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Orlando Family magazine

JUNE 2023

MEN OF THE YEAR

8 Central Floridians Worthy of Attention

PERFECT PLACES

The area's most desirable zip codes

plus TOP REAL ESTATE PROFESSIONALS

page 16: Summer Events

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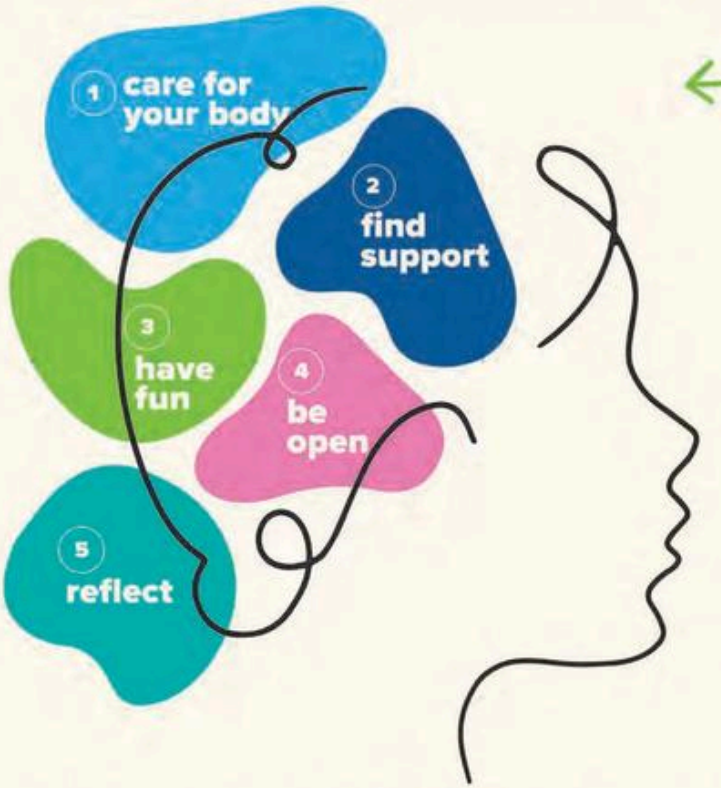
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be a mindleader

What if a conversation could change a life?



Half of all mental health illnesses begin by age 14. Yet only one third of parents regularly discuss mental health with their kids. AdventHealth for Children and Heart of Florida United Way are teaming up to change those statistics.

Before kids can talk about mental health, they have to understand the foundation. That's why we've created this mind map and a digital library of mental health resources for you and your child.

Join the Conversation
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FORBIDDEN KINGDOM
JUNE 9TH + 10TH



