COCKTAILS & ENTERTAINMENT
ONE ALL-INCLUSIVE PRICE | EARLY BIRD TICKETS ON SALE NOW



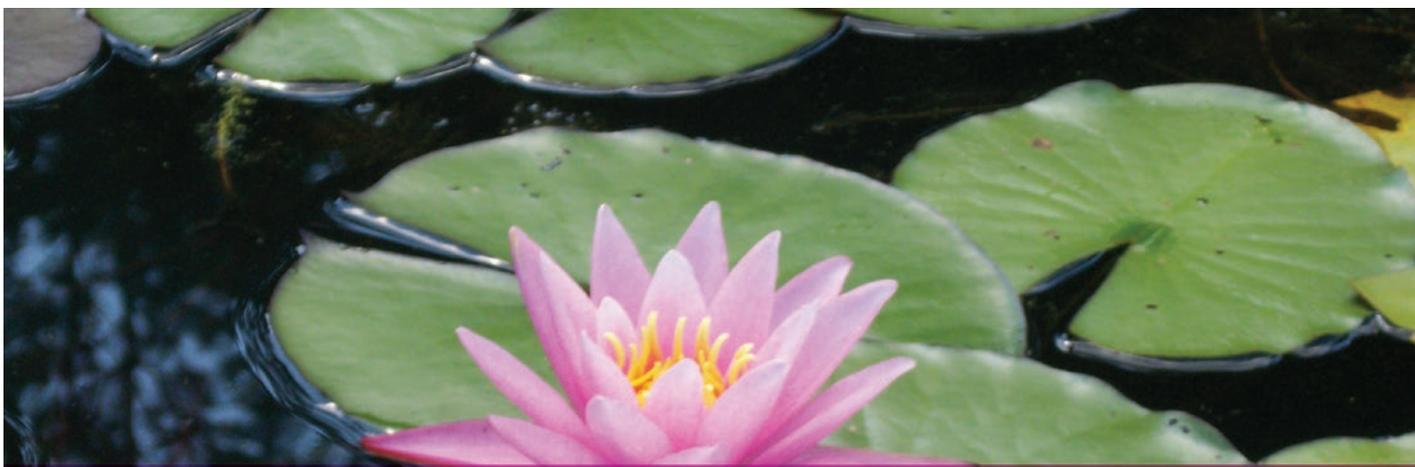
WEDNESDAY MARCH 20, 2019

GET TICKETS @ WPWINEANDDINE.EVENTBRITE.COM



Mercedes-Benz
of Orlando

& WINTER PARK FARMERS MARKET



Rest In Tranquility

Contact Your Pre Need Counselor Specialist **Alena**
Glen Haven Memorial Park - 407.739.6323
2300 Temple Drive - Winter Park, 32789





Date Night

BY KRISTA KNAUER

February is here, and we all know what that means. Valentine's Day has arrived! Whether you love it or feel like it's just a bunch of corporate nonsense, it seems like Valentine's is not limited to just the 14th of February anymore. The whole month has become a celebration of love in all forms: romantic, familial, platonic, and self. In the spirit of Saint Valentine, you might be wanting to get out and mix it up with something new. Need some fresh ideas? Our dating and nightlife experts at Park Ave Magazine have a few suggestions for you!

MAKE SOMETHING

If you're looking for a creative, activity-based date, head on over to **All Fired Up**, located at 229 W. Fairbanks Avenue. At All Fired Up "Winter Park's Original Paint-it-Yourself Pottery Studio". All Fired Up takes walk-ins only, so there is no need for an appointment. You and your date can walk in, pick a plate, cup, or other ceramic piece (which vary in price), get any instructions from the teachers, and get artsy with the ceramic paints. When you are finished with your masterpiece, leave it with the staff and it will be glazed, fired and ready to be picked up in a week. Prices range from \$10 to \$150 with most pieces around \$25. Creating a custom pottery piece is a creative, affordable date night idea that is perfect for any couple. Plus, there is nothing like spending quality time being creative while enjoying the atmosphere of a local gem.



SAMPLE WINE, BEER, & LIQUOR

If you and your date are of legal age, then head on over to **The Wine Room** to sample a wide variety of wines. Located at 270 S. Park Ave., The Wine Room lets you purchase a tasting card for \$3. The Tasting Card acts as a debit card - you load it up with any amount you choose, then take it over to the tasting machine where you can sample from the 100+ wines. Or if you're into beer and liquor, then head on over to the old State Auto Body building, located at 1288 N. Orange Ave. Sample flights of craft beer and liquor at **The Brewstillery**, with beer from **Bear and Peacock Brewery**, and liquor from the **Winter Park Distilling Company**. Sampling the local flavors can bring the wild romantic out in anyone.

WATCH A MOVIE AWAY FROM YOUR COUCH

On the second Tuesday of each month, you can watch a free outdoor film in Central Park, sponsored by the **Enzian**. On February 7th, they are showing Roman Holiday, the classic 1953 romance film starring Audrey Hepburn. Starting at 7:00 pm, bring a blanket and maybe a picnic, and enjoy the feel-good movie with whomever you like.

LAUGH OUT LOUD

The first few date nights can be stressful and intimidating. Do they like me? Are we moving too fast? How can I find affordable date ideas? You can make these worries disappear with a date night at an improv comedy show. Improv comedy shows make for great first dates- the laughter and furious jokes dispel any stress or fear that you have and it's a great way to have a memorable experience. The **AdLib Theatre** in Winter Park, located on 200 N Denning Drive, Suite 1, hosts weekly improv performances such as Saturday Nights at AdLib Theatre. Tickets are \$7 in advance and \$8 at the door.

EXPLORE THE ART SCENE

With several galleries and museums in town, art is never too hard to find. For art historians, you can visit the **Albin Polasek Museum and Sculpture Gardens** at 633 Osceola Ave. to learn about the artist and his life. They are open Tuesday through Sunday (with limited hours on Sundays). Tickets for adults are \$10, senior citizens and college students are \$8, K-12 students are \$3, and children under 4 are free. Here are several other museums and galleries in Winter Park that you can visit with your date:

The **Charles Hosmer Morse Museum of American Art**, 445 N. Park Ave., features a large collection of Louis Comfort Tiffany glass. Tickets are \$6 per person, except for free admission on Fridays November through April.

The **Cornell Fine Arts Museum**, located on the campus of Rollins College at 1000 Holt Ave., is always hosting a variety of artwork and exhibitions. Admission is always free.

Or if you feel like seeing the latest trends in art, head on over to **Ocean Blue Galleries** (202 N. Park Ave.) or the **Scott Laurent Collection** (348 N. Park Ave.). Both are conveniently located off Park Ave., and open to the public to view wonderful awe-inspiring works.

There are endless date night options in Winter Park, and unfortunately we couldn't feature all of the wonderful places and events. Hopefully, we've given you a few fresh new date night ideas for your love-filled February that will leave you with wonderful, life-long memories here in our beautiful town. Decided to take us up on any of these suggestions? Be sure to take a picture and tag us on Facebook at Park Ave Magazine!



PEACOCK PARTY

BY CAMILLE TYLER

WINTER PARK PEACOCK HISTORY

Former president of Rollins College, Hugh McKean, and Jeannette McKean, granddaughter of Charles Morse and founder of the Morse Museum, brought the first peacock to Winter Park in 1950. One bird then became two birds, and the birds were moved to the Windsong estate, property Jeanette inherited. The McKeans eventually moved to the Windsong estate and made it open to the public. Between 1960 and 1970 the peacock population sprouted into the hundreds! In 2004, the Winter Park City Commission chose the peacock for its new city seal. Clarissa Howard, director of communication for Winter Park, said the peacock is a bird of pride, and the seal represents Winter Park because the residents and city staff are proud of their city.

"PEACOCKS" ARE MALE

The collective term for these birds is "peafowl." The males are "peacocks" and the females are "peahens." The babies are called "peachicks."

BEHAVIOR

Peacocks are social birds and love interacting with humans by exhibiting attachment towards them. However, these birds can be quite aggressive and do not approve the entry of stranger or even new peafowl in their territory.

You can also find wild peacocks playing games. Peachicks tend to chase one another around a bush by bending their heads down and holding their necks parallel to the earth. While playing, peacocks always follow one direction, i.e., clockwise. They love to play under the sunlight.

Peacocks create their nests on the ground and perch on the treetops.

WHEN DO THEY GET THEIR FEATHERS?

The male peachicks don't start growing their showy trains until about age three. At around six months, the males will begin to change color.

WHAT MAKES PEACOCK FEATHERS SO MAGNIFICENT?

Microscopic "crystal-like structures" on their feathers reflect different wavelengths of light depending on how they're spaced, resulting in bright fluorescent colors.

LIFESPAN

The lifespan of peacocks in the wild is 15 to 20 years. However, peacocks in captivity can live up to 40 years.

COLLECTING FEATHERS

Luckily, peacocks shed their train every year after mating season, so the feathers can be gathered and sold without the birds coming to any harm.

CAN THEY FLY?

A peacock's tail feathers can reach up to six feet long and make up about 60 percent of its body length. Despite these odd proportions, the bird flies at speeds up to 10mph, but not very far.

WHAT DO PEACOCKS EAT?

Peacocks are omnivorous birds, eating mainly plants, fruits, seeds, small insects, and garden scraps. Grains are the most common snack for peacocks. Peacocks also eat small reptiles, such as young cobra snakes, amphibians, and chicken.

WHAT DO PEACOCKS EAT?

Peacocks are omnivorous birds, eating mainly plants, fruits, seeds, small insects, and garden scraps. Grains are the most common snack for peacocks. Peacocks also eat small reptiles, such as young cobra snakes, amphibians, and chicken.



CULTURAL AND RELIGIOUS IMPORTANCE OF PEACOCKS

Hinduism: Peacocks symbolize compassion, benevolence, knowledge, and kindness. They consider peafowl sacred, and the spots on its tail tend to symbolize the eyes of Gods.

Greek and Roman mythologies: Goddess Hera is associated with peacocks.

Babylonians: peacocks are a symbol of guardians.

Christianity: The bird represents everlasting life

A FAMILY OF PEAFOWL IS CALLED A "BEVY"

A group of the birds is also sometimes called an "ostentation," a "muster," or even a "party." - (Talk about party fowl)

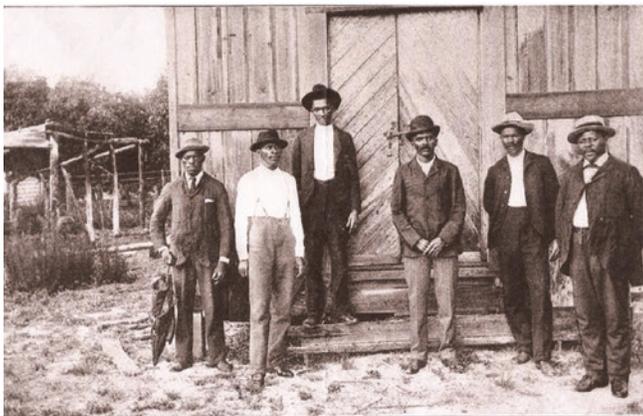
SNAKE CHASERS!

Peacocks are aggressive when it comes to snakes. They prey on young snakes, including the poisonous ones, and do not let snakes enter their territory. Peacocks can chase snakes at a speed up to 10 mph.

HOW DOES A PEACOCK SOUND?

