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Orlando Family magazine

AUGUST 2017



READERS' PICKS FOR GREATER ORLANDO'S **TOP PHYSICIANS**

MARK wahlberg

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plus 2017 PUBLIC HIGH SCHOOL REPORT CARD

pg. 12: **Martha Sugalski!**

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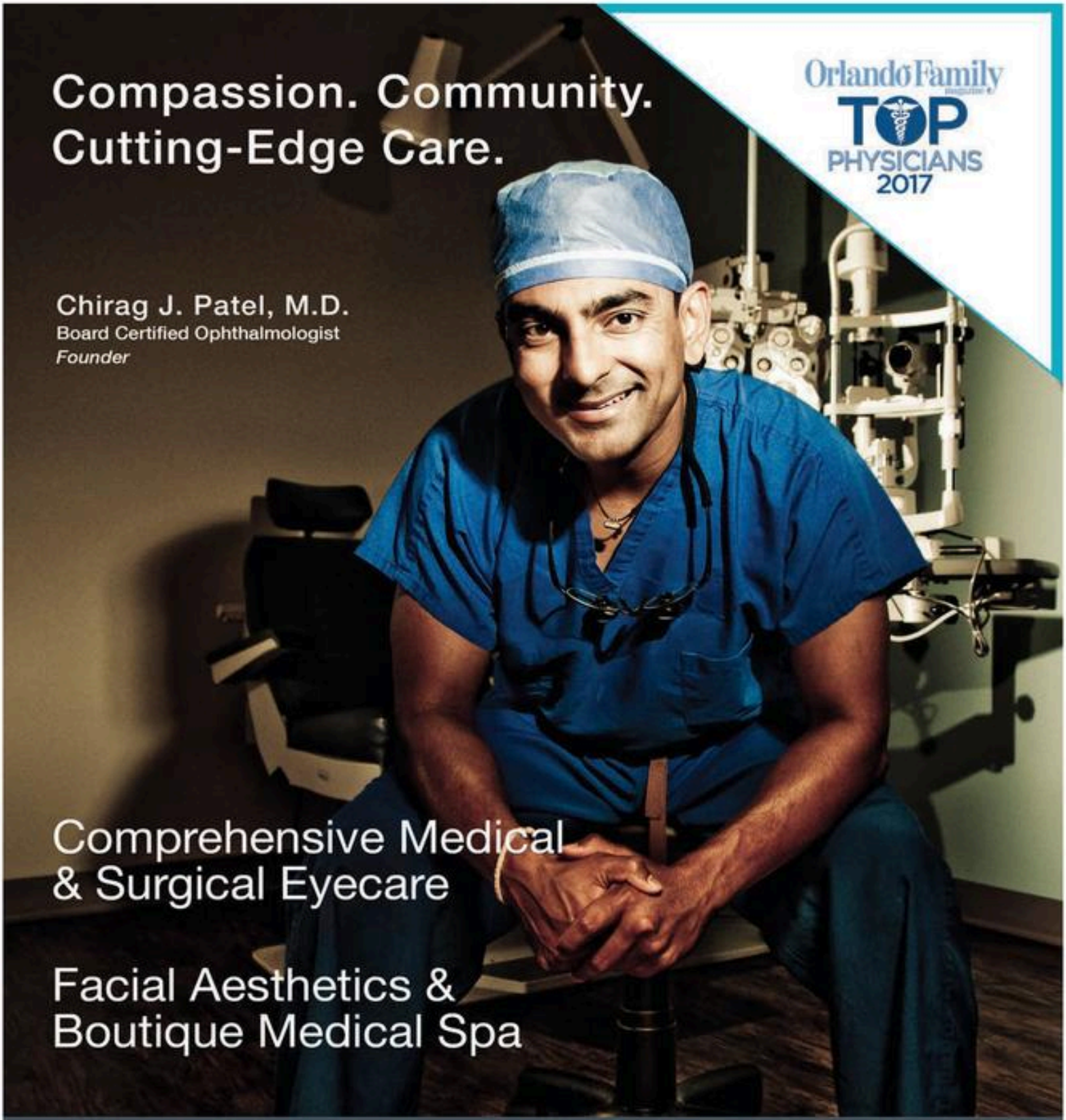
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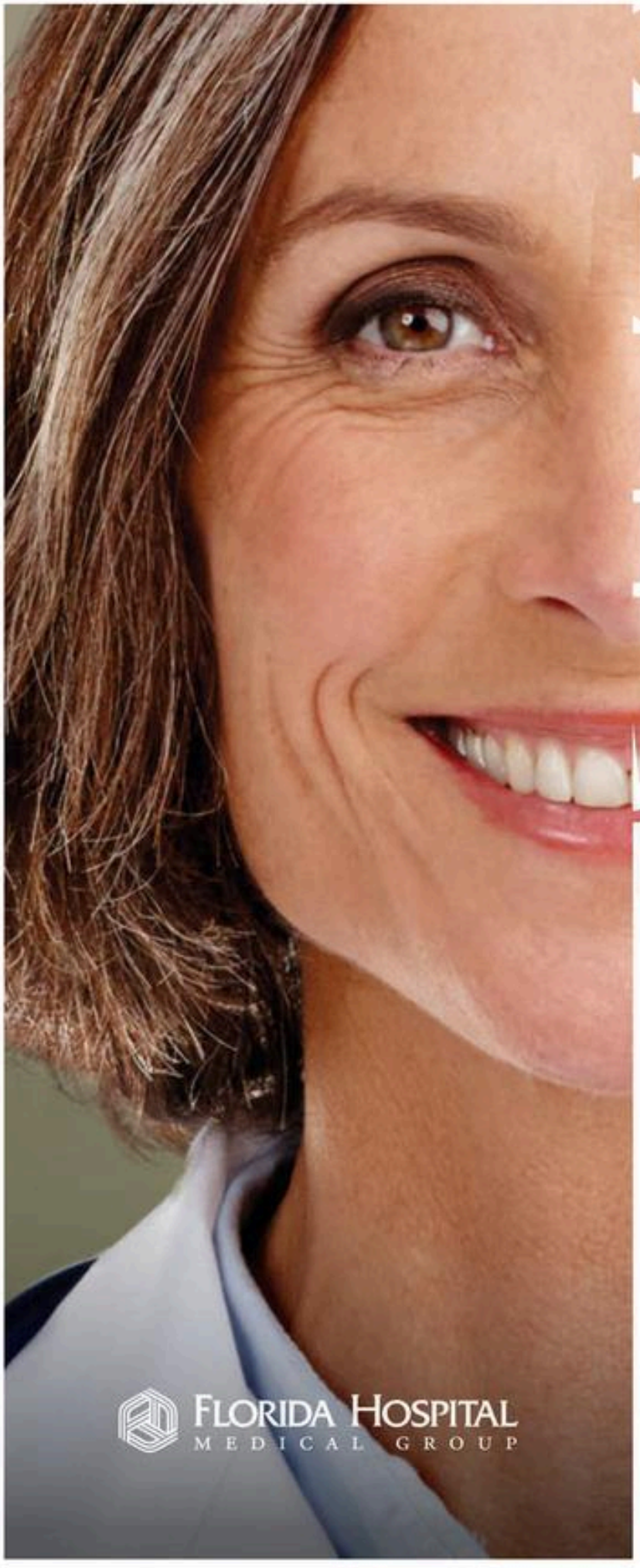
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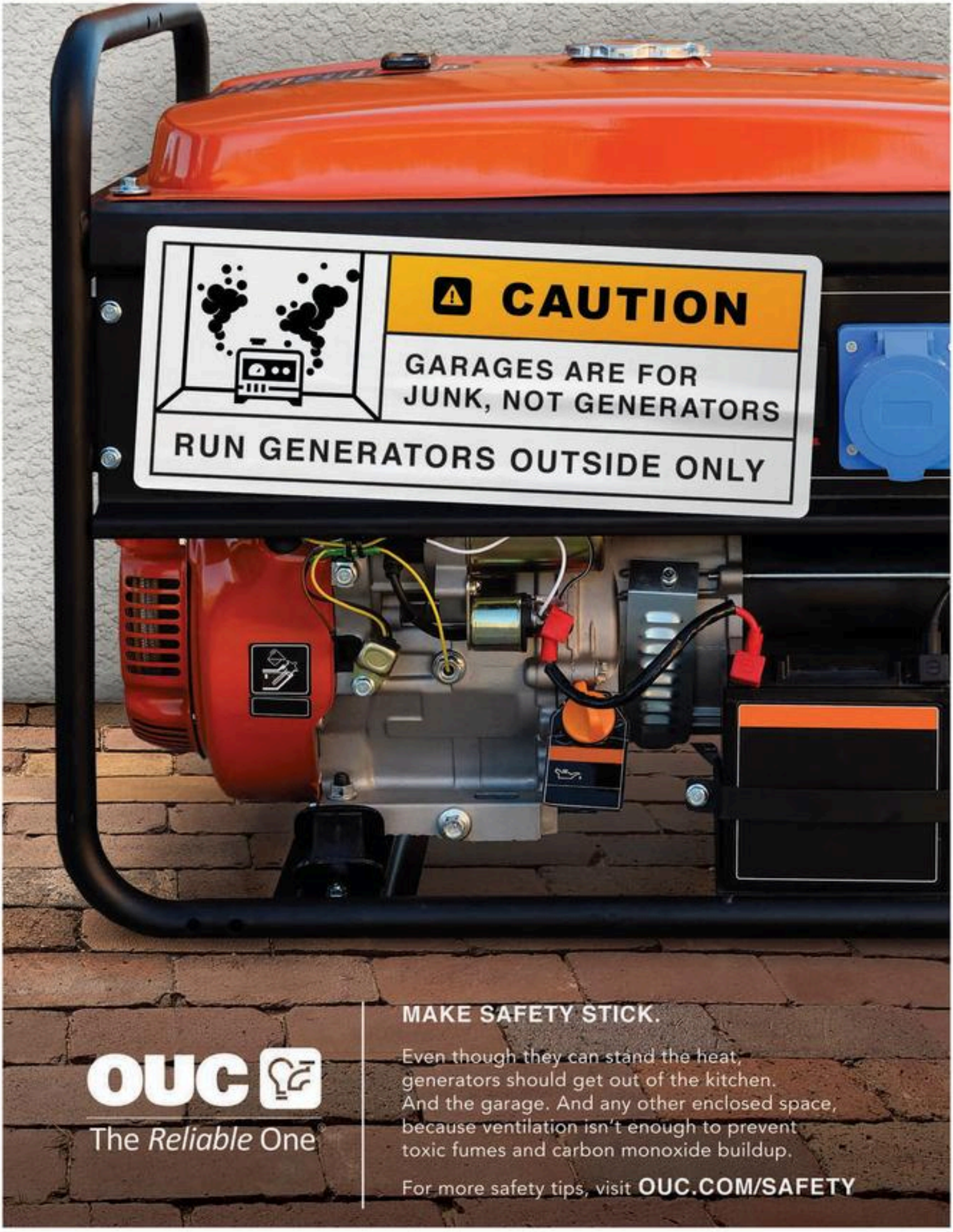
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WHO? WHAT? WHERE? WHEN? WHY? WHO? WHAT? WHERE? W







1. Windermere Mayor Gary Bruhn and Orange County Domestic Violence co-chair Dick Batchelor participated in Harbor House's "Walk A Mile in Her Shoes" event

2. Local celebrity chefs James and Julie Petrakis hosted a press day for their latest creation, Disney Springs' Polite Pig, in May

3. Universal Orlando Resort President and COO William A. Davis (center) officiated at the grand opening of Universal's Volcano Bay



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Home Front

EDITED BY NATE SHELTON

by the Numbers

No. 1 Orlando's ranking among 150 cities when it comes to great places to "staycation," according to WalletHub.com. The report judged cities on 36 qualities, with the City Beautiful leading in food and entertainment options.