ILLENIUM LIVE
JULY 8TH



THE GLITCH MOB
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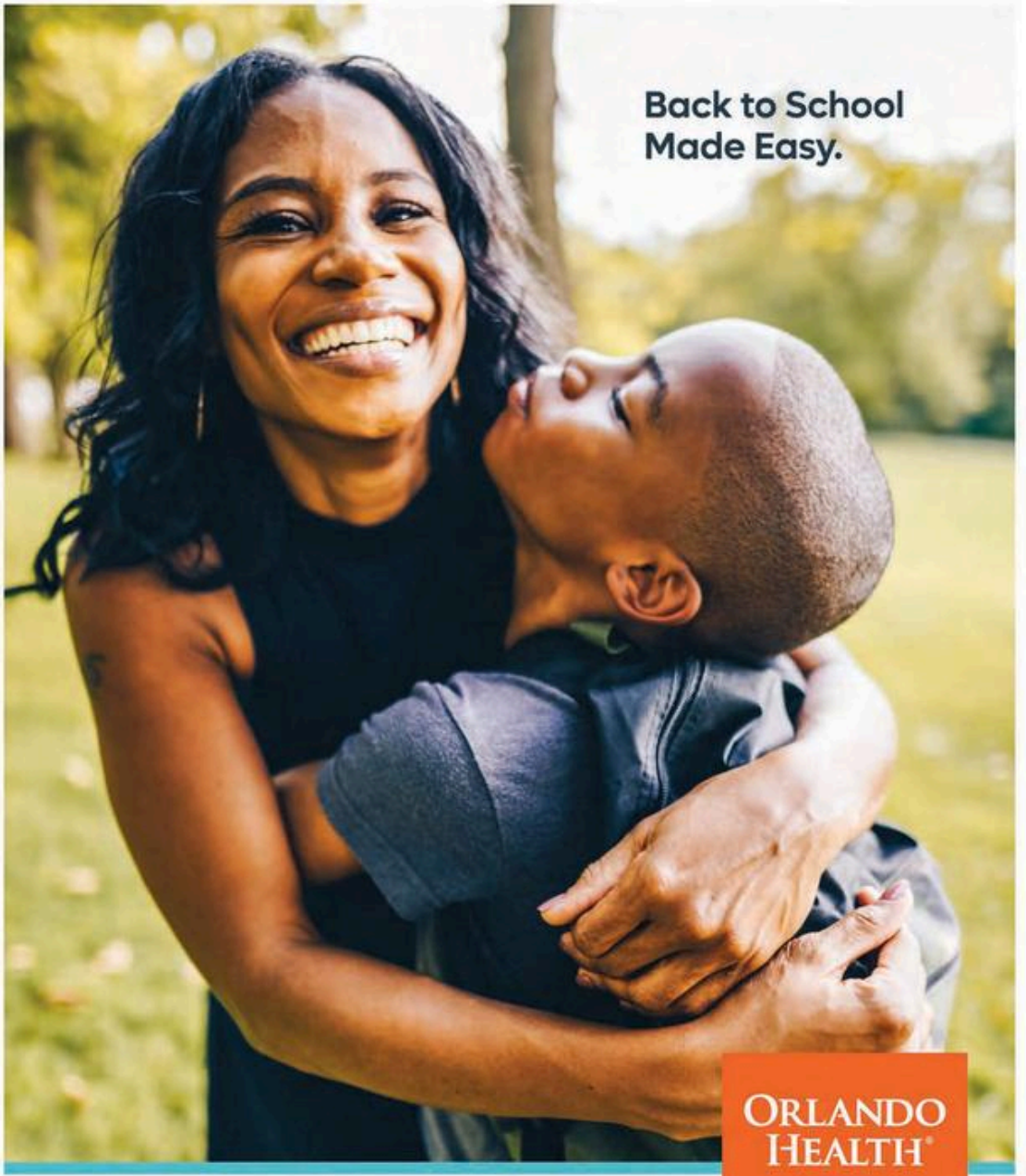
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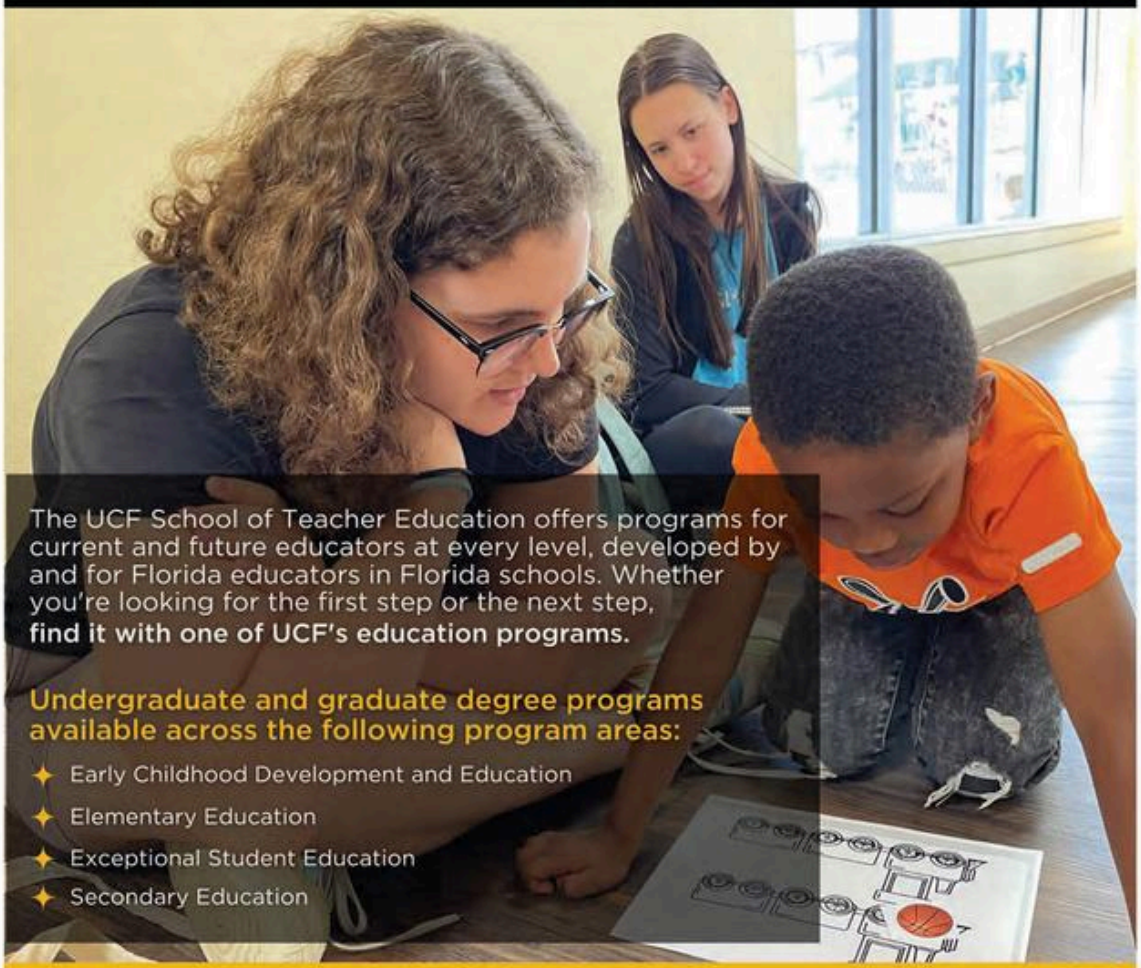
Whether you're getting your child ready for the start of camp, the sports season, or the school year, you want them to feel their best. With over 25 locations across Central Florida, the pediatricians at Orlando Health Physician Associates are a trusted resource for your child's development — providing physicals, wellness checks, same-day testing, immunizations, and additional care to prime them for the next adventure. For appointments and more information, go to **OrlandoHealth.com/BackToSchool**