One of the loudest creatures, peacocks make screeching sounds that are not pleasant. During the rainy season (or as we call it in Florida, summer), these birds make a meowing sound indicating that it's going to rain. A peafowl can make 11 different calls. They love to call out in the early mornings and late evenings as a means of interacting with one another.

The African American neighborhood of Winter Park has its rich cultural roots – it’s as deep and alive as the oldest tree on Park Ave. Like an aged tree, it has a strong foundation, persisted in trying eras, and has withstood the test of time. In celebration of Black History Month this February, explore the culture and history behind Orlando’s most culturally diverse neighborhoods - Winter Park and Eatonville. From the Civil War Era to Civil Rights and Obama, these neighborhoods, streets and trees hold a collection of stories and memories from days past. These historic landmarks include museums, heritage and cultural centers, memorials and places of worship. They are a revered spot in the local community, although they don’t get nearly as much recognition as other areas of Winter Park. For those that have grown up in these neighborhoods, they hold a strong place in the heart. In recognition of Black History Month, Park Ave Magazine wanted to do a special feature on this historic community. If you are not an Orlando native or have yet to visit these landmarks, there is plenty to discover.



THE EATONVILLE NEIGHBORHOOD

Located north of Orlando and nestled between Maitland and Winter Park, the town of Eatonville is an epicenter for African American heritage. Eatonville was one of the first all-black towns that were assembled after the Emancipation Proclamation. Just look to the city neighbor on our west and you will enter the Eatonville National Historic District.

Eatonville is an epicenter for heritage and culture, as it was one of the first all-black towns. It is one of many communities established and founded by African Americans. The small town was also the first all-black town to become incorporated in 1887 with an all-African American government. Between 1880 and 1930, hundreds of these communities flourished in the South. The 230-

acre historical district includes 48 buildings constructed between 1882 and 1946. Eatonville is one of the few of these communities that have survived which made it an exception, especially with a population of 2,200.

ZORA NEALE HURSTON NATIONAL MUSEUM OF FINE ARTS

227 E Kennedy Blvd, Eatonville, FL 32751

One of its oldest and most historic buildings is the Zora Neale Hurston National Museum of Fine Arts (The Hurston). The museum is located at the corner of East Kennedy Boulevard and College Avenue in Eatonville. Since 1990, the Zora Neale Hurston National Museum of Fine Arts has been displaying works of art. The art features African ancestry, which is presented by various artist exhibitions. To visit, The Hurston offers group tours to those who want to discover historic Eatonville. Tours require a fee and are booked by reservation.

THE FAMOUS FIGURE BEHIND THE MUSEUM - ZORA NEALE HURSTON

Eatonville’s most notable landmark was named in memory of Zora Neale Hurston (1891-1960). Zora was born in 1891 in Notasulga, Alabama but she moved with her family to Eatonville when the time came. She was a gifted writer and cultural anthropologist. Zora is noted and remembered most for her work as a writer, and played a key role in the Harlem Renaissance of the 1920s. Her most notable work was the novel “Their Eyes Were Watching God”

Unfortunately, Zora died in poverty and obscurity in Fort Pierce, FL. However, novelist Alice Walker uncovered Zora’s work in 1975, and brought it to the level of notoriety that it is today. Zora’s work now provides inspiration for future generations of writers. Present day, Zora is widely regarded as the most significant interpreter of southern, rural African-American life during the 1920s and 1930s.

During the last week of January, the Association to Preserve Eatonville Community, Inc. (P.E.C.) presents the Zora Neale Hurston Festival of the Arts and Humanities (ZORA! Festival). The ZORA! Festival celebrates her life and work, her hometown, and her contributions to the African American Community. The festival offers a street festival, traditional foods, vendors, music, children’s activities and educational forums.

*“There are years
that ask questions
and years that
answer.”*

ZORA NEALE HURSTON,
THEIR EYES WERE WATCHING GOD



BY ALEX DIMOVSKI

BLACK HISTORY MONTH

UPROOTING WINTER PARK'S RICH HISTORY

"Every community, every family has a history and a heritage, it simply does not matter if you are a fifth-generation Central Floridian or if your family moved here last year from Puerto Rico. The more diverse and multi-cultural our American society gets, the more important it is for us to appreciate and celebrate our own and others' culture and heritage."

**PETER SCHREYER,
FOUNDER OF THE HERITAGE CENTER AND CREALDÉ EXECUTIVE DIRECTOR,
DURING THE DEDICATION OF THE NEW FACILITY ON APRIL 28, 2007**

BLACK



MONTH

**A CELEBRATION
OF DIVERSITY
& CULTURE**

FEBRUARY 2019

HANNIBAL SQUARE HERITAGE CENTER

642 W New England Ave, Winter Park, FL 32789

Tucked away on New England Ave is the Hannibal Square Heritage Center. The center was established in 2007 by the Crealdé School of Art and in partnership with the residents of Winter Park and the Hannibal Square Community. The Hannibal Square Heritage Center is a major landmark of Winter Park's historic African American community. The center features historic art exhibitions, art classes, and educational resources.

Its most notable exhibit is the award-winning Heritage Collection; Photographs and Oral Histories of West Winter Park. The exhibition is a permanent feature of the center and features over 100 framed, archived pieces that capture the day-to-day lives of The African-American Community of Winter Park during the 20th century. Its current exhibition is Vibrant Vision: African Diaspora & African American Artists' Works from the Jonathan Green and Richard Weedman Collection. This exhibition is a 26-piece selection of work from African American artists such as Clementine Hunter, Elizabeth Catlett, Hale Woodruff, Romare Howard Bearden and more.

MOUNT MORIAH CHURCH

421 S Pennsylvania Ave, Winter Park, FL 32789

Located near the Hannibal Square town center, The Mount Moriah Church in Winter Park is an integral part of the community. Mount Moriah Church is also one of the oldest churches in Winter Park. It was founded in 1886 and was the first black Baptist church organized in Winter Park, FL. The congregation was originally held at the home of founder Reverend Charles and Mrs. Missouri Ambrose. In 1912, the church purchased a plot of land at the corner of West Lyman and Pennsylvania Ave from Charles and Helen Morse of Chicago. That plot of land is now where the present day church is.

WARD CHAPEL AME CHURCH

160 S Pennsylvania Ave, Winter Park, FL 32789

Take a drive down Pennsylvania Ave past The COOP and you will get to Ward Chapel African Methodist Episcopal (AME) Church in Winter Park. Like Mount Moriah, Ward Chapel is also a historic landmark for the African-American community in Winter Park. It was founded in 1893 by Reverend T.M.D. Ward. However, the church we know today didn't exist until 1929 when

Reverent J.E. Fobb purchased a property at the corner of Pennsylvania and Welbourne Avenue. Prior to that, the church was a simple wooden structure.

SHADY PARK

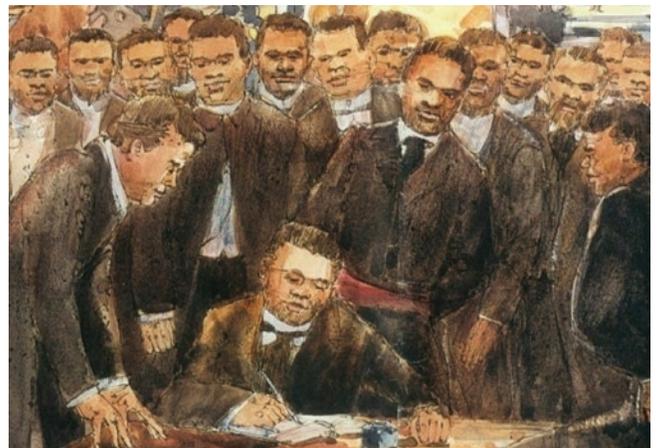
721 W New England Ave, Winter Park, FL 32789

Hannibal Squares Shady Park offers a nice bit of greenery from the brick streets and the tight-knit roads. It is a place where Winter Park residents bring their children, walk their dogs and have picnics. Even Shady Park presents a bit of history to its residents. On the edge of the park, there is an obelisk that was unveiled to the community at a Martin Luther King Jr. Celebration in Winter Park in 2002. The plaque declares:

"From one generation to another, grandparents and great grandparents who lived in this West Winter Park community refused to allow the thread that makes up the Hannibal Square tapestry to be worn away. These storytellers - past and present are helping to pass on Hannibal Square's rich history."

IN MEMORY OF THOSE WHO'VE WALKED THESE ROADS

Framed by Spanish moss, palm trees, and villa style homes, the historic African American communities in Winter Park and Eatonville are a gem. There is over a century worth of history, memories, notable figures, culture, heritage and movements. These historic neighborhoods deserve more recognition in the larger Orlando community. What makes the historic African American neighborhoods so unique is that they have thrived and persevered over the course of a century. Today, they have developed into proud, tightknit communities. These landmarks, museums and cultural centers are open every day and are perfect places to visit on your next weekend staycation or educational field trip.



LOVE in The PARK

BY RACHEL GOLDENBERG



Picture the scene in your favorite romantic comedy, you know the one, where the couple is running towards each other, then meeting finally, on the sidewalk, near the street corner, in the garden, in the middle of a park. Park Avenue has all of it, all that is missing is you and your love this February. The rose garden is flourishing, the walkways are filled with chocolate shops and coffee shops.

Romantic restaurants are inescapable, as the street is lined with them on both sides. Some of the best date night restaurants include Prato, a unique menu every day with a fun atmosphere and amazing dishes, Bosphorous, a must-try favorite with shareable Turkish dishes that you would be hard pressed to find elsewhere, Umi is a good mix of ramen, sushi, and other Japanese dishes with a nice atmosphere right at the start of Park Avenue, and Boca, has a rustic interior with delicious American traditional comfort food with a twist, the menu is all farm to table with an emphasis on more local food, perfect for the more sustainable Valentine's night out.

But restaurants are not all that Park Ave has to offer. A walk through the garden and a kiss on the bench is an idyllic reality that Park Avenue so naturally facilitates. As well as even more exciting romantic outings such as a boat tour through the chain of lakes, which is a must have adventure for any Winter Park visitor or native. For only \$14 a person, to be able to tour through beautiful landscapes as well as admire the gorgeous traditional homes of Winter Park is a beautiful opportunity offered year-round.

Just down the road from Park Avenue is Leu Gardens - a local treasure. Leu Gardens will

"I RECOMMEND MAKING THE MOST OUT OF YOUR LIMITED TIME TOGETHER. WHEN YOU ARE ABLE TO CARVE OUT THOSE MOMENTS, DEDICATE 100% OF YOUR ATTENTION ON JUST THE TWO OF YOU. ALSO, MAKE SURE TO FEED YOUR SIGNIFICANT OTHER -ALWAYS DO THAT!"

**CHEF MARIANO VEGEL
BULLA GASTROBAR**



be offering a Valentine's Day concert in the garden, tickets are only \$15 and picnicking is strongly encouraged.

If you and your love are more of the artsy-type, Winter Park is also a hub for art and culture. The Orlando Museum of Art, the Cornell Fine Arts Museum, the Charles Hosmer Morse Museum of American Art, the Albin Polasek Museum and Sculpture Garden, and the Casa Feliz Historic Home, are all directly in the Winter Park area and offer wonderful exhibits to mull though and explore hand-in-hand.

And if you don't want the night to end, there are ways to make that happen on Park Avenue. The Wine Room has a cozy atmosphere to be with your significant other and enjoy a glass or 2 of some amazing curated wine from all over the world. For a more upbeat night you can try out Park Social, a speakeasy right on the avenue!