95 The number of homes that will be built if the owner of the Windermere Country Club has his way and gets permission to turn the former golf course into a residential housing development—a plan opposed by current residents.

1,500 The amount of jobs that will be created by a new Amazon warehouse near Orlando International Airport. The 2.4 million-square-foot facility will handle order fulfillment for the region, and it's expected to open in 2018.

$1,540 The median monthly rent for a two-bedroom apartment in Lake Mary, per ApartmentList.com. The website also noted that the Seminole County city had the region's largest rent increases since the same time last year.



$20,000 The funding that Bill Frederick Park at Turkey Lake received to create a new fitness trail. The money was provided by the National Recreation & Park Association and The Walt Disney Company.

Epcot International Food & Wine Festival

By Nate Shelton







FEATURED EVENT

WHAT WOULD AUTUMN BE without Walt Disney World's Epcot International Food & Wine Festival? A lot less tasty—and this year, it will stick around for two extra weeks, starting on August 31 and running till November 13, marking its longest run yet. As always, guests will have the opportunity to feast on delectable entrees, appetizers, desserts, spirits and other beverages from a wealth of nations, and they'll also be treated to culinary events, celebrity chefs, seminars and live music concerts.

Also setting a record is the number of food-and-beverage kiosks, which are expanding to 35 in all. Six all-new entries have been announced, and in addition to staples like Mexico, Italy, France, China and Brazil, India and Spain will be represented for the first time since 2009 and 2010, respectively.

The popular "Eat to the Beat" concert series is outdoing itself, too, with an unprecedented 32 musical acts set to perform. Musicians appearing at Epcot for the first time will include The Hooters, Mark Wills, 10,000 Maniacs, Kenny G and others, who will be joined by numerous returning favorites.

Additionally, ABC's Emmy-winning talk show, *The Chew*, will record five shows at the festival. Production is set for October 4-6 against the park's Spaceship Earth attraction, and the episodes are slated to air from October 9-13. The show will also host a kiosk and feature segments highlighting available food and beverages throughout the event's run.

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Don't forget about demonstrations from celebrity chefs, hands-on workshops and other features, including a spotlight on dishes geared toward children's palates. Regular park admission is required, and parking starts at $20 per vehicle but is free for seasonal and annual passholders.

VOICE & VENT **THIS MONTH,** on page 22, we examine the passage of H.B. 7069. What are your thoughts on the new legislation's most controversial aspect? Share your opinion by visiting OrlandoFamilyMagazine.com's Polls section and answering:

"When it comes to siphoning money from public schools to fund charter schools, are you for or against it?"

Click on "Vote" to make your choice count.
Next month, we'll report back on what our readers are thinking.

In June, we asked: "Would you rather live in a small town with easy access to a major metropolitan area, or do you prefer true city living?"

71% of you said TOWN LIFE
29% of you said CITY LIVING



3 THINGS YOU'LL LEARN

Think your child's public high school is the best? See how it compares to others in our 2017 Public High School Report Card.
Page 20

We asked our readers who Greater Orlando's top physicians are, and they came up with nearly 300 of them in more than 45 specialties.
Page 24

Worried about what Florida's new medical marijuana legislation might mean for your community? Get the facts in our special report.
Page 14

DID YOU HEAR?

"No amount of money can ever truly heal the ache and the pain and the trauma that our community suffered nearly one year ago. I want to commend [Florida Senate] President Joe Negron for working closely with me to put this funding back into the state's budget."

STATE SENATOR LINDA STEWART (D-ORLANDO ON THE INCLUSION OF $2.5 MILLION IN THE FLORIDA SENATE'S 2017 BUDGET FOR FUNDING UCF RESTORES TRAUMA MANAGEMENT THERAPY PROGRAM, WHICH WAS ESTABLISHED AT UNIVERSITY OF CENTRAL FLORIDA FOR VETERANS SUFFERING FROM POST-TRAUMATIC STRESS DISORDER (PTSD)

HIT OR MISS



In 2022, SeaWorld Orlando will welcome a new land based on the long-running children's show *Sesame Street*. The area, which is yet to be designed, will take over the space currently occupied by Shamu's Happy Harbor, and a new, standalone *Sesame Street* theme park is being planned for a to-be-determined location in the U.S.

Weekend train rides using vintage rail cars will return to Tavares later this year, thanks to a partnership with Orlando & Northwestern Railway. Called the Royal Palm Railway Experience, the service will travel to Mount Dora and Eustis. Fortunately, given Florida's heat, the trains will be air conditioned.

The UCF Rosen College of Hospitality Management has revealed plans for the Marriott Foodservice Lab, a 3,500-square-foot facility for restaurant industry training. The new lab is being funded in part by a $1.5 million grant from the J. Willard and Alice S. Marriott Foundation, and it's expected to open in 2019.

In June, the Orlando Magic and Walt Disney World Resort reached an agreement through which the Disney logo will appear on Magic players' jerseys, beginning with the 2017 season. The partnership stems from the NBA's pilot program for sponsor ads on jerseys and is set to last for at least three years.



Orange County Sheriff Jerry Demings has thrown his hat in the ring to succeed current Orange County Mayor Teresa Jacobs, who's precluded from running again due to term limits. Demings, whose wife Val is the 10th district's U.S congressperson, would be Orange County's first African-American mayor if he wins.

Orlando Police Officer Michael Favorit Jr., who was fired in July 2016 after receiving 25 citizen complaints, has been rehired in advance of pending arbitration and reassigned to Orlando International Airport. Favorit was fired after he and another officer attempted to cover up an unauthorized chase in 2015.

DATEBOOK

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Aug 10
(recurs monthly)
In the latest installment of its monthly series, Maitland's Enzian Theater presents a free showing of *Harry Potter and the Prisoner of Azkaban*. All are welcome, and the show stars as soon as the sun goes down.
8 p.m., Enzian Theater, free



OPEN HOUSE & MOVIE NIGHT

Aug 19
Hosted by the Orlando Shakespeare Theater, this event will include scenic, lighting and sound demonstration; crafts and coloring for children; story time with characters; discussions; and much more.
2 p.m., Orlando Shakespeare Theater, free

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by MARTHA SUGALSKI

Party Time

It happens every summer. I can't ignore it. There is anticipation, worry, planning, picking a theme and color, ordering, fretting, shopping, staying up late on Amazon, re-ordering, and finally, it comes—whether I am ready or not. June 22. It happens every year, from #BabyPalooza, #ToddlerPalooza, #TripletPalooza and now #SnickerdoodlePalooza. By the time July comes around, I am palooza'd out until the following June.

Yes, our triplets turned 4 this summer.

You know what it's like to throw a kids' birthday party; at times, it's hell. I can remember when my older three were younger. Three separate parties for children born in different months. Spread out over the course of the year, it was all manageable.

Can someone explain this? It is an easy concept—although one I've been guilty of ignoring as well. I mean, you see people post 9,000 updates on Facebook, tweet out memes and Instagram 352 pictures of what they are having for lunch. Why can they not RSVP? (Even if I've been guilty of it myself!)

OK, rant over. Back to having three parties in one. Triple threat, triple trouble—triple everything.

This year, our three snickerdoodles, who are just on the edge of really knowing what they want for their party, were oblivious to the undertaking of what was happening. Siblings flying into town, their aunt and uncle driving up from South Florida, dear friends who are family, coworkers and everyone who loves these babies, all gathering to celebrate them. (Yes, I know they are 4, and yes, I call them babies. I call my 23-year-old my baby, too, and will until my last breath.)

With a summer birthday every single time, I'm always fretting over the weather. Hot, steamy and mandatory AC is always on the forecast; however, it is the rain that is 50-percent hit or miss. Luckily, I have the best weatherman on speed dial on my iPhone. Every day at work, I would say to him: "Is it going to rain Saturday? What are the chances? The party is in the late afternoon, will we be OK?"

This year, the forecast for every day of the week leading up to the big day was smothered



with storm graphics and clouds—except that Saturday. The only day of the week to have less chance of rain and less of those annoying, ominous-looking puffy things. Maybe we would get lucky.

As each day came and went, the forecast stayed the same. In my eyes, a 30-percent chance of rain meant a 70-percent chance of sun and fun, and luckily, the weather gods cooperated, and the monsoon didn't come till later, when the triplets were in bed and the adults hit the waterslide. (That is a whole different column with details of my hubby stitching up my friend who got elbowed on said waterslide by my producer. Good times.)

The barbecue, the slide, the photo booth and, yes, the donut truck made for a perfect party—with the exception of one tiny problem.

You see, I am a stickler for thank-you notes. My mother instilled fear in me if I did not hand-write a thank-you note for every single gift that came my way starting from when I was a child until today. Like, if I don't, the manners police are going to come find me. We went to bed Saturday night, and most presents were sitting there untouched in pretty paper with beautifully taped cards. Pristine. Like Christmas Eve. The deal was, in the morning, we would open them all together, so I could see who gave what to ensure I could write every single thank-you note ASAP on stationery I had ordered for the party.