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Home Front

EDITED BY KAREN NIMETZ

by the Numbers

13,000

The approximate number of babies that Winnie Palmer Hospital welcomes every year. Nationally recognized as one of the best hospitals for maternity care, the hospital cares for the tiniest and most critical patients in one of the nation's largest neonatal intensive care units.

#1 Orlando's ranking on a list of the best large cities in the U.S. to start a business, according to a report by the personal-finance website WalletHub. One hundred cities were compared by key indicators of startup viability such as labor costs and office-space availability.

209,000

The number of students Orange County Public Schools (OCPS) serves at its 210 schools. OCPS is the eighth-largest school district in the United States and the fourth-largest in Florida. The district is also one of the largest employers in Central Florida, with more than 25,000 team members.

9th The pick used by the Philadelphia Eagles to select Apopka High School product Jalen Carter in the first round of the NFL Draft. Carter is a defensive tackle who starred on Georgia's back-to-back national championship teams.

19 The number of young Eastern indigo snakes released last month in northern Florida, marking the seventh consecutive year of a collaborative program to return the native, non-venomous apex predator to the region. The snakes, listed as threatened under the Endangered Species Act, were raised specifically for release. These snakes bring the total number of indigos released on the property to 126.

107 The total number of astronauts in the U.S. Astronaut Hall of Fame. Last month, NASA astronauts Roy Bridges and Senator Mark Kelly were inducted and honored for their outstanding accomplishments in furthering NASA's mission of exploration and discovery.

DATEBOOK

SUMMER OF MORE

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PIRATE AND PRINCESS ADVENTURES ABOUND DURING THE SUMMER FESTIVITIES AT THE 64-ACRE RESORT. Featuring plenty of shows, activities and hands-on experiences, guests can look for jewels in a puzzle-filled escape room, stroll through remnants of a pirate galleon, embark on a scavenger hunt, see a summer series of family films at the resort's water park and more. *Select days/times, ticket prices vary.*

BROOKS & DUNN

June 10

Country Music Hall of Famers and Grammy Award-winning duo Brooks and Dunn are back in town with their Reboot 2023 Tour. Joining them onstage will be Scotty McCreery and Megan Moroney. *7 p.m., Amway Center, tickets starting from $25.75.*



HARRY POTTER AND THE HALF-BLOOD PRINCE IN CONCERT

June 16-17

Harry Potter fans will delight in watching as the film is projected onto a giant screen with Nicholas Hooper's musical score performed live by the Orlando Philharmonic Orchestra. *Friday, 7 p.m., Saturday, 1 p.m. & 7 p.m., Walt Disney Theatre at the Dr. Phillips Center for the Performing Arts, tickets from $45.50.*

CENTRAL FLORIDA JUNETEENTH FESTIVAL

June 17

A celebration of community, culture and unity for the whole family to enjoy, the festival will feature educational and historical exhibits, music and food vendors as well as a free kids zone, where all children will receive complimentary food, drinks and desserts. There will also be bounce houses and fireworks. *Noon-10 p.m., Lake Lily Park, Maitland, general admission is free but requires a ticket.*

THE FLORIDA FESTIVAL OF NEW MUSICALS

June 22-25

This four-day event showcases six brand-new, never-before-produced musical works and brings together writers and composers with patrons, press, producers and directors. The first act or one-hour version of each selected musical will be fully read and sung concert-style, without staging, by varying casts of professional actors and musicians. *Showtimes vary, The Winter Park Playhouse, $10 for general admission (one new musical), $50 for Florida Festival Fun Pass (all six musicals).*

ASHLEY GAVIN

June 23-24

The New York City-based comedian is best known for her hard-hitting, intelligent and sometimes absurd social commentary. *Showtimes vary, Orlando Improv, tickets starting at $32.*

BEBE REXHA

June 24

The "Meant to Be" singer-songwriter is in town for one night with her latest tour featuring special guest Zolita. *8 p.m., Hard Rock Live, tickets starting at $40.*



Photo courtesy of AJMES / Shutterstock.com

Hit



Orlando Magic forward Paolo Banchero was the overwhelming choice for NBA Rookie of the Year, receiving 98 of the 100 first-place votes after averaging 20 points per game in his first season. He is the third Magic player to win the award, following Shaquille O'Neal and Mike Miller.