Love blossoms on Park Avenue - it's in the air, it's in the sunshine as it bathes the brick roads at golden hour, and it's in the people that make it everything that it is. Enjoy this month of love in the park.

Go ahead,
make
someone's day.



NOTHING bundt CAKES®

Winter Park

Across From The Winter Park Village

415 N Orlando Ave, Suite 101 • Winter Park, FL 32789

(407) 628-4001 • NothingBundtCakes.com

LEGENDARY **HAPPY HOUR** FOOD IS BACK!
EPIC **HAPPY HOUR** COCKTAILS®



110 Orlando Ave #12
Winter Park, FL 32789
(407) 900-0100

KONA GRILL
kitchen • sushi • cocktails

\$5

- CHEESEBURGER SLIDERS*
- MARGHERITA FLATBREAD
- BBQ CHICKEN FLATBREAD*
- PEPPERONI FLATBREAD
- FISH TACOS*
- POTSTICKERS**
- AVOCADO EGG ROLLS

- CRUNCHY SPICY TUNA ROLL**
- CRAB CRUNCH ROLL**
- SPICY TUNA ROLL**
- WAVE ROLL**
- COCONUT SHRIMP ROLL**
- CALIFORNIA ROLL**
- ATLANTIC ROLL*
- LAS VEGAS ROLL**
- YAMADA ROLL**
- SPICY SHRIMP TEMPURA**
- CHICKEN & SHRIMP LETTUCE WRAPS**
- KONA CALAMARI**
- CHICKEN SATAY*

M-F 4p-5p only

\$1

HOUSE MARGARITA
frozen or on the rocks

\$2

DOMESTIC DRAFTS

\$4

IMPORTS & CRAFT BEER

SAKÉ BOMBER

kirin ichiban or kirin light • ozeki saké go

\$5

HOUSE MARGARITA

frozen or on the rocks

MULES

moscow | london | kentucky
stolichnaya vodka • the botanist gin • jim beam bourbon

MOJITOS

raspberry | sparkling saké | classic
cruzan light rum, fresh mint, lime

SOBIESKI MARTINI

sobieski vodka, dry vermouth

SAKÉ SANGRIA

awa yuki sparkling, lychee, raspberry, orange, lime

BLOODY MARY*

sobieski vodka, goslings ginger beer, soy sauce, togarashi rim

RED SANGRIA

bogle merlot, hibiscus, lychee, raspberry, orange, lime

OZEKI BOTTLED SAKÉ

dry or nigori

SELECT WINES BY THE GLASS

\$5

HAPPIER, LONGER, BETTER!

monday - friday 2p - 7p
monday - saturday 9p - close⁹
sunday all day

available in the bar, patio & lounge area only

*Item contains seeds or nuts. **Item contains shellfish

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness; contains (or may contain) raw or undercooked ingredients

WINTER PARK

Weddings

BY ELIZABETH SANCHEZ

February is not only the month of love, but according to the Association of Bridal Consultants, it is also national wedding month. To be clear, February wasn't given this title because of the number of weddings held during this month, but because of all of the proposals, wedding planning, and wedding shows that happen. It's like New York fashion week but wedding themed and for an entire month! So, for all of you who have just gotten engaged, or are about to be engaged (surprise!), there is no time like the present to get started on your wedding planning.

WEDDING LOCATIONS

While Winter Park is famous for many "go-to" romantic destinations and historic landmarks, what you might not know is how many locations for weddings there truly are! Yes, Winter Park has it all to offer whatever your style for wedding be it traditional, bohemian, back yard or garden.

KRAFT AZALEA GARDEN

Locals know it as Winter Park's secret garden, shaded by its enormous cypress trees that give it an older more historic look, which is perfect for you if you'd like a smaller more intimate wedding. Along with its beautiful trees, the garden over looks Lake Maitland, setting up a beautiful sunset backdrop for you to say your "I Do's".

CASA FELIZ

This beautiful whitewashed century old brick building with original Spanish roof tiling, will take your breath away. Casa Feliz is a restored, award-winning Spanish farm house lodged in the heart of Winter Park. Due to its restoration, the house has so many unique textures that will make you feel like you've stepped back in time. It's perfect for those of you looking to have a more bohemian or tropical theme to your wedding.

THE GARDEN VILLA

If you are looking for the garden wedding of your dreams, then look no further than The Garden Villa. With its lush gardens and expansive grassy lawn blooming with full trees and flowers you'll be sure to swoon upon entry alone. Not only do they offer you a garden wonderland but also a beautiful stone terrace for you and your guests to dance under the stars.

THE CAPEN HOUSE

The Capen House is located on the perfectly pristine grounds of the Sculpture Gardens and Albin Polasek Museum. Capen House is decorated with vintage light fixtures, original 1885 heart pine wood floors and an indoor veranda overlooking Lake Osceola. This venue is perfect for anyone with a dream for a cozy southern backyard wedding.





WEDDING DRESSES

Once you've figured out your dream wedding location, it is imperative the bride finds the dress of her dreams. Because let's be real here, the bride's dress is the main event everyone will be ogling over. Unfortunately, there is no fairy godmother here that can magically make the dress of your dreams into reality, but Winter Park does offer some fantastic dress shops that will make you feel like a true princess.

THE COLLECTION BRIDAL

Located on the iconic Park Ave here in Winter Park, The Collection Bridal is your one stop shop for everything bridal. Being in business for over 33 years, their owner and founder Millie Harris ensures you'll have nothing but the best experience that will make you feel like a Collection Bride, especially with dresses fitting for a wide range in budget and designers ranging from Monique Lhuillier, Vera Wang, Carolina Herrera and many more. The Collection Bride has also been featured in Brides Magazine twice for landing its place on the "Top 50 Best Bridal Salons in America" along with winning the pick of best of weddings for The Knot once in 2015 and again in 2018. It's safe to say, with their experience and expertise it'll be impossible for you not to find the dress of your dreams.

SOMETHING NEW BRIDAL BOUTIQUE

Located on New England Ave, this bridal shop was born out of something old and made new. From the outside upon site, it's like stepping into a romantic Italian setting. Surrounded by lush trees and beautiful Spanish detail, it'll be hard to ever want to leave their front patio. Though, once you enter their shop, you will be dazzled by all of the beautiful dresses. Their motto is: "one-at-a-time brides with one-of-a-kind wedding dresses". Meaning, they truly care for what your needs and wishes are when you are going through the process of finding your wedding gown. With options for your boho brides like Yolancris or for your more modern bride,

Eve of Milacly. Something New Bridal has also been adorned with multiple bridal awards from best of weddings 2018 from the Knot and for three years in a row winning Couples Choice Awards from Wedding Wire. Know that when choosing to shop for your gown at Something New Bridal Boutique you'll be in very capable hands.

THE BRIDAL FINERY

Co-founded by two incredible women Tali Gallo and Roberta Noronha who, have a combined experience for working with top designers like Ines Di Santo and Vera Wang, and also understand the struggle of finding the right dress. Know that when you walk into The Bridal Finery you are walking into a luxury bridal experience. This place is for the modern fashion forward bride with dresses sampled from the runway coveted designers like Berta, Christian Dior, Oscar De La Renta (swoon) and many more, you are sure they'll only have the best of the best in their arsenal.

As you and your partner go on to plan your special day and you both feel the surging charge of excitement and love (or even if you are just a hopeless romantic preparing for your potential future wedding dreams) we hope you keep these wonderful places here in Winter Park in mind.

FINDING THE BEST BABYSITTER ON THE BLOCK

BY ALEXANDRA DIMOVSKI

Your little ones are the sun to your solar system- your life revolves around them. We get it: you're tired, overworked and a scary monster if you don't have your coffee in the morning. You've been so busy you don't remember the last time you got that *bow chicka wow wow*. On a serious note, it's easy to let your relationship with your partner slip through the cracks, especially with the day to day routine with kids and work. You are not alone, as this is quite common for busy parents. Studies have found that date nights are important for marriage and increase the success and longevity of relationships. The challenge is finding a sitter for date night that has killer dance moves and can get your kid to chill out. Here are a few tips to find the perfect baby sitter:



INTERVIEW QUESTIONS

GENERAL

How long have you been babysitting?

Are you ever available on short notice?

Do you have reliable transportation?

Do you have experience caring for children of [X] age?

What activities do you like to do with kids?

How comfortable are you enforcing household rules?

How do you typically deal with behavior issues?

This is a [screen-free/sugar-free/dairy-free/pet-friendly/non-smoking/etc.] home. Are you comfortable with that?

What's your favorite thing about babysitting?

What do you look for in an employer?

What do you find most challenging about caring for children?

Have you taken any child care or safety classes? If so, may I see copies of your certifications?

Would you be willing to submit to a background check?

1. PUT ASIDE ANY RESERVATIONS ON PRICE

For those frugal minded parents, the idea of forking over money for a sitter can feel like the end of the world. It may feel like a mini stroke every time you open your wallet but think of the value that you are getting out of it. A date night with your partner will strengthen your connection, rekindle the fires of romance, and you'll finally get some of that *bow chicka wow wow* you've been missing out on for the past couple months.

It must be a proper date though – getting Uber Eats in your pajamas does not count. If you insist on saving money on a sitter, ask your parents or in-laws if they can watch the little nuggets.

2. MAKE YOUR SEARCH EASY WITH APPS AND WEBSITES

Many parents hire babysitters via word of mouth or personal connections. However, you might not have anyone in your immediate network that is reliable or available for the job. Lucky for you, we live in a golden age of technology. There are plenty of websites and apps that are like Tinder for finding a sitter. Sites like Care.com or apps like Sittercity have profiles of sitters in your area, complete with reviews and photos. You'll feel better viewing a profile than browsing through shady Craigslist posts.

3. INTERVIEW EVERY POTENTIAL SITTER

A babysitter is another job, like a doctor or electrician. Don't skip out on vetting the individual who is going to be watching over your mini-me's while you are gone. You want to find someone you can trust with your precious cargo. Ask for a list of references for every sitter that you potentially hire. When you meet the sitter, go over a list of questions about their skills, background, and personal ethics.

Basic interview questions – If you don't know what questions to ask, here is an interview template provided by Care.com

4. ASK YOUR POTENTIAL SITTER ABOUT SAFETY

God forbid a fire starts while you're gone, or your kid is choking on a dinosaur nugget. You'll want to make sure your sitter is equipped to handle it. Make sure your sitter is capable of looking out for your child's physical safety. Part of the interview process should be vetting them about their experience with safety:

The BARBERFUND

HELPING THOSE LIVING WITH CANCER

save
the date
**SUNDAY
MARCH
10TH**

Everyone wants to know what's in
TWEKA's BAG or Pocketbook



2nd Annual

SATCHEL SOIREE

a Barber Fundraiser

**BAGS FULL OF GOODIES FOR
YOUR AUCTIONING PLEASURE
RAFFLES AND A SHOW!**

**3-7PM
AUCTION 4:20PM
HOSTED BY BLUE STAR**

THE VENUE - 511 VIRGINIA DR. ORLANDO FL 32803



INTERVIEW QUESTIONS

SAFETY

Do you have safety training in CPR, First Aid or water safety? If so, can you provide your certification?

Are you aware of the current recommendations for safe sleep and preventing SIDS?