Well, Sunday morning rolls around, and I woke up to paper tearing, giggling and laughing. I thought I was dreaming. Then I realized the noise was coming from the living room, and the towheaded darlings, instead of jumping in bed with us as they do every single morning at the crack of dawn, had not only opened (and spread out all over the house) the gifts, but the precious cards telling me who gave what.

I panicked, but since the chaos was well underway, I opted to grab 20 more minutes of sleep. I was then woken up by my three excited little people, some of whom had tape stuck to their heads and wrapping paper in their PJs. What could I do? How would I know who gave what? I sat back and smiled, and then it hit me: What would next year's theme be? What color would I pick? What birthday cake would they want, and most importantly—how would I get people to RSVP?

Then I realized I had 364 days to figure that out.



An Emmy-winning member of WFTV's Eyewitness News Team, Martha Sugalski has been a journalist for more than 20 years, and she's spent her entire career in Florida. She's also a married mother of six children, including a set of triplets. You can catch her on weekdays at 5, 6, and 11 p.m. on WFTV, and at 10 p.m. on TV 27.



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Up in Smoke?

Medical marijuana is now legal in Florida, but families have little to fear from its availability so far.

By Nate Shelton

On November 8, 2016, Florida residents legalized medical marijuana via Amendment 2, which was spearheaded by famed Orlando attorney John Morgan and passed by more than 70 percent of voters. In June, that constitutional amendment officially went into effect when the passage of S.B. 8A set guidelines for how the people's will would be implemented.

"The constitutional amendment was passed overwhelmingly," says Gov. Rick Scott about the new laws, "and I'm glad the House and Senate were able to come together for a bill that makes sense for our state."

Despite the passage of the amendment and its governing legislation, though, many residents in Greater Orlando and beyond have questions, hopes and fears about what medical marijuana will mean for their family. Who can grow it and sell it? Where can it be sold? What conditions can it be used for? How can you get a prescription? And most importantly of all: How will it affect our community?

As it turns out, the answer to that last one should be "very little" for most Floridians—including here in Greater Orlando.

Understanding the Law

The day after Amendment 2's passage, Morgan gave a victory speech in downtown Orlando, claiming: "For the state of Florida, this will be a financial boon from the revenue side to the jobs side. You may need 2,000 dispensaries from the Panhandle and all the way down … What we will need now is [medical marijuana]

facilities and dispensaries to take care of 400,000 to 500,000 people who need it."

With S.B. 8A, though, the state legislature made it clear that we're a long way off from the thousands of dispensaries that Morgan called for. Still, Jesse Kelley, legislative counsel to the Marijuana Policy Project's (MPP's) state campaigns department, thinks we're off to a good start.

"S.B. 8A ... includes 10 new licensed growers in the state in addition to the seven that already exist and allows growers to open 25 dispensaries, so there is a great likelihood that any patient in the state will have reasonable access to purchasing medical marijuana," she says. (Growing the drug at home for personal medical use remains illegal.) "Furthermore, if a patient is unable to travel outside their home, dispensaries are allowed to deliver medical marijuana so long as the product is transported by dispensary employees and the patient pays a delivery fee of $25."

For now, dispensaries can be found in Tallahassee, Gainesville, Tampa, Miami and Orlando, and more are expected to open in the coming months until the state hits its current limit. Finding communities that are willing to host dispensaries might be a stumbling block, though. (More on that in a bit.)

It's also important to note that medical marijuana won't be as easy to get in Florida as it was in, say, California when that state first made it legal. "Medical marijuana will be available for Florida residents with a qualifying condition," says Kelley, "which includes cancer, epilepsy, glaucoma, [amyotrophic lateral sclerosis], Chrohn's disease, [post-traumatic stress disorder], multiple sclerosis, Parkinson's disease, HIV/AIDS and other serious conditions."

In addition to fulltime residents, the law provides for seasonal and part-time residents, too, even if they're registered to vote or pay taxes in another state. For those with approved conditions, a prescription is required from a qualified ordering physician, of which there were approximately 1,000 statewide when this issue went to press.

Last but not least, the law also details how and where medical marijuana can be used. "S.B. 8A provides that non-euphoric forms of marijuana can be used in public, but public use of full-strength medical marijuana remains a misdemeanor," says Kelley, with non-euphoric referring to low-THC products that don't produce a "high."

Where usage is concerned, patients are allowed to "vape" the drug or eat products containing it, but smoking continues to be illegal in public and at home—a point of contention that led to Morgan filing a lawsuit against the state shortly after the bill's passage. Per Morgan, while the wording of Amendment 2 explicitly banned smoking marijuana in public, no such provision was made for private use, and Morgan sees it as legislative overreach.

"It doesn't take a genius to figure out that if smoking is not allowed in public, it must certainly be allowed in private," says Morgan. "That's the intent."



The city of Orlando has only authorized two permits, including one for Knox Cannabis Dispensary in Ivanhoe Village.

Impact on Orlando

So far, medical marijuana has had little impact on the Greater Orlando area—and that's not likely to change anytime soon. Currently, there are 29 qualified prescribing doctors in Orange County, 20 in Seminole and six in Osceola.

Local dispensaries are few and far between, too, and those waiting for more to open shouldn't hold their breath. In April, Mayor Teresa Jacobs signed off on extending a temporary moratorium on medical-marijuana activity in unincorporated Orange County for six months or until a regulating ordinance is passed. Orlando, Winter Garden, Winter Park and Winter Springs are also considering blocking new dispensaries.

The reason for the hesitation comes from new state laws that grant local governments the right to ban dispensaries, but not to regulate their location or other factors any more than traditional pharmacies.

"At this time, we feel the only ability we have as a local government to regulate medical-cannabis dispensaries is to prohibit them completely, while we analyze how we might refine how pharmacies are defined in the City Code and any other option available to our city to regulate this use," says Orlando Mayor Buddy Dyer.

For now, the city has only authorized two permits, both of which will be grandfathered in even if a moratorium becomes permanent: one for Knox Cannabis Dispensary in Ivanhoe Village, which is open for business, and the second for the in-progress Trulieve dispensary, which is scheduled to debut on Orange Blossom Trail later this year.

For its part, Knox's Orlando location is marked by a professional appearance inside and out—a far cry from the "reefer madness" that some were concerned would consume the state should medical marijuana be legalized. Furthermore, the dispensary seems to be as concerned with being good neighbors as with helping patients get the treatment they need.

"Knox Medical is dedicated to compassionately provide patients access to the highest level of medical cannabis in an unrivaled, professional healthcare environment," says Adam Sharon, director of public relations and communications for Knox Medical. He also points out that people from a variety of backgrounds are now getting needed help from medical marijuana in the Sunshine State.

"From our state-of-the-art dispensary in Ivanhoe Village to the home delivery of our medicine across Florida, we see firsthand patients who are benefitting from this medicine," Sharon adds. "Knox Medical's patients are our neighbors, teachers, family members—oftentimes having exhausted all other medical avenues. We are proud to work with our patients, their physicians and our communities to provide medical cannabis to those in need."

Ultimately, while medical marijuana is likely here to stay, it doesn't appear to have had any negative impact on Greater Orlando yet—and it's already benefitting countless sick people throughout the area. To learn more about medical marijuana in Florida, including details on allowed conditions and current qualified doctors, visit the Office of Medical Marijuana Use at FloridaHealth.gov

PROMOTION

Modern Care with Old-Fashioned Hospitality

Top-notch treatment, warm encounters and genuine smiles abound at **Absolute Urgent Care.**

by STEPHANIE JOYCE

We've all been there; a physical is overdue or an emergency strikes, and you can't get into your general practitioner. You start the daunting task of searching around for the best urgent-care option, but it seems that none are meeting your expectations. Fortunately, Orlando residents' choices have now improved immeasurably: Absolute Urgent Care is a new option that is here to change the game entirely, and with a skilled physician like Dr. Turi Maki leading the way, it's easy to see why.

As a former flight attendant for US Airways, Dr. Maki loved helping other people but had not yet completed her undergraduate degree. She recalls the moment when fate stepped in and motivated her to complete her education.

"When I was flying, one day they had made an announcement that said if you go back to school, we will pay for it," she says. "One class per semester, and I thought [it was] perfect."

To graduate, Maki needed to finish her science classes, and even though she was older than the traditional student when she took them—28 as opposed to 18—they came naturally to her. She kept at it and found that she loved it. "I just followed what I liked and what I was good at," she says.


Dr. Turi Maki

Dr. Maki completed her schooling and residencies in New England and is now board certified in emergency medicine. She graduated at the top of her class and focused on osteopathy as opposed to allopathy, because she believes that the best approach is a complete one.

"It's the same curriculum, same courses and same tests, but the difference is in the philosophy," she says. "Osteopathy is treating the whole person, not just the illness. People in chemotherapy, for example; you are treating their cancer, [but] they're going to have anxieties, depression, etc., and in order for someone to be treated as a whole, you can't overlook these things."

Dr. Maki recalls her earliest introduction to the field by way of her grandfather, who was also a physician. Maki used to accompany him when he made house calls to indigent people who couldn't afford to travel—and they thought the world of him for doing so.

"They would pay him with beans and peas, but he never received any cash," she says. "The way that he treated people genuinely left a big mark on me and on the way that I practice."

Today, her staff and office manager Kim Cain see Dr. Maki implement this unique care every day, and they, too, know that every patient is getting the absolute best. "There are many things I like about Dr. Maki, but what I like most about her is the way she cares about each patient; whether new or established, she goes the extra mile to give them the individual attention they deserve at each visit," says Cain. "She is passionate about the care she gives and makes the patient feel comfortable and cared for during their visit. She is a hidden gem."

Speaking of practice, Dr. Maki is a firm believer in giving her trademark care to all who choose her clinic. Whether a small scrape or major break, each person is treated like family, and she wouldn't have it any other way. "We are all very easy to approach, we all have a good sense of humor and we all smile," says Maki. "It's just a different atmosphere in this clinic in every way, shape and form."

Maki knows that things can sometimes get busy, but she strives to uphold her personal mantra of quality over quantity. "It takes some time but no one gets short changed," she says. "I respect what the patient has to say, and [often times] we catch all of the things that have been overlooked for years because we sit down and listen."

A clinic that has become multi-faceted, Absolute Urgent Care excels in emergency medicine because of Dr. Maki's principles. Having previously worked for Florida Emergency Physicians, she knew that she wanted to open her own clinic in order to positively impact her community in a more intimate way. Furthermore, Dr. Maki serves as a clinical preceptor for first- and second-year medical students at University of Central Florida, and she imparts her ethics on these young doctors-to-be.