Thornebrooke Elementary School in Ocoee recently unveiled a new ADA-compliant playground. The inclusive playground was designed to encourage all students, including those with autism, to interact together.

***USA Today* recently released its annual list of the 10 Best Readers' Choice winners for Best Outdoor Water Parks in the country,** with Aquatica Orlando taking the top spot. Not far behind, Island H2O Water Park in Kissimmee ranked in fourth place.



A truck carrying approximately one million bees was involved in a crash, which led to thousands of bees swarming US Highway 301 near Interstate 10, about 160 miles north of Orlando.

An Orange County man is suing NBA star Bradley Beal and the Washington Wizards for $50,000, alleging assault and battery following a game against the Magic at Amway Center in March. The suit claims a dispute started when Beal heard the man's friend complain about losing a bet on the game, leading to a physical altercation.

The number of people found to be living without shelter in Orange, Osceola and Seminole counties has increased by 38% in the past year and by 75% since the pandemic, according to the Homeless Services Network of Central Florida.

Miss



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JUST ONE QUESTION

Now that school is out and summer is nearing, many are beginning to make upcoming travel plans. So, we wanted to know: **"What was your most memorable summer vacation?"** We asked these Central Floridians and here's what they had to say.



Danielle D. Jimenez, Director of Communications & Marketing, Lake Highland Preparatory School

"When we visit family in Spain. Each time we visit, we try to explore somewhere new. Last year, we went to a small town called Segovia, originally settled in 700 B.C. It was like traveling back in time! We stayed in a house built centuries ago along with two generations of cousins and had a family reunion with 50 relatives. We can't wait to explore Galicia next summer!"



Michael Laderman, Director of Public Relations & Marketing, Orlando Shakes

"Right before the 2020 lockdown, my wife and I went on a seven-night Caribbean cruise. The weather—from Miami to Mexico and back—could not have been more perfect. The ship was nowhere near capacity, which made for an even more enjoyable experience. It was quiet and relaxing, precisely the week off we both needed."



Angela de Gregory, Engagement Manager, Lightner Museum

"I am from New York and my family would visit the Jersey Shore for our summer vacations. I don't think I have just one most memorable summer vacation, but I have so many great memories of being on the beach and spending evenings on the boardwalk in the summers."



Anjali Vaya, Executive Director, United Against Poverty Orlando

"My most memorable summer vacation was when I took my parents to Scotland. Scotland is known for its rich varieties of whisky. Even though my mother and I had never had a glass of whisky, we found ourselves having the time of our lives as we toured whisky distilleries, castles, beautiful landscapes and experiencing the Scottish culture."



Orlando's tastiest attraction.

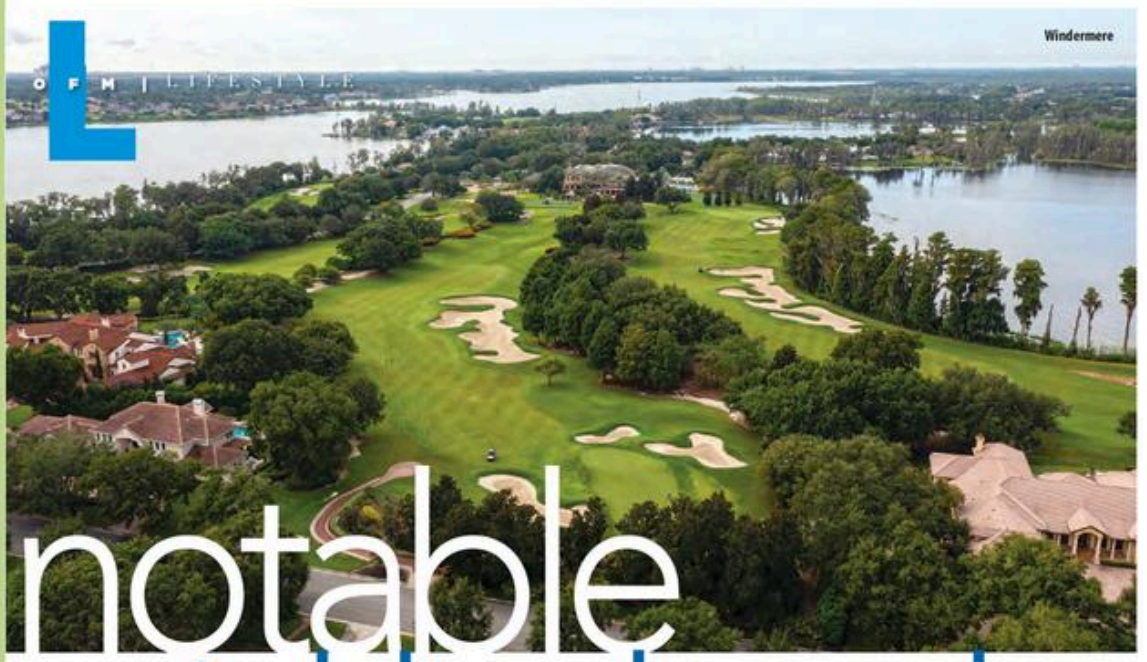
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Windermere