Are you familiar with the foods that cause choking and how those foods should be prepared?

Have you ever had to handle an emergency while on the job? What did you do?

How long have you been driving, and do you have a clean driving record?

Are you comfortable using and installing car seats?

RED FLAGS

Forgets about an interview

Doesn't return calls or emails to schedule the interview in a timely manner

Shows up late

Speaks negatively of past clients or children they've cared for

Seems unwilling to perform the basic functions of the job

Seems distracted or unenthusiastic

5. LOOK OUT FOR RED FLAGS IN A POTENTIAL BABYSITTER

Some parents make the mistake of overlooking how important it is to get a good babysitter. Finding a babysitter is more than just getting someone to “watch your kids for a few hours”. This individual is going to be watching your life’s blood while you are gone. Are you going to let a perfect stranger do that? Hells to the NO.

6. DO A KID TEST

A potential sitter might pass your interview with flying colors – but is she going to be good with your children? Do a trial run to make sure that the sitter handles your kids well. Do you like their style? Their teaching skills? The way they may discipline? How do your kids connect with the individual? Are they a “Flat Earther”? Kidding on that last one....

7. DON'T WAIT UNTIL THE LAST MINUTE

This is for those last-minute moms and dads aka “Master Procrastinator”. You know who you are! If you don’t already have a babysitter chosen, set aside some time to search. It might take awhile to find the right fit.

8. HAVE A BACKUP SITTER

On the off chance that your first-choice babysitter is not available get a backup sitter in your contact list.

Now, go have a head-over-heels, romance novel-worthy date with your partner. You did the work and found the perfect sitter to watch your kids. Now the fun begins - the “adult fun” that is. Time to swap out the capri-sun packs for a glass of chardonnay. What better way to start off the evening than dinner at that amazing restaurant on Park Ave with that delicious food you love? Go ahead and spoil yourselves mom and dad, you deserve it!

BY HANIF S ALI



KONA GRILL

You walk past the fiery heat lamps on the patio, and your eye can't ignore the flashes of licking flames from the kitchen that charge right through the enormous plate glass windows that shield the party inside from the busy, upscale Winter Park streets outside. Once through the doors, you get a sense of the vast space and vaulted ceilings. Aromas of both the savory and sweet variety call to you. On both sides, entire walls of windows invite natural light to illuminate the space. You let your eyes follow the ornate spindly design of the soft overhead chandeliers, and they lead your eyes to electric blue water – a massive aqueous cube-like shrine of it – bubbling and beckoning you to let your worries slide off of your shoulders for a few hours and indulge in a singular experience for your senses. You notice all of these elements are separated by deep brown wood accents, polished stone bar tops and sleek modern metal chairs that punctuate the natural materials in the same eye-pleasing way ornaments adorn a Christmas tree. If this surprising scene sounds like an elemental splash to your senses, then Kona Grill has hit their mark. And I assure you, they have.

The Kona Grill experience only begins at the door - once you step in out of the cold, you are greeted by warm hosts, and maybe even the General Manager, Matt Kaess, as I was earlier this week. Courteous and focused, Matt projects inspired leadership to his staff and motivates by example with the creative artistry of an Executive Chef; no surprise, as he held that position in multiple locations over the years, learning exactly what it takes to build a one-of-a-kind customer experience. Don't take my word for it, though – one visit and you will see for yourself. His quality team members are cheerful, and the organic flow of their synergy is harmonious. The kitchen's attention to every detail of Kona's cuisine demonstrates a restaurant that works precisely as a restaurant should. Matt and I chatted at the main bar, and he shed some light on what makes Kona Grill different and exactly why so many people are taking notice of the Winter Park gem.

VENUE SPOTLIGHT

PARK AVE MAGAZINE (PAM): Matt, this place is stunning. Tell me, what two things besides the ambiance make Kona Grill so unique?

MATT: Just two? Well, the menu for one. We have something truly amazing for every palate: from Jumbalaya and recipes from the great American South to cuisine that highlights the best of Middle-Eastern and Asian traditions; but, above all we pride ourselves on our sushi. Second? [He warmly smiles, unable to hold back his pride.] The fact that everything on that menu is made fresh, from scratch, to order. Even the sauce. There is nothing pre-made that comes through that door.

PAM: I've heard that – just incredible. What kinds of considerations go into being a “scratch kitchen” that can still produce such high-volume and high-quality food, so expediently? [The restaurant can field up to four hundred patrons when utilizing the extensive patio.]

MATT: Love and care. Everyone that works here loves creating a memorable and unique experience for our patrons from the second they walk through the door. It does take an extra effort to continually inspect and only keep the absolute freshest ingredients on hand to make sure we get it right every time, but the staff here cares about every patron, so by now it's second-nature. We strive to be perfect. I still get goosebumps

To Matt's comment, I can attest firsthand. Every bite of the lunch I had was memorable – from the Hamachi Nachi, with addictive slices of apple, perfectly seasoned yellowtail and house-made taro chips carved right off the root to the Hawaiian Tuna Crunch roll with turmeric roasted almonds. Oh, and who could forget that delectable, warm butter cake, sopping in a picturesque drizzle of house-made raspberry sauce contrasted by two overflowing mountains of scratch vanilla bean ice cream? Wow. Just...wow. Yes, unique and surprising were just the words to describe my mid-week lunch just off Mills Ave.

when customers tell me how unique and surprising their time was with us.

PAM: What else would you like to tell the readers of Park Ave Magazine about Kona Grill?

MATT: That Kona Grill is part of the community. We want you to drop in, say hi and discover your new favorite dish. We are continually updating our menus to better suit your feedback and rotating our local craft beers to satisfy your thirst. So, come give us a try!

PAM: I'm sure your customers appreciate your openness. When newcomers show up, what's the recommended dress?

MATT: Great question, and the answer is a lot like our menu: diverse! While you can absolutely attend in more casual attire, a blazer, dinner jacket or fine dress is never out of place here at Kona Grill. We routinely host all manners of gatherings from chic parties to black tie, four-course-meal events. We are so large, diverse and customizable that we can entertain multiple parties simultaneously and each group would hardly be aware of the other.

PAM: Impressive. So, you cater, as well?

MATT: Absolutely, and we aim to leave an impression your guests won't forget. We are available for large parties both at your event site or in-house, and we can also staff your event to save you the headache.

PAM: What about the more casual times of the week?

MATT: No one does Happy Hour like we do. Ours is 2:00-7:00pm, Monday through Friday, and all-day Sunday, 11:00am-10pm. We offer a myriad of



VENUE SPOTLIGHT

craft cocktails from our fully-stocked bar, as well as 15-20 unique food items for just \$5 each.

PAM: Last question. Valentine's Day is right around the corner. Are you offering any romantic options for the lovebirds?

MATT: Yes. Kona Grill believes in celebrating life, and we make sure to tune our menus to the celebrations that Winter Park knows and loves, all year long. This year's special Valentine's Day menu runs February 11-17 and includes some playful appetizer options (like Ahi Wonton Crisps and Pot Stickers), entrees (like our Kona Filet and Lemongrass Crusted Snapper) and to top it all off, Kona's famous selection of original Warm Butter Cakes – that's three courses, two people all for just \$60.

After your evening's dining delights, you walk back out into the night knowing two things: first, you are both surprised and satisfied that such a treasure of a restaurant is so close to home, and second, that you'll definitely be back soon.

Bon Appetit! ...Or, as they say in Hawaiian,



MEA'AI

MAIKA'I



taking pre-sale orders now



www.VerdeOrlando.com

wholesale accounts | retail stores
sign up today for your wholesale account
to receive pricing: Call Amanda for details

407.951.5341



A HEART-TO-HEART WITH YOUR HEALTH

BY KRISTA KNAUER

The month of love is more than chocolates and roses- it's also American Heart Month. This month, practice some self-love by making sure that your physical health is taken care of. When your physical health is optimal, you have the time and energy to spend focusing on someone else. If you're sick of the mushiness of Valentine's Day, let's shift gears. Instead, we're going to talk about your heart. If you haven't already, this is a great time for you to get in tune with your own heart. Being heart conscious is no longer only for those over 65. According to the CDC, heart disease and other heart related problems are increasing in adults aged 34 to 64. Today, heart disease is the leading cause of death for men and women in America. Additionally, 1 in 4 deaths

are caused by heart disease. The conditions that cause heart disease, like obesity and a stationary lifestyle, are becoming more pervasive in younger populations.

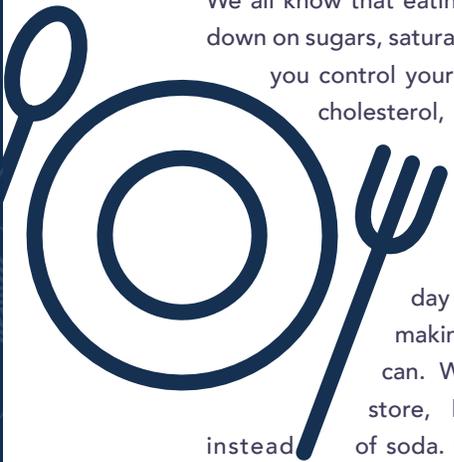
You may only think about your heart when it's beating heavily such as when you are nervous or exercising. However, your heart is constantly working, day and night. It's like your body's perpetual motion engine, and just like any engine, it needs to be maintained. Since the heart is an integral part of your body, it becomes important to take steps to create healthy habits early in life to make sure that you can protect your heart for the future.

Here are a few simple steps that you can take to keep your heart happy and healthy...



KEEP MOVING

According to the National Heart, Lung, and Blood Institute and the CDC, you should aim for at least 2½ hours (150 minutes or 30 minutes 5 days a week) of exercise per week. Even if you can't carve out 30 minutes every day or have a fancy gym membership, you can do a few 5 to 15-minute spurts of exercise throughout the day, such as: going for a short walk, playing a game of Ultimate Frisbee with your friends, or having a self-love dance party.



BETTER EATING

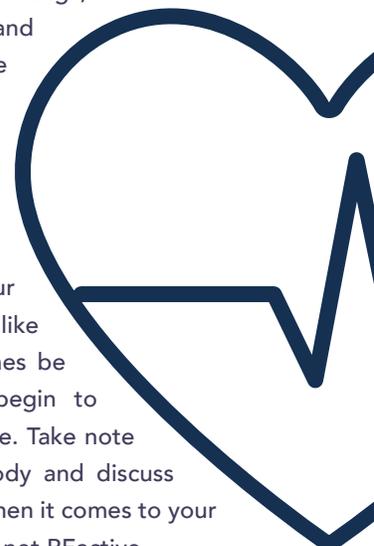
We all know that eating a balanced diet and cutting down on sugars, saturated fats, and red meat will help you control your blood sugar, stored fats, and cholesterol, which all contribute to heart related problems. You don't, however, need to go on any crazy fad or crash diets to make healthy changes in your day to day eating habits. Start by making simple substitutes when you can. When you are at the grocery store, buy water or unsweet tea instead of soda. Next time you are eating out, ask for a side salad or a bowl of fruit instead of fries or chips. Instead of fast food, fill yourself up on beans and other legumes to cut down cravings.



STRESS LESS

Stress is often a large contributing factor in a lot of heart issues. While our lives are filled with plenty of stressors, there are endless hacks for destressing. By simply going to Pinterest you can find an infinite number of tips. Try journaling to help you get things out of your brain and onto paper or go for a walk and listen to your favorite music. If you find yourself getting worked up over a problem, just

switch tasks. Move onto something else, like another project. We all know our task lists are never ending.