"I am hoping that we can instill in them the values that we want to see and practice; to sit down, talk to people and listen to them, and to not be afraid of cleaning a room or emptying the trash," she says. "This is teamwork, and we want them to respect their colleagues no matter what level they are at."

With such a positive impression that Absolute Urgent Care and Dr. Maki have had on Greater Orlando, it's safe to say that the future is bright. If you are searching for the best in sincerity and specialized attention, look to Dr. Maki at Absolute Urgent Care for your personalized, five-star treatment.



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AbsoluteUrgentCare.com

Preventing underage drinking is as easy as 1-2-3



Start early and stay involved.

Like many parenting skills, monitoring your children's online activities is easiest when you establish policies and expectations early. Although the tendency is for parents to become less involved as their children age, even older teens need their parents' help to stay alcohol-free.

Parents: Increase Your Knowledge About Alcohol



View the Parent Program at http://ecalc.ucfretrolab.org/parent/

1 ▸ BONDING

Developing a strong relationship with your child is important. Research shows that family conflict and a weak parent/child bond increases a child's risk of drinking underage.

Bonding can be as simple as going out and having fun together, talking about school, and making time each day to listen to your child's concerns. Studies show that even making the effort to eat dinner as a family five times each week reduces the chance that a child will use alcohol or drugs by as much as 33 percent.

2 ▸ BOUNDARIES

Parental disapproval is the number one reason why teens say they don't drink. When parents set clear rules about not using alcohol, kids usually follow them.

It's important, however, that your kids know why you don't want them to drink. Explain how underage alcohol use can change how their adolescent brains develop—imparing memory and learning capabilities while increasing their risk of addiction. Also, make sure to establish consequences for breaking the rules, and consistently enforce them.

3 ▸ MONITORING

Having friends who drink is the single greatest risk factor for underage alcohol use. As a parent, it's imperative that you know whom your child is with, where they are, and what they're doing.

Make it a habit to ask questions as your child leaves the house. Get to know his or her friends, and ensure that alcohol isn't available to them at your house or their friends' homes. Checking in with your child can be as easy as sending a text message, and if alcohol shows up at a party or event, being ready to pick your child up.

Don't forget to monitor your child's online activities, too. Today, teens spend more time interacting with each other on social media sites like Facebook than they do talking on the telephone.

FAMILY MAN



Husband, father, restauranteur and Hollywood superstar Mark Wahlberg has weaved himself into Orlando's culinary landscape with new Wahlburgers locations.

BY **DEBRA WALLACE**

Mark Wahlberg isn't just one of Hollywood's biggest stars. He's also a noted family man and restauranteur, spearheading the successful chain of Wahlburgers eateries and A&E reality series of the same name with his brothers: the almost equally famous Donnie and lesser-known—but just as talented, albeit in different ways—Paul, who dreams up the burger joints' tasty creations.

In February 2016, the trio opened their first local Wahlburgers in downtown Orlando, followed a year later by one in Waterford Lakes. With Mark and Paul having attended the first location's grand opening, the movie star is starting to feel like an honorary resident.

As those familiar with his work knows, Wahlberg is perfectly adept at playing the earnest guy on the big screen who swoops in and helps to save the day, and he does so with a great deal of grace and humility, as well as tenacity and moxie. A notable example of that ability can be seen in the 2006 Disney sports drama, *Invincible*.

In all, he's acted in more than 40 movies, from hard-hitting dramas like *The Perfect Storm* and *Lone Survivor* to modern comedies like *Ted* and *Daddy's Home*, both of which have sparked sequels, with the latter still in development.

Wahlberg's stellar career has also included serving as the executive producer of the popular HBO television series, *Entourage*, which ran for seven seasons and was loosely based on his climb to movie stardom surrounded by his close childhood pals. He's also produced *Boardwalk Empire*, about prohibition-era Atlantic City, and the network's *Ballers*, starring Dwayne Johnson.

More recently, he tackled another difficult leading role in *Patriots Day*, about a true-life hero during the 2013 Boston Marathon who was a major part of a sophisticated law-enforcement manhunt for the two bombers responsible for injuring 264 and the death of three people, including an 8-year-old boy.

Wahlberg, who was also a producer of *Patriots Day*, said he took on the movie and the highly emotional role of an inspiring police sergeant because of the vital life lessons of patriotism involved. Among the most poignant aspects of that film is the story of Jessica Kensky and Patrick Downes, a young married couple who each lost limbs as a result of the marathon bombing, yet did not let their spirit wane.

> "...I KNOW THAT IF I SUCCEED IN BUSINESS, BUT **I FAIL AT BEING A PARENT OR A HUSBAND, THEN I'VE DONE IT ALL FOR NOTHING.** SO, I JUST TRY TO DO **THE BEST THAT I CAN** IN EVERYTHING THAT I DO."

Wahlberg said that meeting them was inspiring on a personal level, and something he will never forget. "I find them so inspiring because I don't know if I would have the courage to just move forward and look at life and have that light that they shine so brightly," he explains. "I hope I never have to answer these questions, but it made me think—if I was there on that day, when the explosions went off, would I run to these people, or would I run away in fear; I really don't know."

One thing that Wahlberg is certain of is that he would have done everything to protect his loved ones. Family is the key to understanding Wahlberg's motivations and philosophy of life. The youngest of nine children, he is extremely close with his mom, Alma. Despite Wahlberg's chaotic film schedule, he says he makes sure to spend time with his tight-knit extended family.

He and his wife, Rhea, are the loving parents of four children: Grace, 7, Brendan, 8, Michael, 10, and Ella, 13. While Wahlberg, who began his career as musician Marky Mark, had a reputation of being a party guy, he admits that he put all of that behind him when he became a family man, who doesn't mind heading to bed by 9:30 p.m. when he is not working on a movie.



With football great Vince Papale (left) during the making of Invincible

Wahlberg says he also has important values to pass on to his four children. What is important to him as their father? "It is major that my children are well-mannered, kind and grow up to be good, caring people," he says.

Being a "fix-it man" is his overall approach to life and his attitude. "If there is a problem, I just gotta figure it out," says Wahlberg. "I just gotta fix it. I do whatever it takes in order to get the job done."

While he juggles a lot of roles—entrepreneur, actor, producer and family man—Wahlberg says he knows how to keep his priorities straight. So, what is his most important role?

"Being a good husband, a good father, a good son, friend, uncle and neighbor," he says. "Those are the important things that I focus on. I know that if I succeed in business, but I fail at being a parent or a husband, then I've done it all for nothing. So, I just try to do the best that I can in everything that I do."

He claims if the movie roles, fame and opportunities that come with being an A-list actor all went away, he would still be happy because of the extraordinary journey he has taken.

"There have been things I was able to experience and so much that I learned along the way," Wahlberg says with a wide smile. "I have been fortunate enough to have had such rich experiences with what I am doing now, with my work in front of the camera, and with my kids. I have to say that I truly have no regrets."



In Transformers: Age of Extinction

IT'S ACADEMIC



THE 2017 PUBLIC HIGH SCHOOL REPORT CARD

School pride runs deep in Greater Orlando and for good reason: We have some of the top learning institutions right here in our backyard. With kids preparing to shuffle back to classrooms next month, ready to take on a new academic year, we once again are examining how our public high schools stack up in several key areas. Using information gleaned from the Florida Department of Education and the A.P. Course Ledger, we've examined public high schools in Orange, Osceola and Seminole counties to see how they measure up in categories like average SAT scores, graduation rates and more. We've also talked to local educators and politicians to get a feel for the impact that H.B. 7069–the sweeping, controversial education bill signed into law last month–will have on our community. No doubt about it; **we've done our homework.**

By Nate Shelton and Editorial Staff

AVERAGE SAT SCORE

HIGH SCHOOL	AVG. SCORE (OUT OF 2,400)
Paul J. Hagerty High School:	1,590
Seminole High School:	1,590
Lake Brantley High School:	1,579
Oviedo High School:	1,577
Lyman High School:	1,544
Winter Springs High School:	1,542
Lake Mary High School:	1,531
Lake Howell High School:	1,487
Celebration High School:	1,479
Winter Park High School:	1,467
University High School:	1,456
Timber Creek High School:	1,409
Olympia High School:	1,395
West Orange High School:	1,377
William R. Boone High School:	1,360
Dr. Phillips High School:	1,355
Apopka High School:	1,349
Lake Nona High School:	1,323
Freedom High School:	1,316
Edgewater High School:	1,278
East River High School:	1,262
Cypress Creek High School:	1,248
Ocoee High School:	1,233
Wekiva High School:	1,205
Colonial High School:	1,151
Jones High School:	1,099
Maynard Evans High School:	1,095
Oak Ridge High School:	1,060

GRADUATION RATE

HIGH SCHOOL	GRADUATION RATE (%)
Timber Creek High School:	98
Lake Nona High School:	96
William R. Boone High School:	95
Cypress Creek High School:	95
Paul J. Hagerty High School:	95
University High School:	95
Winter Park High School:	95
Freedom High School:	94
Olympia High School:	93
West Orange High School:	93
Lake Mary High School:	92
Dr. Phillips High School:	91
East River High School:	91
Jones High School:	91
Lake Brantley High School:	91
Oviedo High School:	90
Seminole High School:	90
Colonial High School:	89
Oak Ridge High School:	89
Ocoee High School:	89
Apopka High School:	88
Edgewater High School:	88
Evans High School:	88
Lyman High School:	88
Wekiva High School:	88
Celebration High School:	85
Lake Howell High School:	85
Winter Springs High School:	85

SENIOR CLASS SIZE

HIGH SCHOOL	STUDENTS
Jones High School:	224
Lake Howell High School:	420
East River High School:	427
Edgewater High School:	435
Maynard Evans High School:	521
Ocoee High School:	521
Celebration High School:	533
Wekiva High School:	546
Paul J. Hagerty High School:	556
Lake Brantley High School:	574
Winter Springs High School:	576
Seminole High School:	586
Oviedo High School:	591
Lyman High School:	595
Oak Ridge High School:	634
Lake Nona High School:	637
William R. Boone High School:	679
University High School:	692
Lake Mary High School:	711
Apopka High School:	715
Winter Park High School:	792
Cypress Creek High School:	802
Colonial High School:	803
Olympia High School:	821
Timber Creek High School:	826
Dr. Phillips High School:	847
Freedom High School:	879
West Orange High School:	1,011

Education Transformation

New state law ushers in big changes for public and charter schools in Florida.