notable neighborhoods

LONG KNOWN AS A TOP DESTINATION FOR TOURISTS, CENTRAL FLORIDA HAS EVOLVED INTO AN IDEAL HAVEN FOR INCOMING RESIDENTS AS WELL OVER THE PAST FEW DECADES. BY KAREN NIMETZ

Approximately 320,000 Americans moved to Florida between 2021 and 2022, the largest number in the continental United States, according to the U.S. Census Bureau. With no state income tax, an affordable cost of living and an average of 230 sunny days a year, it's no surprise that so many opt to relocate to the Sunshine State.

Orlando's growth rate is above the state average and it is one of the fastest-growing major cities in the U.S. Central Florida residents benefit from the area's high-ranking schools and medical facilities as well as easy access to major theme parks, renowned beaches, professional sports teams and leisurely year-round outdoor activities. Appropriately called the "City Beautiful," its locals make up a large and diverse range of cultures.


Maitland

Each year, *Orlando Family Magazine* spotlights the coveted communities of the Greater Orlando region. This year's top towns and cities represent the best of the best in a variety of areas including shopping, dining, entertainment, activities, amenities and, best of all, community.

BY THE Numbers

Municipality (in alphabetical order)	Zillow Home Value Index*	Percentage Change in the Past Year*	Median Household Income**
ALAFAYA	$448,955	↑ 1.4%	$85,056
BALDWIN PARK	$694,548	↑ 4.4%	$74,294
CLERMONT	$418,498	↑ 3.1%	$69,930
COLLEGE PARK	$489,093	↑ 4.3%	$105,115
DELANEY PARK	$539,228	↑ 1.1%	$131,364
DR. PHILLIPS	$509,414	↑ 4.8%	$94,909
HUNTER'S CREEK	$464,540	↑ 2.2%	$83,196
LAKE NONA	$638,035	↑ 2.3%	$119,323
MAITLAND	$458,935	↑ 6.5%	$84,289
MINNEOLA	N/A	N/A	$85,536
OAKLAND	$530,144	↑ 4.9%	$124,856
OCOEE	$409,245	↑ 3.7%	$83,690
ORLANDO	$367,034	↑ 3.7%	$58,968
WINDERMERE	$666,339	↑ 2.5%	$131,392
WINTER GARDEN	$555,356	↑ 3.8%	$90,157
WINTER PARK	$438,122	↑ 6.0%	$88,688

** Information gathered from Zillow's online real estate marketplace*
*** Information gathered from the U.S. Census Bureau and Niche.com*

THE TOWNS

ALAFAYA

A scenic suburb of East Orange County, Alafaya encompasses the highly desired neighborhoods of Avalon Park and Waterford Lakes. Bordering the University of Central Florida, it is home to the well-traversed Alafaya Trail and Waterford Lakes Town Center, a premier shopping, dining and entertainment destination. Late last year, Orlando Health announced plans to build a brand-new freestanding emergency room facility that will serve the area.

BALDWIN PARK

One of the City Beautiful's newer communities, Baldwin Park is an idyllic neighborhood, located less than 5 miles from Downtown Orlando. The area offers a walkable village center with an eclectic mix of retailers and eateries. With its numerous parks, lakes, playgrounds and common areas for residents to meet and socialize, it's no wonder Baldwin Park is considered one of the friendliest communities in Orlando.

CLERMONT

Known as the "gem of the hills," Clermont is one of the fastest-growing cities in Central Florida. Founded in 1884 and incorporated in 1916, Clermont is located just west of Orlando and north of Disney World. It is the largest city in Lake County and is rated as one of the top 20 U.S. cities for quality of life and economic development.

COLLEGE PARK

With its close proximity to Downtown and small-town feel, College Park offers the best of both worlds. One of Orlando's oldest neighborhoods, the area of Edgewater Drive, from Lakeview Street to Par Street, is currently being redesigned with plans for wider sidewalks, lower speed limits, more decorative lighting and landscaping as well as a roundabout at Lakeview Street to slow down drivers.

DELANEY PARK

Located just south of Downtown, this peaceful neighborhood truly feels like a step back in time, from its cobblestone streets and large oak trees to the many traditional homes built from the 1920s through the 1960s. The area is home to a seven-acre park, also named Delaney Park, which features picnic facilities, playgrounds, ball fields and plenty of open spaces.