CHECK-UP OFTEN

Having regular health screenings, including blood pressure and cholesterol readings, are important. If problems arise, you and your health professionals can intervene early and discuss ways to prevent future issues. Be in tune with your body. While a problem, like heart attacks, can sometimes be sudden, symptoms may begin to show up gradually over time. Take note of any changes in your body and discuss them with your doctors. When it comes to your heart health, be PROactive, not REactive.

DE-STRESS IN 10 MINUTES OR LESS

Stretch

Meditate

Write down 10 things you're grateful for

Walk around the block

Spend time with your pets

Punch a pillow

Sit in the sun

Take a shower

Disconnect from tech

Call a friend

Focus & notice your present surroundings

Watch a funny YouTube video

Practice yoga poses

Pick some flowers

Give yourself a neck massage

A man with a worried expression is in a kitchen. He is wearing a grey t-shirt and a red apron. He holds a wooden sign that says "HELP" in black marker. In the background, there are kitchen items like a bottle of oil, a cutting board with vegetables, and a stove.

EAT YOUR HEART OUT

BY ALEXANDRA DIMOVSKI

Have you gone out to a restaurant on Valentine's Day for a romantic dinner, only to be disappointed by the noise level, crowds and feeling rushed by wait staff? Luckily, you can bring the romantic dinner and vibe to your dining room table. A romantic dinner at home is less hassle and a lot more intimate. For guys, it's your time to show your partner how much you love them and shine. It's no secret that Valentine's Day is heavily commercialized, and the pressure to spend your coin is intense. The good news is you don't have to empty your bank account or break a sweat to create a romantic evening. If you have someone special to celebrate with this year, this is your chance to pull out all the stops. Have her eating out of the palm of your hand (literally) with these fool-proof recipes, tips and tricks.

MUSHROOM CHICKEN PASTA

This dish is super easy to whip up and a perfect main course for a romantic evening in. The ingredients bring something extra special to the dish and make it much better than a generic pasta dish. For a meatless option, you can skip the chicken. Serve with garlic bread on the side (you can cheat and buy the frozen loaf and bake it, we won't tell).

INGREDIENTS

- 6 ounces dried spaghetti
- 4 tablespoons unsalted butter
- 10 sprigs fresh thyme
- 10 ounces sliced mushrooms
- freshly ground black salt & pepper
- 2 small chicken breasts
- 2 teaspoons olive oil
- 1/2 cup dry white wine
- 4 ounces cream cheese, softened

INSTRUCTIONS

- Bring a large pot of salted water to a boil and cook the spaghetti noodles.
- Meanwhile, in a large not non-stick skillet, melt the butter and thyme over medium heat.
- Add the sliced mushrooms to the skillet and stir to coat in butter. Leave them to cook for a few minutes undisturbed so that a nice crust forms. Stir, and repeat until the mushrooms are golden brown. It will take about 15 minutes.
- Using a slotted spoon, remove the mushrooms from the pan, leaving the butter and thyme in the pan. Add the oil to the pan.
- Salt and pepper both sides of the chicken breasts. (Omit for a meatless dish)
- Turn the heat up to medium-high, and sear the chicken breasts on both sides in the same pan that the mushrooms were in. Again, let cook undisturbed so that a nice crust forms. If the chicken is sticking to the pan, it's because the first side isn't done searing. It will release when it's golden brown.
- Remove the chicken from the pan and cover to keep warm.
- Turn the heat down to low and add all of the wine
- Allow the wine to cook down slightly while scraping the bottom of the pan with a wooden spoon to get all the brown bits into the wine.
- Dice the cream cheese and place in a large bowl.
- Discard the thyme sprigs from the pan, and then pour the hot wine over the cream cheese and stir until it melts. There might be a few small pieces, but the hot pasta will dissolve them.
- When the pasta is done, drain it, and immediately pour it over the wine-cream cheese mixture. Toss the noodles to melt and evenly distribute the cream cheese sauce.
- Stir the mushrooms into the pasta bowl. Slice the chicken and serve on top.

**This pasta is best served immediately after making it. The cream cheese will set if allowed to rest. Not that you can re-heat it, but it will be thick. Plan accordingly.*



CHOCOLATE COVERED STRAWBERRIES

It's hard to believe something so delicious and fancy-looking can be so easy to make. Chocolate-covered strawberries are one of the most romantic, flirty desserts to eat and enjoy. Plus, Chocolate is an aphrodisiac! Here is how you can make these sweet, delectable bites:

INGREDIENTS

Strawberries
Toothpicks
Dark Chocolate (for melting)
White chocolate (for melting and drizzling)
Ziploc bags

OPTIONAL
chocolate chips or sprinkles.

INSTRUCTIONS

- Line a baking sheet with waxed or parchment paper to place strawberries on once dipped.
- In a saucepan or melting pot, melt chocolate chips with shortening or vegetable oil over low heat, stirring frequently. Be careful not to let the chocolate get too hot, it's easy to burn. Remove entire pan from heat when melted.
- To dip the strawberries, pull all the leafy greens carefully into your fingers, then submerge the red flesh of the strawberry into the chocolate. Gently swirl the strawberry around the pool of chocolate, making sure all sides are evenly coated.
- Place on waxed paper-lined tray or cookie sheet
- Refrigerate uncovered about 30 minutes until chocolate is firm (it must be uncovered so chocolate does not soften)



WINE PARINGS

FOR THE MAIN COURSE

To offset creamy sauces (eg carbonara or fettucine alfredo) think Soave, Bianco di Custoza, Pinot Bianco, Sicilian whites and lighter Chardonnay or Chardonnay blends.

FOR THE DESSERT

Dessert wines compliment dessert dishes well. Choose a dessert wine or port to go with your dessert.



BEHIND

THE MASK

MARDI GRAS TRADITIONS UNCOVERED

BY CAMILLE TYLER

Like many of us “Floridians,” I was not actually born, nor did I grow up in Florida. Four years ago, I moved here from a part of southern Louisiana called Acadiana — and every year around this time I find myself yearning for a piece of King Cake, zydeco music, and of course, THE BEADS! But Mardi Gras is so much more than that, and as a true Cajun, I’m here to explain it all — or at least as much as I can fit in these pages.

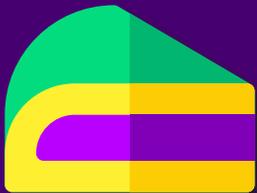
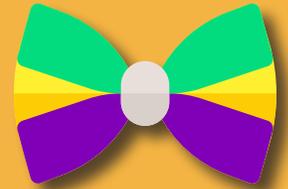


MARDI GRAS KREWES

The first thing every Mardi Gras newbie must understand are Krewes — otherwise nothing else will make any sense. A Krewe is a social organization that works throughout the year to plan the balls and parades for Mardi Gras. Some krewes are more exclusive than others (some are even secret), but generally speaking there's not a signup sheet in Jackson Square. Every year, each Krewe prepares a lavish ball during the Carnival season. The balls date back to the 1800s and were very private affairs. While today some hold invitation-only balls, many are now ticketed events open to the public.

THE COLORS

The traditional (and official) colors of Carnival are purple, green and gold. The colors were selected by Rex in 1872 to honor the visiting Russian Grand Duke Alexandrovich Romanoff, whose house colors were purple, green and gold. These royal colors are each symbolic: purple stands for justice, gold for power and green for faith.

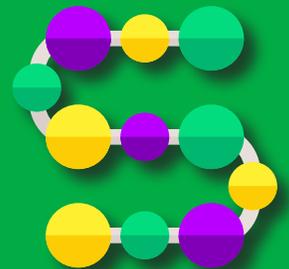


THE KING CAKE

The tastiest part of Mardi Gras is the King Cake. Inspired by the European Epiphany Cakes eaten on the 12th day of Christmas, the King Cake is an oval shaped coffee cake, braided and covered in icing and sugar the color of Mardi Gras: purple, green and gold. The King Cake became a solely New Orleans tradition when a local baker started baking baby Jesus trinkets into the cakes in the 1940s. King cake custom demands that whoever cuts the slice of cake that has the baby in it is king for the day — and also must purchase the next king cake.

THE BEADS

The beads, or "throws" as we call them, have been a tradition since the 1920s when Krewe of Rex and a few others began handing out tiny trinkets to the parade followers. Originally made of glass, the beads were thought to bring good luck to those who caught them. The more debauchorous practice associated with throwing beads can be traced back to the 1970s, coincidentally during the sexual revolution. The city estimates around 25 million pounds of beads get thrown into the streets each year!



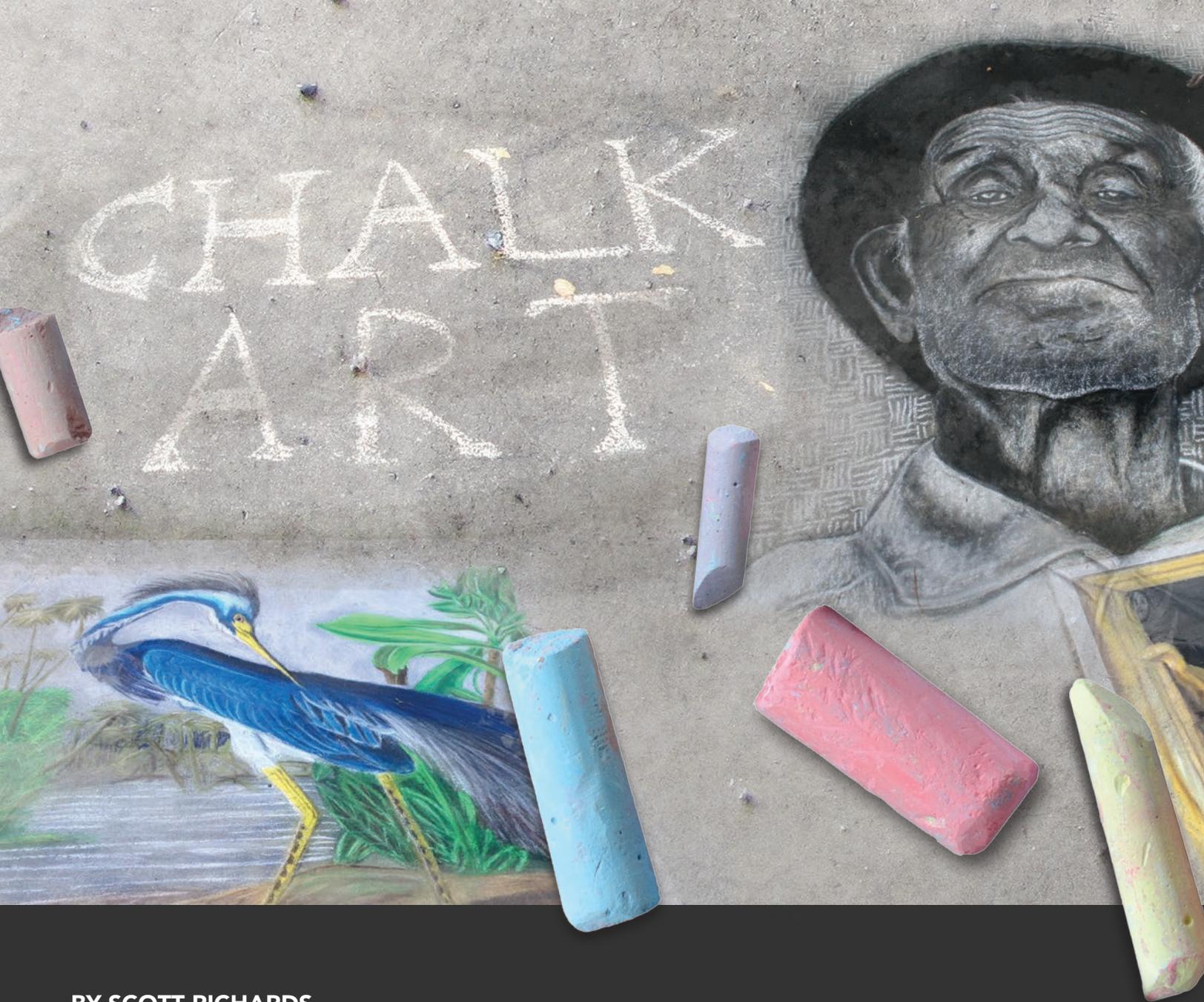
THE MASKS

Masquerade balls were sweeping Europe when Mardi Gras came to the US in 1699 when the first American Mardi Gras ball was hosted by French explorers. Originally, masks were worn to allow people to "escape society and class constraints." The tradition is so important to the culture of Mardi Gras that it is now required by law that all float riders wear a mask while parading. On Fat Tuesday, masking is legal for everyone else, and many people don elaborate costumes, wigs or masks to celebrate.