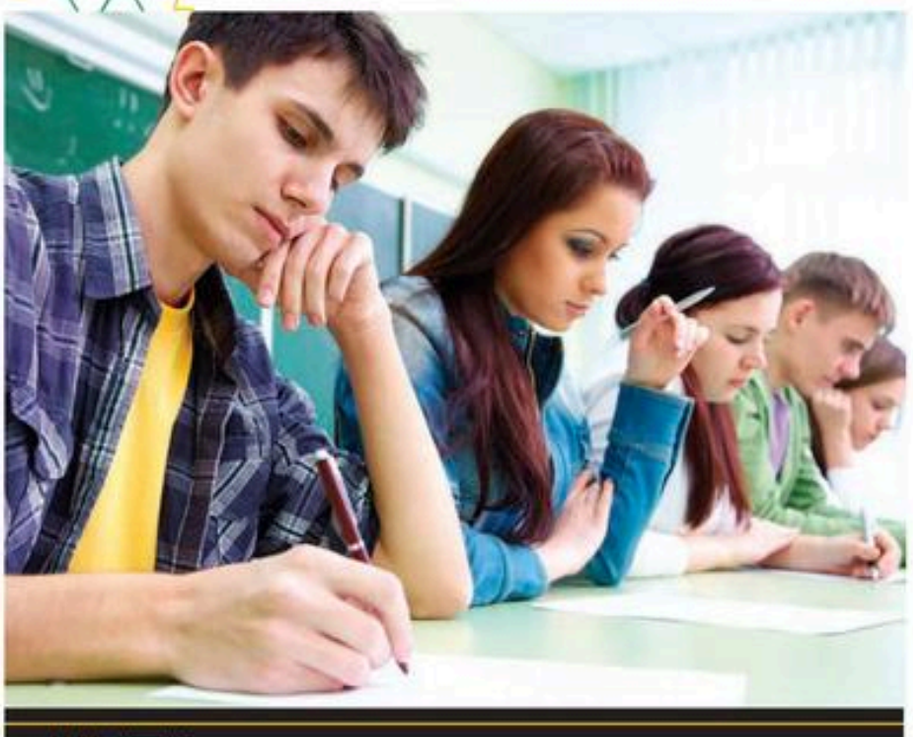
By Stephanie Joyce

In June, controversial Florida education bill H.B. 7069 was passed, bringing considerable changes to our education system as we know it. The reason for the controversy? Simply put, the new legislation allows for money earmarked for public schools to instead be diverted to charter schools, some of which have had a mixed record of success while attracting polarizing opinions.

For his part, Gov. Rick Scott is optimistic about what it will allow schools to do. "This legislation, combined with the historic $100-per-student increase in funding I called for during the special [legislative] session, will put all of Florida's students on a pathway toward success," says Scott, a stout supporter of educational choice who believes the bill will serve as a platform for school options.

"When I was growing up, I had access to a good quality education, and every Florida child should have the same opportunity," Scott adds. "Florida's K-12 education system is so important to the future of our children and our state, and we will never stop

continued on next page



AP CLASSES OFFERED

HIGH SCHOOL	AP CLASSES OFFERED
Oviedo High School:	62
Olympia High School:	59
Freedom High School:	57
Seminole High School:	52
Dr. Phillips High School:	48
Timber Creek High School:	47
West Orange High School:	42
Winter Park High School:	42
Lake Brantley High School:	41
Lake Mary High School:	41
William R. Boone High School:	40
University High School:	40
Winter Springs High School:	40
Lake Howell High School:	35
Edgewater High School:	38
Lyman High School:	36
Paul J. Hagerty High School:	34
Lake Nona High School:	34
Apopka High School:	33
Ocoee High School:	33
East River High School:	30
Celebration High School:	27
Cypress Creek High School:	26
Wekiva High School:	24
Oak Ridge High School:	23
Colonial High School:	21
Jones High School:	14
Maynard Evans High School:	10



looking for ways to improve how our students learn and achieve."

However, other government officials are not as convinced about the supposed benefits. For example, State Senator Linda Stewart (D-Orlando) views it as a hurried piece of legislation that is not in the best interest of students. "The legislation … gives to the charter school industry a free hand and promises them a bountiful reward," she says. "It allows corporations with no track record of success, no obligation to struggling students, and no mandated standards of accountability to flourish, with the sole obligation to their shareholders."

Looking beyond the divisiveness of this bill, it is important to break down the ways in which it will affect the control that charter schools possess and the current support that public schools receive.

One of the ways this will occur is with steep cuts to the budget of Base Student Allocation (BSA). The BSA is the per-student amount that fulltime instructors in the public sector receive each year to provide all of the materials needed to teach. The cuts outlined in the bill will reduce this figure to $27.07 per student, a 10-year low. This particular budget has long been a focal point for public schools, and this new bill forces a redirection of funds away from this area and into other programs.

According to Orange County Public Schools (OCPS) Superintendent Dr. Barbara Jenkins, a portion of this bill that focuses on the Florida Education Finance Program (FEFP) will negatively affect the expected increases in budgets across the state. "Despite having a budget surplus in Florida, the funding contained in the FEFP represents an inadequate average increase statewide of $24.49 (or 0.35 percent) per student," she says. "This level of funding does not begin to address the basic educational services we are tasked with providing our students."

On top of these reforms, charter schools will be granted the right to share the millage capital that is collected statewide and is used for school construction. This new provision means that funding previously reserved strictly for public schools is now going to be split in some measure between public and charter schools.

There is no language yet that specifies what impact this provision will have on the future trend of millage rates, but many local public-school administrators believe that it will not be positive. In a letter to Gov. Scott, Jenkins and several members of the board stressed the importance of using these funds to address enrollment increases and keep up with necessary maintenance. The splitting of funds will make it more difficult for public schools to tackle these needs.

On the other hand, Ken Haiko, chairman of Renaissance Charter Schools, which has several Greater Orlando locations, believes this change will improve the educational opportunities of all students. "We are in favor of any bill that positively impacts students," he says. "H.B. 7069 allows the funding to follow the student and puts parents in charge of their child's educational decisions."

Moreover, H.B. 7069 will allow for the implementation of the "Schools of Hope" legislation; a program that encourages nonprofit charter schools with high-performance track records to open additional locations where the lowest performing public schools currently exist.

"We are in favor of any bill that positively impacts students. H.B. 7069 allows the funding to follow the student and puts parents in charge of their child's educational decisions."

–Ken Haiko,
chairman of Renaissance Charter Schools

Although this initiative will provide families in those areas an option to join, there is also fear that public schools will suffer immensely as a result. The language states that approximately $140 million will be provided to fund "Schools of Hope," but it is worth noting that of the schools that are eligible to receive monetary incentives, only 25 of them are public schools.

Ultimately, the changes for public and charter schools alike are as varied as they are numerous, with other tweaks including increased standards for charter schools, mandatory recess at public elementary schools and the elimination of a state math exam. Only time will tell who the winners and losers will be—but for all our sakes, students and their families will hopefully come out on top.

INDIVIDUAL CLASS SIZE

HIGH SCHOOL	INDIVIDUAL CLASS SIZE AVERAGE
Jones High School:	19
Winter Springs High School:	19
William R. Boone High School:	20
Dr. Phillips High School:	20
Edgewater High School:	20
Lake Mary High School:	20
Lyman High School:	20
Timber Creek High School:	20
University High School:	20
Celebration High School:	21
Colonial High School:	21
East River High School:	21
Maynard Evans High School:	21
Lake Howell High School:	21
Oak Ridge High School:	21
Seminole High School:	21
Wekiva High School:	21
West Orange High School:	21
Winter Park High School:	21
Apopka High School:	22
Cypress Creek High School:	22
Freedom High School:	22
Paul J. Hagerty High School:	22
Lake Brantley High School::	22
Lake Nona High School	22
Ocoee High School:	22
Olympia High School:	22
Oviedo High School:	22

by *Orlando Family Magazine Editorial Staff*



2017 TOP PHYSICIANS

Our readers' picks for the best medical practitioners throughout Greater Orlando

296 DOCTORS
49 SPECIALTIES

New treatments, advances in technology and deeper levels of understanding have assisted physicians with more effective methods for keeping patients healthy. Nowhere is that more evident than right here in Greater Orlando, where residents have access to some of medicine's brightest minds.

To simplify the search for skilled physicians, we asked for our readers' assistance in compiling our annual list of the medical professionals who have made the region's health their top priority. In addition, we examine some of this year's honorees' top accomplishments, thereby providing a comprehensive diagnosis of local physicians who are committed to making a difference in the world.

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Dr. Chirag J. Patel
Ophthalmology
A Central Florida native, Lake Nona Ophthalmology's Dr. Patel has received an Ophthalmology Recognition Award at New York Academy of Medicine.



Dr. Vipul R. Patel
Urology
A leading physician at Florida Hospital's Global Robotics Institute, Dr. Patel is one of the world's most experienced robotic surgeons, having performed more than 10,000 robotic prostatectomies. He also authored the first textbook on robotic urology surgery and has published more than 100 articles in peer-reviewed journals.

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DR. AKINYEMI AJAYI, MD, FCCP, FAASM

CHILDREN'S LUNG, ASTHMA AND SLEEP SPECIALISTS

Dr. Ajayi has been a physician for 25 years and has been practicing pediatric pulmonology and sleep medicine in Central Florida since the completion of his fellowship at the Children's Hospital of Philadelphia in 2002. He advocates for children's sleep health and believes that children with appropriate treatment for asthma should have no limits on their activities. He enjoys cycling, playing tennis and spending time with his three daughters.

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Dr. Frank C. Riggall
Infertility

Dr. Riggall has been serving the Orlando area for more than 30 years. Before his current work at the Center for Reproductive Medicine, he served as the chief of reproductive endocrinology and infertility at the University of Florida, during which time he established their In Vitro Fertilization Center.



Dr. Shoba K. Srikantan
Pediatrics–General

Beyond being a pediatrician at Arnold Palmer Hospital for Children, Dr. Srikantan is a medical advisor on the board of Make-A-Wish Central and Northern Florida. She's previously been honored with an Inspirational Physician Award from the American Medical Association Women Physicians Section, recognizing her work as a role model for other doctors.



Dr. David Weinstein
Dermatology

Dr. Weinstein, who practices at UCF Health's Medical City office, is one of just six Orlando-area doctors to have completed a fellowship accredited by the American College of Mohs Surgery for skin-cancer removal. As a result, he's qualified to treat rare and difficult tumors with the Mohs micrographic surgical technique.