DR. PHILLIPS

From its top-rated schools to its close proximity to many major area attractions, it is no surprise that Dr. Phillips was named one of the best places to live in America by Time's *Money Magazine*. Activities abound from the Bay Hill Club & Lodge, home of the PGA's annual Arnold Palmer Invitational golf tournament, to a 43-acre picturesque lakefront park off the shores of Big Sand Lake.

HORIZON WEST

Located in southwestern Orange County, just north of Walt Disney World, the up-and-coming community of Horizon West has a lot to offer residents and visitors. In the heart of Horizon West is the continuously expanding Hamlin Town Center, which features dining, shopping and entertainment with spectacular views of the Disney fireworks. This school year welcomed three new schools: Hamlin Elementary, Hamlin Middle and Panther Lake Elementary.

HUNTER'S CREEK

Located less than 16 miles from Downtown Orlando, Hunter's Creek is a thriving master-planned community. Surrounded by beautiful greenery, it boasts several different parks, trails and lakes and is adjacent to Gatorland, a 110-acre theme park and wildlife preserve. There are plentiful dining and shopping options nearby at The Loop, as well as The Village at Hunter's Creek and Hunter's Creek Promenade.

LAKE NONA

Often referred to as a "community of and for the future," Lake Nona continues to advance in technology and grow in popularity. Home of the Lake Nona Medical City, a premier location for medical care, research and education, the area has a strong focus on health and overall well-being. The neighborhood's thriving cultural landscape now includes a 50,000-square-foot outdoor sculpture garden.

MAITLAND

Steeped in rich history, art and culture, Maitland is one of Orlando's oldest suburbs. Central Florida's only full-time independent cinema, Enzian Theater is a beloved fixture in the community. Maitland is also home to the Orlando Sportsplex, formerly RDV Sportsplex, a 365,000-square-foot facility that features a state-of-the-art gym, aquatic center, various sports courts, an indoor track and an ice rink.

MINNEOLA

Aptly named after a Native American phrase meaning "much water," Minneola has plenty of lakes that are ideal for swimming, boating and fishing. Situated in Lake County, Minneola provides a relaxed rural feel with the accessibility and convenience of a big city. The growing city is

Windermere photo by Noah Devinney/Shutterstock.com



Winter Garden

located on the highest elevation in Florida's peninsula at 312 feet above sea level and covers 10.37 square miles.

OAKLAND

A town full of deep history, Oakland celebrated its 135th birthday this past January. The serene area is home to the Oakland Nature Preserve. The preserve is open every day and has more than 13 miles of trails and boardwalks, along with an education center. Oakland is also part of the popular West Orange Trail, a 22-mile paved trail, beloved by pedestrians and cyclists alike.

OCOEE

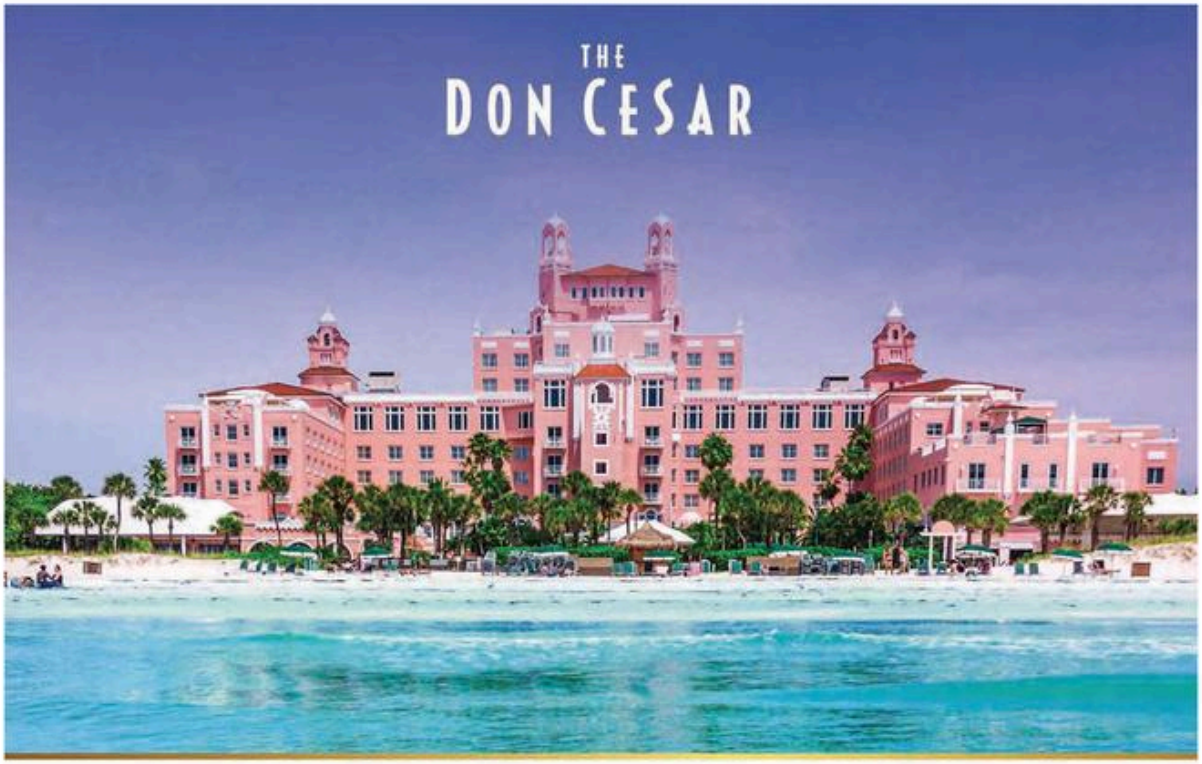
The city of Ocoee continues to flourish, with a new sports complex currently in the works. The Ocoee Regional Sports Complex will include 16 full-size baseball fields, an inclusive recreational park and playground, multi-purpose fields and a splash pad. It will also feature two hotels, seven restaurants, retail buildings and two parking garages. The project is expected to be completed within the next few years.