THE PARADES

By far my FAVORITE part of Mardi Gras are the parades! Mardi Gras floats come in large sizes and are outfitted with elaborate decorations including larger-than-life papier-mâché sculptures (called props), ornate hand-painted flowers, and flashing LED lights. Many of today's floats are hand-painted by artists who work year-round designing and building the creations you see each year. A company called Kern Studios has been offering up their float-building services to Mardi Gras parades since 1932. Some krewes have been known to spend over \$200,000 on their floats each year!





BY SCOTT RICHARDS

When an artist can capture a moment in time and capture an emotion for everyone to see and feel, the medium they choose doesn't matter. It could be a photo, oil on canvas, mixed media or even digital. The artist has the intentions for their art to last. But imagine if you could get in to the zone to draw or paint with an emphasis on time. Spend a few days working your skill. Do it while on your hands and knees. Get it to your level of perfection. Then get ready to present it.

Now, be okay knowing if it isn't washed away right afterwards, it won't last past the next rain. This is what Chalk Artists are doing just about every week.

For centuries we have had street artists using

chalks of a sort to show their skills and talent with the hopes of a few coins tossed their way. Back in Italy in the 16th Century, artists traveled from town to town doing this. Originally, they drew primarily images of the Virgin Mary, the "Madonna," in Italian. That earned them the name, "Le Madonnari." This was a common sight until about WWII and didn't really resurface until the early 1970's again in Italy.

Today there are Sidewalk Chalk Art festivals in every city. Now, Modern Madonnari are still traveling all over, now going from Festival to Festival.

There are chalk art festivals nearly every weekend of the year in Florida. Sometimes two or three



at a time. Typically, a chalk art or "street painting" festival has separate categories for "copyists," who reproduce famous paintings; "free artists," who create original two-dimensional works; and 3-D artists, whose work may be realistic or fantastical.

In Winter Park, we have Chalk The Walk. Now entering its' 6th year with this fun annual event. Hosted by the city of Winter Park and supported by donations. It is a free event for artists and spectators alike. Sidewalks in Central Park will be transformed to squares of canvases for these artists who can win prizes totaling over 2 thousand dollars. Many of their artists are part of the Florida Chalk Artist Association.

The artists in this past years event had to complete their masterpieces in 7 hours.

In April 2019 you can join the Winter Park Paint Out's Student Chalk Walk at the Albin Polasek Museum & Sculpture Gardens. Their Lakeview sidewalks that wrap around and through the back gardens will have 6ft x 6ft squares for each artist. Go To www.polasek.org/wppo/chalkwalk for details.

The Florida Chalk Artists Association has a good listing of events around the state at www.floridachalkartists.org/events.php, so you can find one near you.

DONATING WITH ONE BLOOD

BY ELIZABETH SANCHEZ

Red is symbolic of many things: love, romance, hearts, and blood. February is American Heart Month and we are spreading awareness of cardiovascular health. Part of having a healthy heart means healthy blood flow too. This month, we are highlighting One Blood: whose mission is to enhance the health and well-being of others through their work with blood and stem cell products by facilitating scientific research.

WHY IS DONATING BLOOD IMPORTANT?

Blood is one of the most coveted resources in the medical industry. Without blood donations, millions of lives around the U.S and the entire world would be lost. With an upwards of 60% of Americans not eligible to donate blood permanently or temporarily that leaves a us with less than 40% able to donate blood. Those with certain health factors are unable to donate. While that 40% may not sound like a low number, many of those who fall in that bracket are not aware that they are able to donate, or do not donate due to lack of information and education available. Donating blood helps

people who need transfusions, and your donation helps further medical studies and special treatments for patients. When you donate your blood, you're saving lives. Depending on the kind of extraction for your blood type, you could save the lives of up to three people.

CAN I DONATE?

Many Americans have a few misconceptions around blood donations. Some of these misconceptions revolve around the question of who can and cannot donate. Due to lack of education, many Americans are avoiding donating their blood. To get more information on donating blood, visit One Blood's website. One Blood's website easily explains the process of donating blood and who is eligible to donate. Visit oneblood.org for a complete FAQ guide.

Before you donate your blood, there are a few factors that you should consider. Age is one of the primary factors of blood donation. If you are 16 years or older, you are eligible to donate blood. However, if

oneblood



Platelets help stop bleeding in people who have transplant or cardiac surgeries



A single car accident victim can require 100 pints of blood

A+, B+, O+, AB+ & AB- are blood types recommended for platelet donation.



Three drops of blood have over a billion blood cells

You Can Donate Platelets Every

7 DAYS
UP TO 24 TIMES A YEAR



The number one reason donors give blood is because they want to help others



The average human heart pumps 2000 gallons of blood each day.



One in three of us will need a blood transfusion



One Blood is a not-for-profit 501(c3) that is providing a safe way for over 200 hospital partners and their patients throughout Florida, parts of Georgia, Alabama and South Carolina to have access to available and affordable blood. With nearly one million blood products distributed annually, One Blood is one of the many FDA regulated blood donation services that is paving the way for more informed blood donations.

you are 16 you'll need a parental written and signed consent form. Fortunately, there is no age limit on who can donate blood. Anyone from ages 17 to 88 are eligible to donate as long as you are healthy and do not have any restrictions.

Your health history and any conditions are other factors that play into eligibility for donating blood. However, if you have a health condition, this doesn't necessarily prevent you from donating. Even those who are hindered by anemia or low iron can still be eligible to donate in some cases. For anyone with high blood pressure, diabetes or on medication, you are able to donate if it is under control and you are given permission from your doctor.

Pregnant women are not eligible to donate blood, although they do become eligible six weeks after giving birth. When you go to donate blood, women may be asked about any prior pregnancies. This is to avoid a medical conditions known as TRALI (transfusion-related acute lung injury). TRALI is a rare but serious injury characterized by a sudden acute respiratory distress following transfusion. The lung injury occurs during or within 6 hours after a blood transfusion. Symptoms can include respiratory distress, fever, and hypotension.

Sexual history and orientation are one of the other misconceptions that Americans have about donating blood. According to One Blood, men who are in a same-sex relationship and are sexually active are eligible to donate blood. Under the FDA's regulations (also known as MSM) men who are sexually active with other men are eligible to donate blood after one year under this policy. After the year has passed you must contact the OneBlood Donor Advocacy team in order for your profile to be updated accordingly. If you do not contact them about this matter then you will remain deferred until you do so.

If you have any doubts about your eligibility to donate blood, there is good news. More likely than not, you are able to donate. Unless you are held back by one of the FDA restrictions we have discussed above you are free to donate.

WHERE TO DONATE?

One Blood has many locations scattered throughout Florida. To donate blood please visit their location Winter Park Donor Center at 2242 Aloma Ave, Winter Park, FL 32792. If you have any questions about One Blood or about their location please call their Phone number: (321) 203-3190. Or if you have any other inquires please visit their website www.oneblood.org.

I don't have a lot of time to volunteer but I still like to give back. Donating blood is one of the simplest forms of community service you can perform. Giving a short amount of your time to donate a pint of whole blood can save up to three lives. Giving platelets takes a bit longer but while you are helping cancer patients you can catch up on your reading list! All joking aside, there's no better feeling than knowing you saved a life or possibly helped a child with cancer.

— JACK FULLER, WEEKLY GIVER

Serving The **BEST** tasting smoothie on the planet!
Since 1998



ENJOY 20% OFF

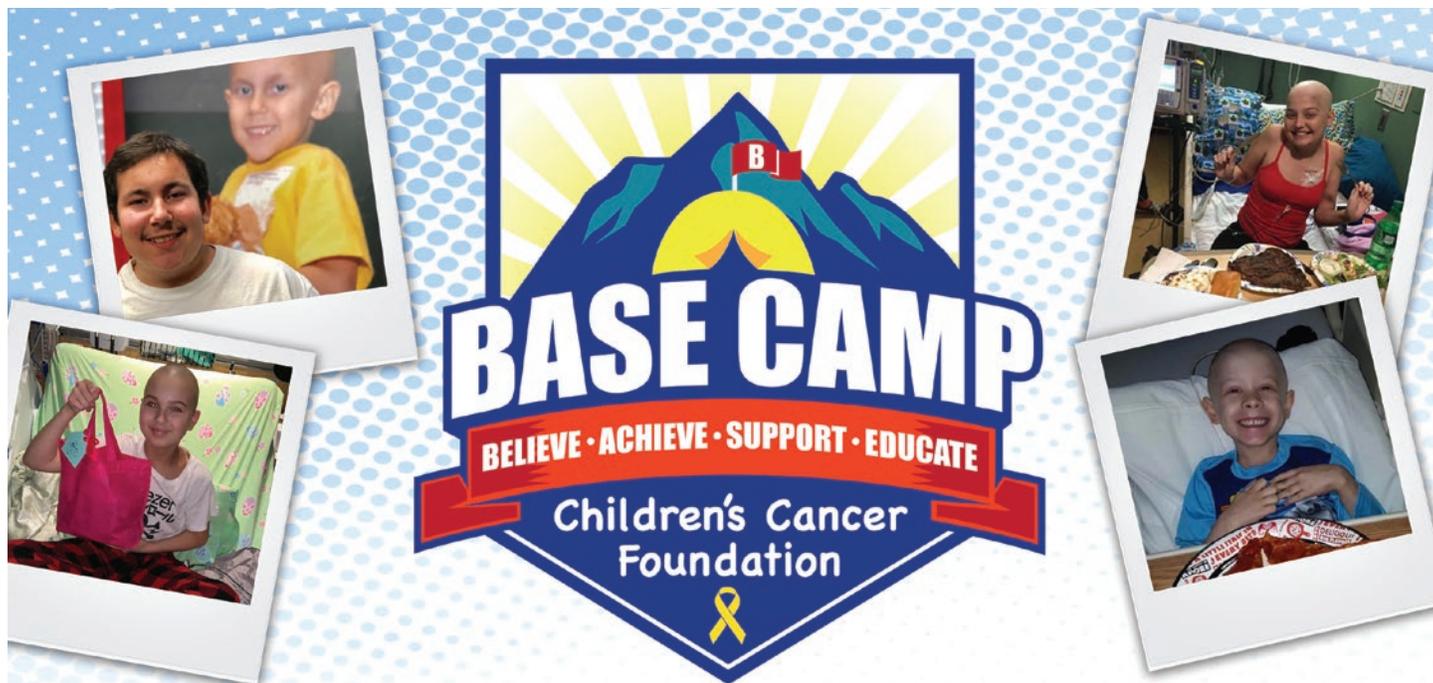
ON THE 20TH OF EVERY MONTH
UNTIL OCT 2019

Planet Smoothie®

OUR WAY TO SAY THANKS!