Dr. Konrad W. Filutowski
Ophthalmology

The founder and namesake of Filutowski Cataract & Lasik Institute, Dr. Filutowski has a rare backstory, having escaped communist Poland with his family at the age of 14. Despite understanding very little English at first, he excelled at his studies and attended Cornell University Medical College. He uses high-tech equipment to perform microscopic surgery.



Dr. Robert S. Gold
Pediatric Ophthalmology

Dr. Gold joined Eye Physicians of Central Florida in 1987, which means he's been serving our community for three decades and counting. He's been named as one of America's top ophthalmologists, and he's also a fellow of the American Academy of Ophthalmology and a specialty fellow of the American Academy of Pediatrics.



Dr. Henry Levine
Gastroenterology

The founder of the Center for Digestive Health, which opened in 1982, Dr. Levine taught gastroenterology at Virginia Commonwealth University. He continues to teach his specialty at Orlando Regional Medical Center and is an associate professor at University of Florida.



Dr. Dennis A. Borreo Ramos
Pediatric Hematology/Oncology

Serving at Florida Hospital's Children's Center for Cancer & Blood Diseases, Dr. Borreo Ramos is on the cutting edge of oncology and hematology advancements. He was formerly the chief resident in pediatrics while completing his residency at the Pediatric University Hospital in San Juan, Puerto Rico, where he also undertook advanced fellowship training.



Drs. Christopher Crotty & Allison K. Arthur
Dermatology

This dynamic duo, both of whom are Mayo Clinic-trained, are with Sand Lake Dermatology Center. At the Mayo Clinic, Dr. Crotty learned the Mohs micrographic surgical technique from Dr. Fred Mohs, and he was also awarded the Osborne Fellowship. In addition to her medical work, Dr. Arthur serves as program chair for the Central Florida Society of Dermatology.



Dr. Melvin Field
Neurosurgery

The director of Florida Hospital's minimally invasive brain-surgery program, Dr. Field has been a practicing partner with Orlando Neurosurgery since 2003. He also serves as an associate professor of neurosurgery at UCF's College of Medicine, and he founded and developed Florida's first comprehensive, multidisciplinary, sports-related concussion program.



Dr. Matthew E. Zussman
Pediatric Cardiology

A former recipient of the Dr. Lynn Eggman Award for Excellence in the Field of Pediatrics, Dr. Zussman practices at Pediatric Cardiology Consultants. He's made numerous contributions to his field via research, peer-reviewed publications and presentations, and as a philanthropist, he's gone on medical missions, held free clinics and taught at local schools.

Dr. Akinyemi O. Ajayi
Pediatric Pulmonology

Dr. Ajayi of the Children's Lung, Asthma and Sleep Specialists is a recipient of the Patients' Choice Award and the Compassionate Physician Award.

Dr. William Athans
Orthopedics & Orthopedic Surgery

Associated with Florida Sports Injury & Orthopedic Institute, Dr. Athans has much experience with sports injuries: Besides serving as an assistant doctor for post-career NFL orthopedic disability physicals, he was previously an assistant team doctor for the Miami Heat.

Dr. Clifford P. Clark III
Cosmetic & Plastic Surgery

In addition to being the medical director of Orlando Aesthetic Institute, Dr. Clark serves as an assistant clinical professor at the University of South Florida.

Dr. Mariana B. Dangiolo
Geriatric Medicine

Dr. Dangiolo, part of the UCF Health team in Lake Nona, sits on the Florida Department of Health's Alzheimer's Disease Research Grant Advisory Board, which helps to grant funding for research of the devastating disease. She also teaches at UCF College of Medicine and supervises students' research at a local assisted-living facility.

Dr. Pablo Gomez
Pediatric Urology

One of the few pediatric urologists in the U.S. specialized in robotic surgery, Dr. Gomez is the medical director of the pediatric-urology robotics program at Florida Hospital for Children. He's also a committed volunteer who's helped children with Down syndrome train for the Special Olympics.

Dr. Richard O. Gregory
Cosmetic & Plastic Surgery

Dr. Gregory of the Institute of Aesthetic Surgery has been named by his peers as one of Central Florida's top plastic surgeons each year dating back to 2000.

Dr. Pradip Jamnadas
Cardiologist

A practitioner with Cardiovascular Interventions P.A., Dr. Jamnadas has received numerous honors throughout his career. Highlights include Florida Hospital's Balance Value Award (2004), the Florida Medical Association's Distinguished Physician "Physician Who Cares" Award (2005-2006), and Doctors of South Asia Appreciation Award (2005-2006).

Dr. Niral C. Patel
Internal Medicine

The head of the Windermere Medical Center, Dr. Patel was named Physician of the Year in 2007 and Best Teaching Attending in 2008 at Chicago's MacNeal Hospital. More recently, the Indian American Chamber of Commerce named him New Entrepreneur of the Year.

Dr. Brian L. Patterson
Sports Medicine

Serving at Florida Sports Injury & Orthopedic Institute, Dr. Patterson is a recipient of the Gold Award for Best New Publication in the American Society of Healthcare Publication Editors in 2007, among other honors.

Dr. Michael W. Steppie
Dermatology

A Mohs micrographic skin-cancer surgeon at Associates in Dermatology, Dr. Steppie has been honored with multiple American Medical Association Physician Recognition Awards and the Patients' Choice Award.

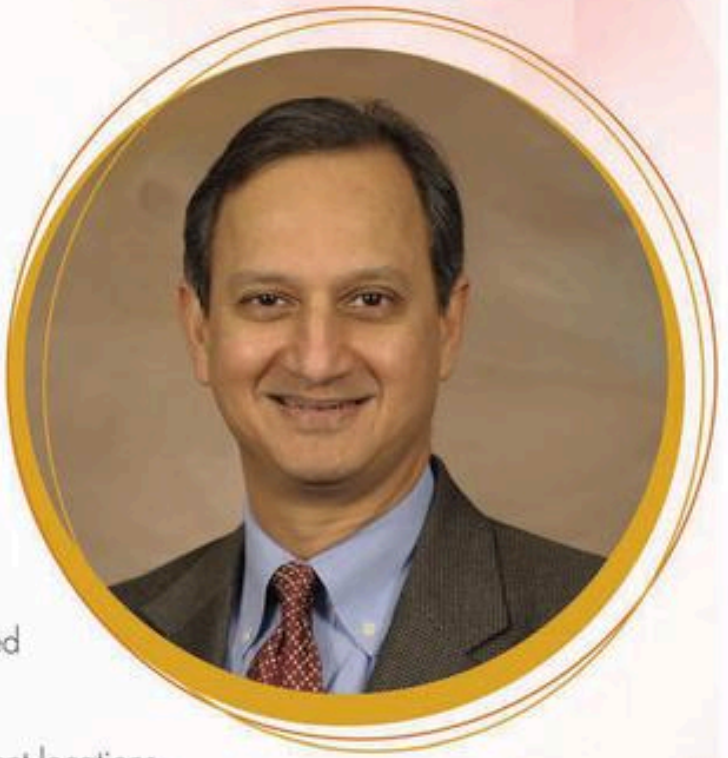
Dr. Amit B. Varma
Orthopedics & Orthopedic Surgery

Part of the team at Florida Sports Injury & Orthopedic Institute, Dr. Varma has worked with the NFL and quite a few Olympic athletes.

Dr. Melissa M. Yates
Infertility

Advanced Reproductive Specialists of Orlando's Dr. Yates was previously an assistant professor at Johns Hopkins School of Medicine in the division of reproductive endocrinology and infertility.

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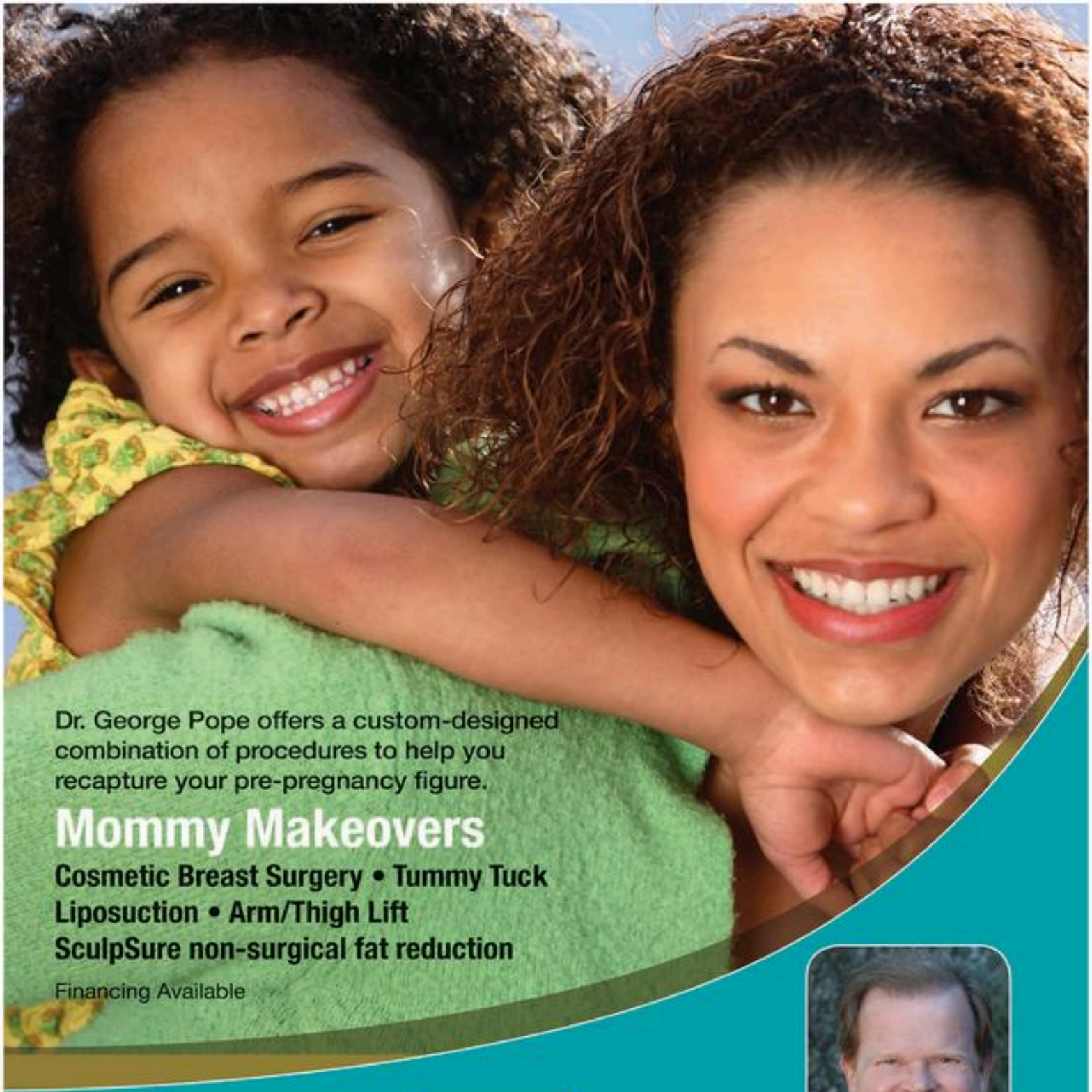
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Vigilance and Faith

Despite rising incidents of anti-Semitism nationwide, Greater Orlando's Jewish community continues to feel welcome. *By Nate Shelton*

For many minorities in the U.S., the past year or so has not been easy. Insults, threats, vandalism, assaults and worse have become almost commonplace occurrences, to the point where it can be difficult to keep track of them all. As anyone who's familiar with current events knows, Jews have joined Muslims and Hispanics in being among the most frequently targeted groups—but here in Greater Orlando, the Jewish population reports experiences that have been far kinder than the national average.