WINDERMERE

The town of Windermere provides both an upscale and historical feel. Downtown Windermere is small and quaint with brick-paved roads,

Winter Garden photo by SR Productions/Shutterstock.com

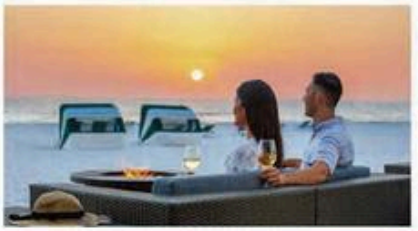




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Winter Park


Clermont


Lake Nona

large oak trees, roundabouts and mature landscaping. The bountiful lakes that surround the area add to its impressive beauty. Several town locations are listed on the National Register of Historic Places. Every Friday (weather permitting), Downtown Windermere hosts a farmer's market at Town Square Park.

WINTER GARDEN

A former citrus town nestled alongside the beautiful Lake Apopka, Winter Garden is a charming community "where good things grow." Incorporated in 1908, the city is known for its many recreational amenities, with a wide range of passive and active leisure activities. There are also lots of dining and shopping venues such as Winter Garden Village, an open-air shopping center with over 80 retailers and restaurants.

WINTER PARK

Considered to be one of Central Florida's wealthiest neighborhoods, Winter Park is a premier destination for shopping and dining. In the heart of the city lies Park Avenue, which is often referred to as the "Rodeo Drive of the South." Equally known for its tranquil outdoor spaces, the city recently broke ground on Seven Oaks Park, a beautiful new park surrounded by seven large live oak trees.

Lake Nona photo by JennLSHoots/Shutterstock.com, Winter Park photo by Pictee Media/Shutterstock.com, Clermont photo by Sunshower Shots/Shutterstock.com



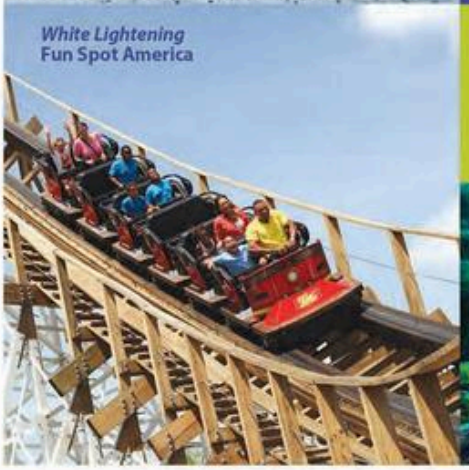




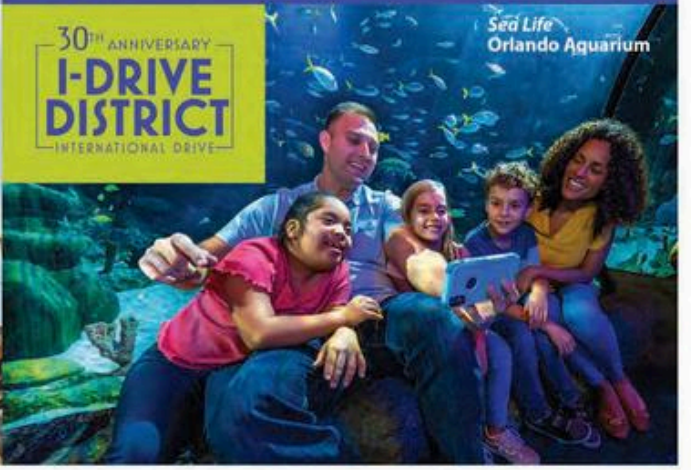


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30TH ANNIVERSARY
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Summer fun

The outdoor events you won't want to miss.