415 ORLANDO AVE, WINTER PARK 32789 | 407-622-4577



"...because kids can't fight cancer alone!"

BASE camp delivers important and impactful programs to help children and families affected by cancer throughout Central Florida.

Donate • Volunteer @ www.BaseCamp.org
#WalkTheJourney #ConquerTheClimb

BLUE LA LA ENTERTAINMENT
PRESENTS

AMATEUR BURLESQUE

13

Luck be a Lady or LadyBoy!

FEATURING PAST WINNERS

Mari Devi Haze

Beia Marie

Gadjei Vazquez

and Bebe Caiberr

Saturday Feb 23

Cocktails 7pm Show 8pm

\$10 IND/THEME PARK (MUST SHOW ID)

\$15 IN ADVANCE

\$18 DAY OF SHOW

\$22 VIP

FOR ADVANCE TICKETS:
SEARCH - "THE VENUE"
ORLANDOWEEKLYTICKETS.COM



THE VENUE
511 VIRGINIA DR. ORLANDO 32803
(407) 412-6895 THEVENUEORLANDO.COM

SUBMISSION DEADLINE: FRIDAY FEB 8TH
EMAIL BLUE AT BLUESTAR3344@GMAIL.COM



LOCAL ARTISTS



Jessica McCarty-Carvajal

"Family, Fashion and Life are just a few of the things that I love to capture. I've been given the amazing gift of freezing time and sharing those frozen moments with the world. I love what I do and love to create, and still find it hard to believe that I get to do what I love every day! I love the places photography has taken me and the people that photography has allowed me to meet and can hardly wait to see where else this God given gift will take me."

www.BenevolencePhoto.com

Jennifer Tee is a 24 yr. old Massachusetts native residing in Orlando, FL. As the Digital Marketing Manager of Chris-Craft Boats, one of her responsibilities is lifestyle photography. Her passions lie on the water, either waterskiing or boating, and behind the lens.

www.jenniferteephotography.com





Behold

I think I shall never see
a lovelier municipality.

'Winter' emerged in the tagline first
as the sun bestows its radiant burst.

'Park' claimed itself the second word,
recreation is coquettishly inferred.

Behold concerts, shops, ahh, the festival art!
Museums, gardens, theatres, where to start?

Take a train, a boat, hire a tour guide,
so many restaurants one can't decide.

The homes, lakes and trees are the true corrida
down here in Scenic Olde Winter Park, Florida.



Fern Goodman

*Live, Learn, Connect
the Write way*

*Award winning Author,
Poet, Photographer*

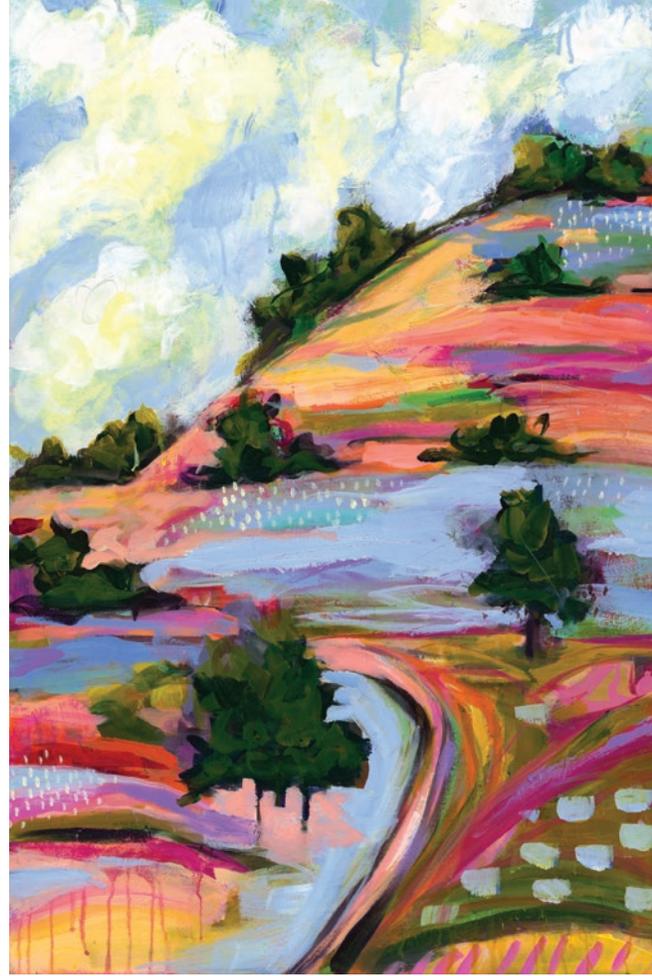
*Certified in Life/Clarity,
Art Therapy Coach
& Dream Journaling/
Interpretation*

www.ferngoodman.com



Emily Brown is a Mixed Media artist who although originally from Allentown, PA is living in Orlando, FL. Preferring Acrylic on traditional Canvas she considers most of her art to be in the pop surrealism category. Art that defies logic and gravity.





Nina Ramos is an abstract expressionist painter living in Florida.

"My work is influenced heavily by the colors, energies, textures and emotions in my life. I paint in a loose, colorful, abstract style; specializing in florals, landscapes, and figurative abstracts. I'm not as concerned with capturing the subject matter exactly as you see it, but instead, I focus on capturing the feeling and meaning behind the subject matter."

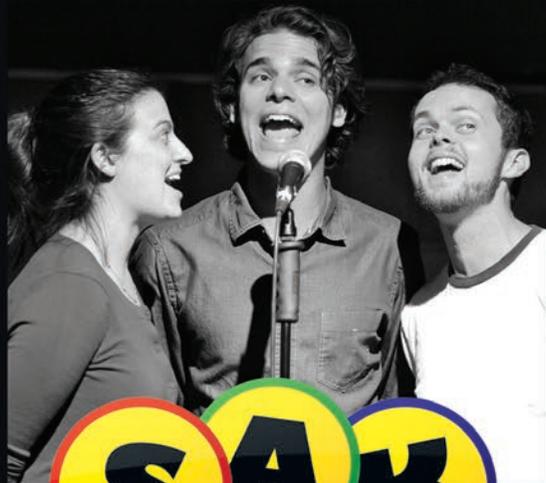
www.ninaramosart.com



Title L-R:
Rosa Rosa
Oh The Places We'll Go!
Flor De Invierno

LIVE IMPROV COMEDY

FIVE NIGHTS A WEEK
WWW.SAK.COM



COMEDY LAB



Bacardi
Facundo
RUM WHITE



BACARDÍ

SUPERIOR

• SUPERIOR WHITE RUM •

DO
WHAT
MOVES
YOU



VALENTINE'S DAY PLAYLISTS

MUSIC IS A POWERFUL WAY TO GET IN TOUCH WITH YOUR FEELINGS AND EMOTIONS. WHETHER YOU ARE GOING FOR SWEET, ROMANTIC OR SEXY, CHOOSING THE RIGHT MUSIC IS KEY TO SETTING THE MOOD. AFTER DINNER, DIM THE LIGHTS DOWN LOW AND START THE PLAYLIST. THESE SONGS ARE PERFECT FOR A CUDDLE SESSION WITH A GLASS OF WINE.

SWEET

"LOVE ME LIKE YOU DO"
- ELLIE GOULDING

"YOUR BODY IS A
WONDERLAND"
- JOHN MAYER

"KISS ME"
- SIXPENCE NONE THE RICHER

"MY GIRL" - TEMPTATIONS

"KISS" - PRINCE

"ALWAYS BE MY BABY"
- MARIAH CAREY

"JUST THE WAY YOU ARE"
- BRUNO MARS

"P.Y.T. (PRETTY YOUNG THING)"
- MICHAEL JACKSON

"I'M YOURS" - JASON MRAZ

"ADORE YOU" - MILEY CYRUS

"LOVE ON THE BRAIN"
- RIHANNA

ROMANTIC

"PERFECT" - ED SHEERAN

"L-O-V-E" - NAT KING COLE

"COME AWAY WITH ME"
- NORAH JONES

"IF I AIN'T GOT YOU"
- ALICIA KEYS

"ROSES" - SHAWN MENDES

"THINKING OUT LOUD"
- ED SHEERAN

"STAY" - RIHANNA

"I KNEW I LOVED YOU"
- SAVAGE GARDEN

"STAY WITH ME" - SAM SMITH

"HOW DEEP IS YOUR LOVE"
- BEE GEES

SEXY

"WICKED GAME" - CHRIS ISAAK

"VERSACE ON THE FLOOR"
- BRUNO MARS

"NICE & SLOW" - USHER

"CREEP" - TLC

"PARTITION" - BEYONCÉ

"LIKE SUGAR" - CHAKA KHAN

"I PUT A SPELL ON YOU"
- ANNIE LENNOX

"ADORN" - MIGUEL

"I WANNA BE DOWN" - BRANDY

"WET DREAMZ" - J. COLE

"BAD GIRL" - USHER

Save \$2.00 on Adult & \$1.00 on Youth General Admission Tickets at Participating Publix

FLORIDA STRAWBERRY FESTIVAL®

It's A Hit!

Artists Appearing on the



Soundstage: Feb. 28 - Mar. 10, 2019 • Plant City, FL



#berryfest19



Jimmy Sturr & His Orchestra
Thu. Feb. 28, 10:30
FREE



The Oak Ridge Boys
Thu. Feb. 28, 3:30
\$20



Alabama
Thu. Feb. 28, 7:30
\$45



Willie Nelson & Family
Fri. Mar. 1, 3:30 \$45



Brothers Osborne
Fri. Mar. 1, 7:30
\$40



Home Free
Sat. Mar. 2, 3:30
\$20



Kool & the Gang
Sat. Mar. 2, 7:30
\$30



Chicks with Hits featuring
Terri Clark, Pam Tillis and Suzy Bogguss
Sun. Mar. 3, 3:30 \$25



An Evening With Steven Tyler and The Loving Mary Band
Sun. Mar. 3, 7:30 \$55



Pat Boone
Mon. Mar. 4, 3:30
\$20



Martina McBride
Mon. Mar. 4, 7:30
\$35



Drifters, Platters & Cornell Gunter's Coasters
Tue. Mar. 5, 3:30 \$20



NEEDTOBREATHE
Tue. Mar. 5, 7:30
\$35



Gene Watson
Wed. Mar. 6, 3:30
\$20



STYX
Wed. Mar. 6, 7:30
\$35



The Kingston Trio
Thu. Mar. 7, 10:30
FREE



The Lettermen
Thu. Mar. 7, 3:30
\$20



for King & Country
Thu. Mar. 7, 7:30
\$30



Tanya Tucker
Fri. Mar. 8, 3:30
\$30



Chris Janson
Fri. Mar. 8, 7:30
\$30



Battle of the Bands Finale
Sat. Mar. 9, 3:30
FREE



Keith Sweat
Sat. Mar. 9, 7:30
\$30



Bill Anderson & Bobby Bare
Sun. Mar. 10, 3:30
\$20



Old Dominion Make It Sweet Tour
Sun. Mar. 10, 7:30
\$45

Visit www.FLstrawberryfestival.com
or call 813-754-1996
and get your tickets for the best seats available!