"Orlando has always been very welcoming for the Jewish community as well as others," says Keith Dvorchik, CEO of the Roth Family Jewish Community Center (JCC) of Greater Orlando, located in Maitland. "I think that's one of the aspects of Orlando many of us realized after the Pulse tragedy."

Not that it's all been smooth sailing locally—after all, even the best barrels inevitably have a few bad apples—but for the most part, Jewish residents find that life has continued much as it did before the recent hysteria. Still, given the current climate, several local organizations believe it's prudent to not just be proactive in combatting anti-Semitism, but in doing their part to lead by example simply by being good neighbors—and they've been strengthening our community as a whole in the process.

Jewish Federation of Greater Orlando

When it comes to confronting anti-Semitism, one of our area's most prominent Jewish organizations, the Jewish Federation of Greater Orlando (JFGO), which has offices in Maitland, takes an active role.

"Through [our] advocacy and social-action arm—the Jewish Community Relations Council (JCRC)—the Federation regularly sponsors community forums and encourages its constituents to speak out and take action on matters that affect Jews in Central Florida, in Israel and around the world," says Paul Lefton, director of marketing and communication for JFGO.

Key examples of this important work occurred earlier this year. "In April and June, JCRC organized two solution-based community discussions about anti-Semitism led by Eric Ross, associate regional director of [the Anti-Defamation League],"



says Lefton. In February, JCRC presented a community event, "Combating the Delegitimization of Israel," which focused on the Boycott, Divestment and Sanctions movement that is known for its attacks on the Jewish state and use of anti-Semitism to incite hatred.

The organization hasn't shied away from using media to spread their positive message, either. "In 2015, when anti-Israel billboards began showing up in Central Florida, JCRC members submitted letters to the editor of the *Orlando Sentinel* in defense of U.S. aid to Israel," says Lefton. "Later that year, Federation President Rhonda Forest penned an *Orlando Sentinel* op-ed in which she defended the importance of the U.S.-Israel relationship in the wake of the billboard campaign."

Other efforts include the creation of a special web page, JFGO.org/TakeAction, with resources to help all interested parties recognize and report anti-Semitic and other hate-based incidents.

"We remain committed to combating anti-Semitism wherever and whenever it occurs," says Lefton, "and in the months ahead, the Federation will be devoting even more staff resources to provide rapid response to anti-Semitic and anti-Israel activities."

Roth Family JCC of Greater Orlando

Per Dvorchik, the JCC has found that local and state governments have been there whenever the Jewish community has needed them. "We are lucky to have such wonderful people and agencies that care about the larger community," he says. "This includes law enforcement and the fire departments, as well as the school systems."

For the most part, the JCC prefers to not dwell on fear of attacks, instead putting a premium on engaging with the community. "From our many various synagogues and social-service organizations to the Roth Family JCC and the Rosen JCC [in southwest Orlando], there are many opportunities to get involved across the age spectrum in a variety of different ways," says Dvorchik. "We are an inclusive community that welcomes diversity and encourages being a part of the larger Central Florida community."

The JCC has also found that offering numerous opportunities for involvement has a way of opening doors to teachable moments. "People genuinely want to understand what it means to be Jewish and what the difference is between being Jewish and other religions," Dvorchik says. "I love it when non-Jewish members ask any question, because it's an opportunity to educate and to learn."

And yes, a sizable portion of the JCC's membership is non-Jewish—about 40 percent, in fact. "As such," says Dvorchik, "our members do a great job of helping break down stereotypes and educating others. As a community organization where race, religion, color, creed, sexual orientation and other things don't impede on membership or participation in anything, we strive to be examples of a welcoming and inclusive community that everybody wants to be a part of."


Chabad Menorah Parade

Chabad of South Orlando

In June, Florida Gov. Rick Scott signed a budget that includes more than $654,000 in funds to help bolster security at Jewish schools—including the one run by Chabad of South Orlando. Although specifics of how those funds will be used are still being finalized, the Chabad's Rabbi Yosef Konikov welcomes them.

"From what I understand," he says, "it could be used for bettering security at the school, like cameras and access control, and we're looking forward to—God willing—using those funds for when the time comes."

The additional funding builds on what Konikov describes as an already solid partnership with local and state authorities. "We've gained a good relationship and communication with law enforcement," he says. "They've been here, we've been to them, and we spent some time going through different ideas of proper precautionary steps that should be taken. … People have been very helpful, and we're hoping that some of the crazies out there [aren't] the norm."

Konikov also has two-pronged advice for members of the Jewish community. "Number one, of course, is to be vigilant and not to disregard [incidents] that may be suspicious," he says. "Number two, it's also equally important not to lose trust in the system and to be paranoid and fearful all day."


Chabad Jewish Women's Circle Paint Night

Accordingly, he cautions against trying to hide one's identity or avoid living a regular American life. "That's also a big mistake," says Konikov. "I think it's very important to be extra vigilant and also be sure to not be too paranoid and not to change who you are and go into fearful mode, because that's totally wrong. That's really giving in to those who want to do harm."

Following his own advice, Konikov adds that he hasn't been too concerned about the recent rise in anti-Semitism. "We know there are some people out there that do have hate, but we believe that it's important to just share friendship and love, and the more we display that, the more other people will imitate it," he says.

"Just like you have copycatters in the negative, it works the same in the positive. We're really very happy, and we feel the community is welcoming. We really love the community."

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STAR STUDENT

Brooke Worthington

Winter Park High School valedictorian Brooke Worthington graduated with a 4.97 GPA and was the recipient of multiple scholarships this year. Worthington was also a member of four honor societies, completed more than 300 hours of community service, and was the founder and editor of *Park Prints*, a magazine that she built from the ground up for her high school.

STAR STUDENT

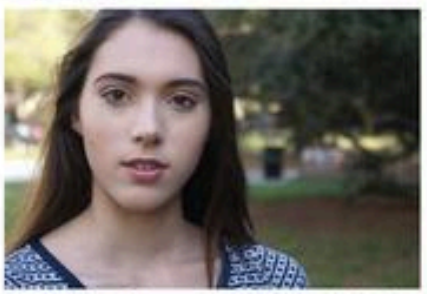
Siyona Mishra



Seminole Science Charter School eighth-grader Siyona Mishra won this year's *Orlando Sentinel* Spelling Bee and competed at the Scripps National Spelling Bee in Washington, D.C., on May 31. One of 40 finalists for the competition, Mishra was eliminated in the fifth round on the word "Corriedale."

STAR STUDENT

Jaclyn Grimm



Lake Highland Preparatory School Senior Jaclyn Grimm was awarded Scholastic Art and Writing Awards for the Southeast region. All seven of her submissions received accolades, with two winning Gold Keys and advancing to nationals. Scholastic is one of the longest running competitive programs and reviews several hundreds of thousands of submissions annually.

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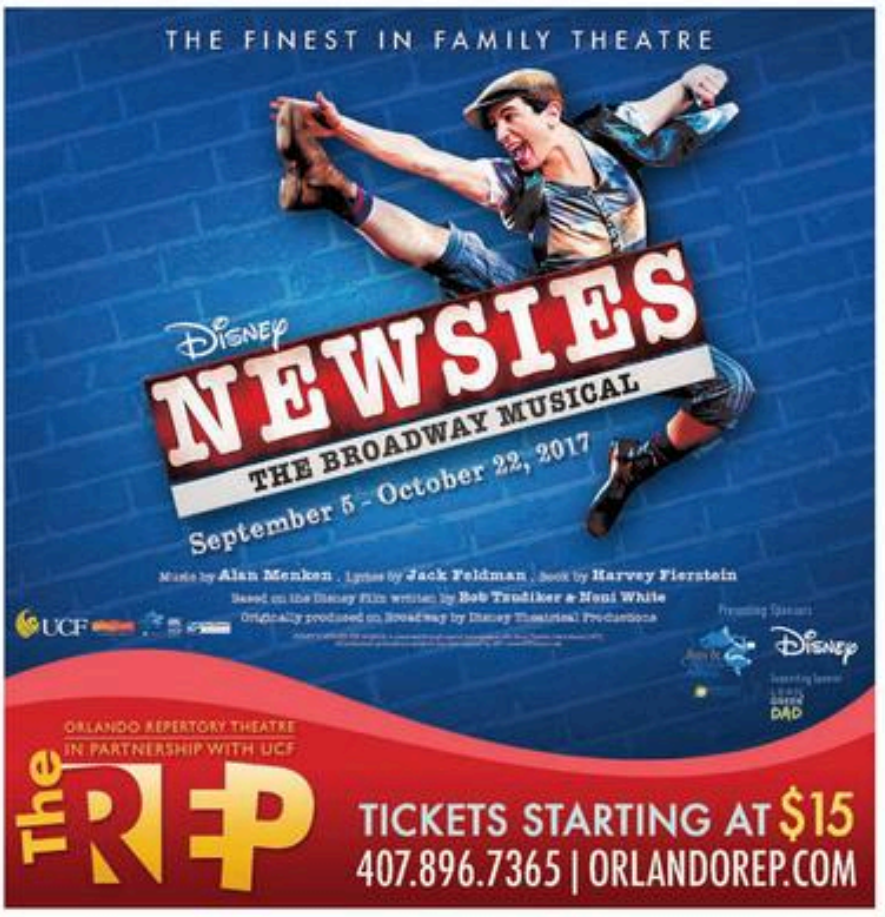
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Orlando Family Stars

STAR STUDENT

Nia Jones



Orlando Science High School junior Nia Jones was the president of the Key Club and 2016-2017's winner of the Kiwanis Student of the Year award. The Kiwanis Club is an organization dedicated to improving the lives of children through specialized services. Jones worked tirelessly to serve her community and was one of only 20 individuals to receive this award.

STAR STUDENT

Victoria Mei Ashton



Local young talent Victoria Mei Ashton has been selected to visit London for the second time this summer as part of the U.K.'s premier theater program, Westend Stage. She will attend a showing of *Wicked*, train at the Guildhall School of Music and Dance, and perform at Her Majesty's Theatre in West End.

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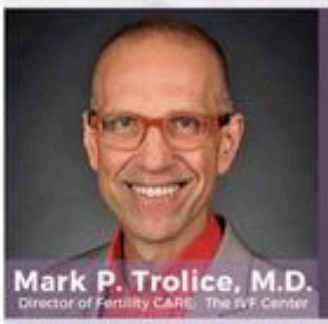
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Orlando Family TOP PHYSICIANS 2017





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Palate

By Stephanie Joyce

TOP FIVE:

SUSHI

A quintet of tasty things to try this month



DRAGON ROLL ↔
AT FUJI SUSHI, WINTER PARK
Seafood lovers will be wholly satisfied with the Dragon Roll here. Packed with a whopping quarter-pound of fresh shrimp, this entrée also includes eel, avocado and cream cheese, and the shrimp is flash fried for a mouthwatering finish.

DION'S OMG! ROLL ↕
AT THE COWFISH SUSHI BURGER BAR, UNIVERSAL'S CITYWALK
The contemporary "Burgushi" restaurant known as Cowfish offers us a favorite. Dion's OMG! Roll is a tangy treat featuring tempura shrimp and includes *kani*, cucumber, coconut flakes and avocado, with fresh mango and honey marmalade on top.



SWEET HEART ROLL
AT SUSHI 99, AVALON PARK
The selection is expansive at Sushi 99, but we are loyal to the Sweet Heart Roll. Spicy tuna is placed amidst sliced avocado, rolled delicately in soy paper, and topped with regular tuna and eel sauce.

VEGETABLE ROLL
AT MORIMOTO ASIA, DISNEY SPRINGS
Even vegetarians can enjoy a quality roll thanks to celebrity chef Masaharu Morimoto. His no-frills Vegetable Roll is prepared with fresh avocado, asparagus, cucumbers and carrots, and your choice of white or brown rice to wrap up.

MT. EVEREST ROLL ↔
AT SHAKAI SUSHI LOUNGE, DOWNTOWN ORLANDO
Those seeking culinary creativity should look no further than Shakai Sushi Lounge. The Mt. Everest Roll combines seaweed salad and roe with a flash-fried California roll and finishes with delectable eel sauce for a unique shakedown.



RAISE A GLASS: TROPICAL DRINKS

Libations you're sure to love



CAPTAIN KIWI COLADA ↔
AT THE DAPPER DUCK, DOWNTOWN ORLANDO
Cool off in style with the newest creation from The Dapper Duck. Captain Morgan rum is mixed with fresh kiwi and sweet pineapple, and lemon and lime juices are added to the blend for a sweet and tangy beverage that's not to be missed.

↔ FLORIDA PALOMA
AT LUKE'S KITCHEN AND BAR, MAITLAND
Florida natives will feel right at home with this cocktail at Luke's Kitchen and Bar. Spicy tequila is blended with lime and a house-made grapefruit soda to create a sweetly satisfying beverage that's sure to induce some nostalgia.

TIKI DRINKS
AT AKU AKU TIKI BAR, DOWNTOWN ORLANDO
This bar serves up unique tropical drinks in equally sultry glasses. From savory medleys like the Monkey Business cocktail, made with fresh bananas, to the aggressively spicy Fu Manchu, Aku Aku offers the best concoctions this side of the island.



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and

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LOCATION & DETAILS

First Presbyterian Church
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Friday, September 15th: 7pm - 9pm
Saturday, September 16th: 8am - 6pm

TOPICS:

- Social Media & Millenials
- Abuse • Addictions
- Parenting an Adopted Child
- Skilled Parenting & Behavior Modification
- Anger & Defiance
- *And many more*

COST:

Early Registration through July 31:

- $45/person | $85/couple
- $30 each for groups of 10+

AFTER July 31:

- $60/person | $100/couple
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Prime Rib

Luke's Kitchen and Bar

By Michael Lit



Lobster Louie

Continuing their successes with Winter Park's Luma and Prato, Chef Brandon McGlamery and operations guru Tim Noelke have brought their magic to Maitland with Luke's Kitchen and Bar. Also boasting Derek Perez (formerly of Luma) as the executive chef, the eatery offers a culinary vision of American classics. The building itself has previously hosted many other restaurants, but it's been thoroughly reinvented with wood-beamed décor, warm colors, an awesome outside patio and an exhibition kitchen that I couldn't stop peering at.

Young restaurants tend to need to work out the kinks, but Luke's feels like it has been there for years. Our server was very nice and explained some of their craft cocktails. My wife ordered the Planter's Punch ($12), which came in a small glass but packed quite a "punch." I had the Jolly Ox ($11), featuring Old Forester bourbon, tarragon-fused Boomsma, maraschino and lemon. It was different and delicious. The tarragon brought out a nice earthy tone to the whiskey, while the maraschino added sweetness.

For starters, we ordered the French Onion Soup ($13), served in a large crock with beautifully melted *gruyere* cheese on top. The crostini underneath was hearty, and there were plenty of onions in the broth. It was wonderful. We also had the Fried Oysters ($16) with banana pepper remoulade, but it was a tough choice between those and something from the raw bar. (We'll go that route next time.) The oysters were large and fried perfectly, but for the price, I felt they could have given us a dozen instead of just eight. We also went with the Lobster Louie ($14) with thinly sliced jalapeño and radish, which was served *ceviche* style in three scallop shells on pebbled ice. It was the standout star of the evening for both of us.

I should note that Noelke and team certainly trained their server staff well. Our server's attention to detail was off the charts, including presenting the appropriate silverware for our entrée choices. My wife's Filet Mignon ($39), which came with creamed spinach and fingerling potatoes with crispy onions on top, was a rustic but precise presentation. The filet was cooked how she liked it, and she loved the way they combined the creamed spinach and fingerlings to make one side.

I ordered the Peppered Prime Rib ($30) with heirloom carrots and *béarnaise*. This American classic hit all notes: a "man pretty" presentation, with sautéed carrots and pearl onions atop the perfectly roasted prime rib. The *béarnaise* was spooned on the fatty tail of the meat, with the *au jus* in a ramekin. The meat was perfectly roasted, and the carrots and onions were a great accent that could stand alone as a side dish. I did have two quibbles, though. First, the *au jus* wasn't rich enough for my taste. Second, I would have preferred the *béarnaise* in a ramekin like the *au jus*. Regardless, both entrees were a wonderful take on American classics.

With four desserts to choose from, we had another hard decision. My wife went with the Cookie Skillet ($10), which was by far the best that I ever have eaten. You cannot go wrong with a baked cookie and ice cream. I'm not sure why this one was so delicious or what their secret is, so I will have to go back to order it again and try to figure it out.

I was indecisive about whether I wanted the Key Lime Tart or the *Dulce de Leche* Cake. I am not a huge cake fan, so I decided to ask our server. Once she explained the latter ($8), I knew that was my choice. It was served with the cake sitting in a bowl of what was either banana cream or foam. It didn't truly represent a cake at all, so the menu did not accurately describe the dish—I might not have ordered it if I just thought it was cake. Instead, it was something much more interesting, rich and decadent. It was like a *dulce de leche* cake dough not done all the way, so when you cut into it, the center came oozing out like sweet lava. Matched with the banana, this was a richly composed, out-of-the-box dessert.

McGlamery and his team hit all the right marks on their new adventure here in Maitland. The building is chic and inviting. The Rollins College crowd has flocked to Luke's, giving it a young and lively feel. The locals are becoming regulars, and Luke's is now a mainstay along the growing 17-92 stretch. Also worth noting are their sandwiches, delicious examples of which we saw being delivered to other tables. We will be back for sure with the kids to try some of those—it's all I've been thinking about since we left.

An Orlando resident for more than 25 years, Michael Lit is the executive chef for Central Florida Regional Hospital and also has extensive experience in both casual and fine dining.

Luke's Kitchen and Bar

Maitland | (407) 674-2400

Side Dish

By Stephanie Joyce

Restaurant news from throughout Greater Orlando


Terralina Crafted Italian


K Restaurant

• Disney Springs continues to see changes. A new Italian restaurant will join the property as a replacement for the recently closed Portobello Country Italian Trattoria. Headed by the James Beard Award-winning **Chef Tony Mantuano, Terralina Crafted Italian** is slated to open for business in the fall of 2017.

• Orlando's **Magical Dining Month** returns on August 25 and runs through October 1. This is the 12th year in a row that Orlando residents can take advantage of fine dining and choose from over 100 restaurants. To see a full list of participating eateries and their menus, visit OrlandoMagicalDining.com

• Owner and operator of **K Restaurant, Kevin Fonzo** is selling his much-loved eatery to catering company owner Chad Phelps. Fonzo has specified that he will stay on temporarily to consult, but he plans to eventually shift focus toward his travel business. The restaurant's name will stay the same, at least for the time being.

• Downtown pub **Frank & Steins** and Winter Park restaurant **PR's Taco Palace** both closed their doors this summer. Frank & Steins owner Pete Downing is planning to replace the hotdog eatery with a new food hall. PR's Taco Palace owner Perry Inman attributes their closing to decreased revenue and difficulty with staff.

• On October 28, the **Walt Disney World Swan and Dolphin Food and Wine Classic** will host a grand tasting with **Master Sommelier Matthew Citriglia**. The event will showcase several rare vintages from the Piedmont region, and tickets, which are extremely limited, are priced at $300 per person.


Walt Disney World Swan and Dolphin Food and Wine Classic