Concert dates and times are subject to change

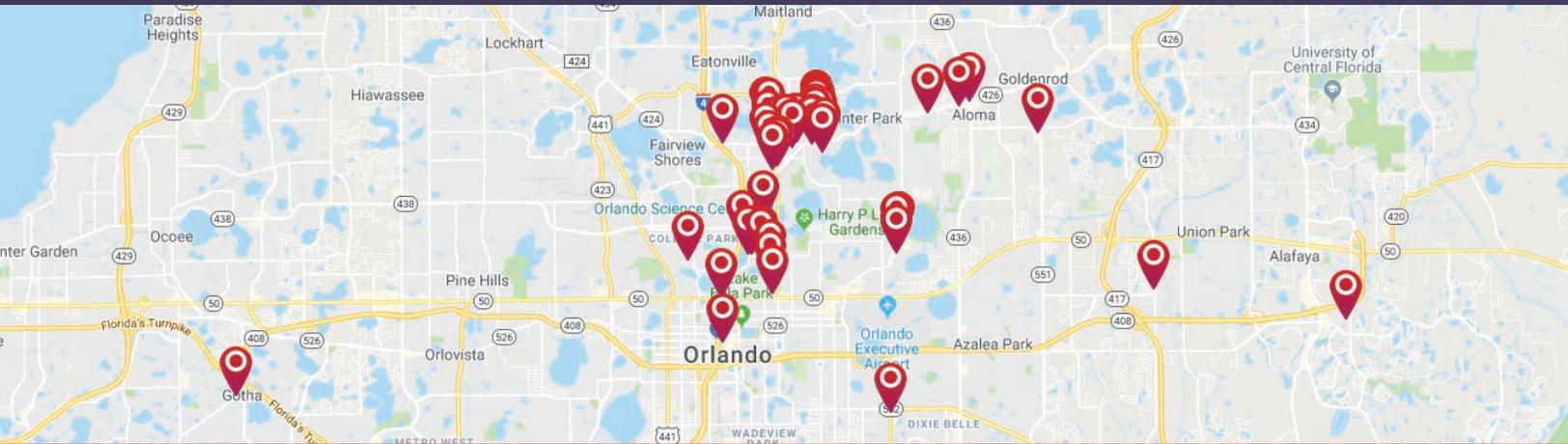


- Images Everywhere! • Local Ford Dealers • Verizon Wireless • Alessi Bakery • DIRECTV • AMSCOT • Stingray Chevrolet
- Dakin Dairy Farms • Uncommon USA • Circle K • Astin Farms • Grove Equipment Service • Candyland Warehouse • Netterfield's
- Smithfield • Global Frequency Technologies • Master Spas • Good Health Saunas • Metro by T-Mobile • Choo Choo Lawn Equipment
- Vision Auto Glass • Wyndham Vacation Resorts • Florida Dairy Farmers • General RV Center • O'Reilly Auto Parts • Kellogg's
- AT&T • Carolina Carports • Florida Restaurant & Lodging Association/VISIT FLORIDA

Advertising WORKS!

NEARLY 200,000 READERS MISSED SEEING YOUR BRAND IN THIS ISSUE. DONT MISS OUT ON THE NEXT ONE! CONTACT US TODAY TO DISCUSS YOUR ADVERTISING NEEDS.

407.951.5341 | HELLO@PARKAVEMAG.COM



PETERBROOKE CHOCOLATIER

300 S PARK AVE 32789
peterbrookewp.com
(407) 644-3200

LUCKY BRAND

323 PARK AVE 32789
luckybrand.com
(407) 628-1222

BEBE'S & LIZ'S

311 PARK AVE SOUTH 32789
bebesandliz.com
(407) 628-1680

ARABELLA

115 E MORSE BLVD 32789
(407) 636-8343

PRISTINE NAIL & DAY SPA

327 S PARK AVE 32789
pristinenaillsparkave.com
(407) 622-1611

ROME'S FLAVOURS

124 E MORSE BLVD 32789
romesflavours.com
(407) 951-8039

FRANK

119 E MORSE BLVD 32789
peterbrookewp.com
(407) 629-8818

VIOLET CLOVER

339 S PARK AVE 32789
shopvioletclover.com
(407) 637-2937

ZINGARA SOULS

208 NORTH PARK AVE 32789
shopziques.com/boutiques/sloane-square
(321) 295-7175

PAWS ABOUND

2125 W FAIRBANKS AVE 32789
pawsabound.com
(407) 951-3168

CAR & QUEST

609 W FAIRBANKS AVE 32789
carandquest.com
(407) 629-5100

WINTER PARK PLAY HOUSE

711 N ORANGE AVE 32789
winterparkplayhouse.org
(407) 645-0145

LITTLE BLUE DONUT CO.

223 W FAIRBANKS AVE 32789
littlebluedonut.com
(407) 575-0103

SEE EYEWEAR

342 S PARK AVE 32789
seeeyewear.com
(407) 599-5455

310 PARK SOUTH

310 S PARK AVE 32789
310restaurant.com
(407) 341-0736

FOREMA BOUTIQUE

300 N PARK AVE 32789
shopforema.com
(407) 790-4987

DONUT CENTRAL & FUELSPRESSO

495 N SEMORAN BLVD 32792
donutcentral.com
(407) 821-3000

BALDWIN NAILS & DAY SPA

4855 New Broad St 32814
(407) 895-7295

SAOR BOUTIQUE

4886 NEW BROAD ST 32814
saorboutique.com
(407) 228-1955

WOOF GANG BAKERY

180 E MORSE BLVD 32789
woofgangbakery.com
(407) 790-7480

SAK COMEDY LAB

29 S ORANGE AVE 32801
sak.com
(407) 648-0001

ALOMA BOWL

2530 ALOMA AVE 32792
alomabowlingcenters.com
(407) 671-8675

WINTER PARK PHARMACY

3090 ALOMA AVE 32792
winterparkpharmacy.com
(407) 636-4670

TRACK SHACK

1104 N MILLS AVE 32803
trackshack.com
(407) 898-1313

THE BAREFOOT SPA

801 VIRGINIA DR 32803
thebarefootspa.com
(407) 539-1491

ORLANDO MEATS

728 VIRGINIA DR 32803
orlandomeats.com
(407) 598-0700

MOSAIC HAIR STUDIOS

541 VIRGINIA DR 32803
mosaichairstudios.com
(407) 896-3241

THE VENUE

511 VIRGINIA DR 32803
thevenueorlando.com
(407) 412-6895

ROCK & ROLL HEAVEN

1814 N ORANGE AVE 32804
rock-n-rollheaven.com
(407) 896-1952

ORLANDO SHAKES

812 E ROLLINS ST 32803
orlandoshakes.org
(407) 447-1700

JOIE DE VIVRE

1350 N ORANGE AVE #266 32789
jdvhealth.com
(407) 622-1616

AUSTIN'S COFFEE

929 W FAIRBANKS AVE 32789
austinscoffee.com
(407) 975-3364

KONA GRILL

110 S ORLANDO AVE 32789
konagrill.com
(407) 900-0100

WINTER PARK MASSAGE STUDIO

415 ORLANDO AVE 32789
(407) 628-1420

KUT KINGZ

4506 CURRY FORD RD 32812
kutkingz.com
(407) 282-8866

EMPOWER YOGA

801 WOODBURY RD #101 32828
empoweryogalove.com
(321) 420-9642

SKIN STUDIO

1324 LAKE BALDWIN LN 32814
skinstudioorlando.com
(407) 844-8337

WINTER PARK LAND CO.

122 S PARK AVE 32789
winterparklandco.com
(407) 644-2900

REEL FISH

1234 N ORANGE AVE 32789
reelfishcostal.com
(407) 543-3474

WINTER PARK DISTILLERY

1288 N ORANGE AVE 32789
wpdistilling.com
(321) 285-9492

THE CENTER

946 N MILLS AVE 32803
thecenterorlando.org
(407) 228-8272

MINGS BISTRO

1212 WOODWARD ST #6 32803
mingsbistro.com
(407) 898-9672

EL DONUT SHOPPE

703 N ORANGE AVE 32801
elidonutshoppe.com
(407) 734-0034

ROLLINS BOOKSTORE

200 W FAIRBANKS AVE 32789
rollinsshop.com
(407) 628-6303

LUCKY'S MARKET

7580 UNIVERSITY BLVD 32792
luckysmarket.com
(407) 681-6618

DIGRESS WINE

1215 EDGEWATER DR 32804
digresswine.com
(407) 426-7510

TUNI'S

301 S PARK AVE 32789
shoptuni.com
(321) 628-1609

VALENCIA COLLEGE BOOKSTORE EAST

BLDG 5, RM 120
valenciabookstores.com
(407) 582-2237

VALENCIA COLLEGE BOOKSTORE WEST

CAMPUS STORE #1, BLDG 1, RM 142A
CAMPUS STORE #2, BLDG 2, RM 121
valenciabookstores.com
(407) 582-1177

ROLLINS ART DEPARTMENT

1000 HOLT AVE - 2774 32789
rollins.edu/art
(407) 646-2498

ROLLINS ENGLISH DEPARTMENT

1000 HOLT AVE - 2774 32789
rollins.edu/english
(407) 646-2666

BUSH SCIENCE CENTER @ ROLLINS

1000 HOLT AVE 32789
(407) 646-2000

YELLOW DOG EATS

1236 HEMPEL AVE 34786
yellowdogeats.com
(407) 491-7428

THE AUTO CLUB GROUP

783 S ORLANDO AVE 32789
aaa.com
(407) 674-1033

GUIDEWELL EMERGENCY DOCTORS

113 N ORLANDO AVE 32789
guidewellmergency.com
(407) 801-8400

THE ORIENTAL HEALTH MASSAGE

904 S ORLANDO AVE 32789
theorientalhealthmassage.com
(407) 501-0880

SOUTH BEACH TANNING COMPANY

415 ORLANDO AVE #105 32789
southbeachtanningcompany.com
(407) 636-8457

SWINE AND SONS PROVISIONS

595 W FAIRBANKS AVE 32789
swineandsons.com
(407) 636-7601

SMOKERS KINGDOM

807 W FAIRBANKS AVE 32789
smokerskingdom.com
(407) 960-1747

VELVET LAB

7025 CO RD 46A #1041 32746
velvetlabhairstudio.com
(407) 444-6006





**HOW CAN YOUR BUSINESS SUCCEED
IF IT IS FACELESS?**

WWW.FACELESS.MARKETING



feel confident

with Central Florida's leading ERs

When you're dealing with a medical emergency, you want fast treatment from experts, so you can get back quickly to doing everything you love. That's why Orlando's top-rated hospital has ERs nearby and ready to help. Whether it's sudden chest pain, stroke symptoms or any other emergency, we're here. So you can feel prepared. Feel confident. Feel whole.

AdventHealthCentralFloridaER.com




Advent Health
feel whole™

Formerly Florida Hospital