This season, there are plenty of ways to enjoy a sun-soaked afternoon or enchanting evening around Greater Orlando. From neighborhood celebrations to larger events, this is your guide to enjoying summer in style.

Edited by **Amy Kodrich**

4th of July in Celebration



CommUNITY Rainbow Run

SUMMER EVENT CALENDAR

JUNE 3
7th Annual CommUNITY Rainbow Run & CommUNITY Festival
7 a.m., Orlando, CommunityRainbowRun.com

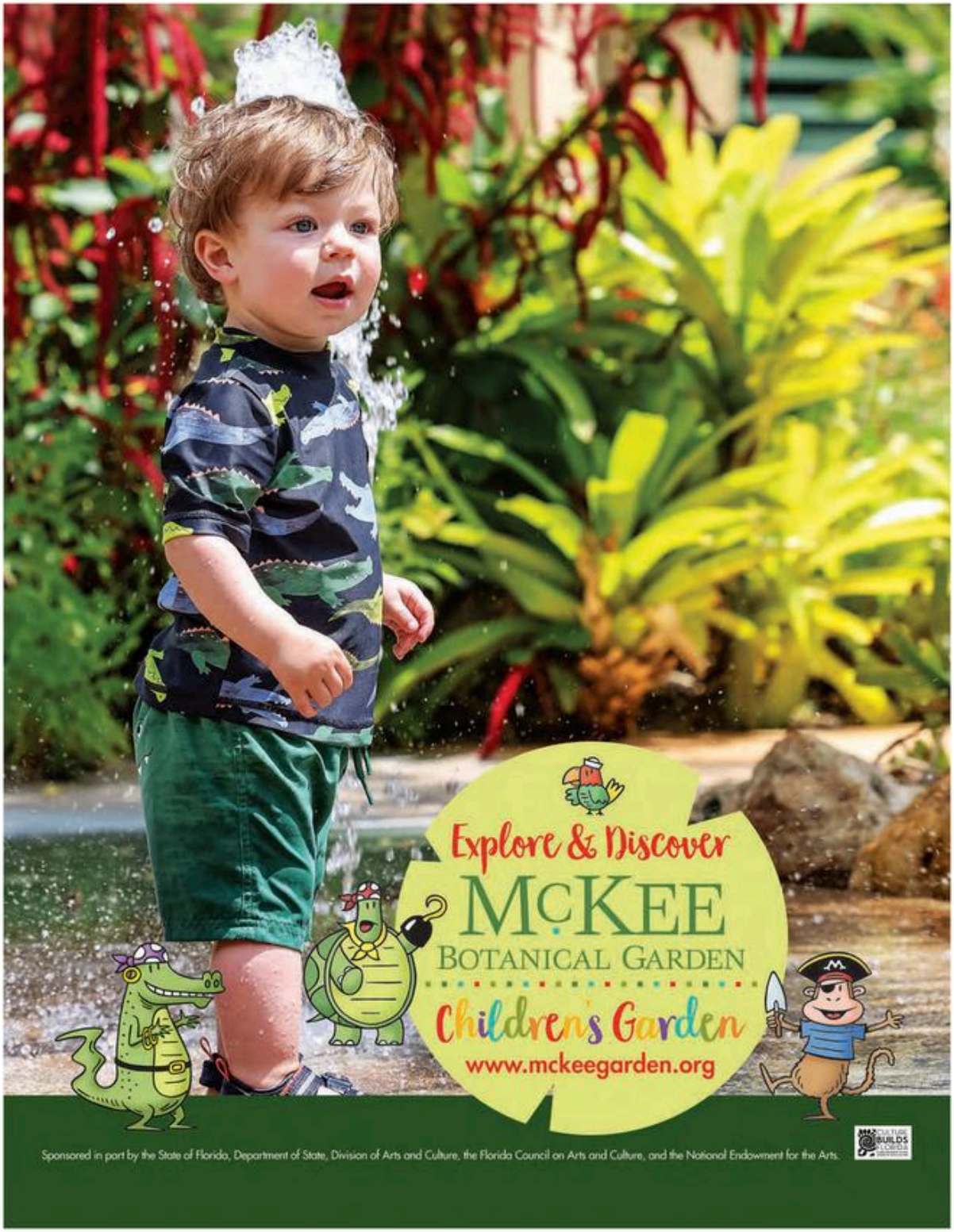
JUNE 3
10th Annual Clermont Caribbean Jerk Festival
Noon, Clermont, CAALC-Fl.org

JUNE 17
18th Annual Waterlily Celebration
Enjoy this experience highlighting the beautiful display of one of the state's largest collections of waterlilies.
8:30 a.m., Vero Beach, McKeeGarden.org

JULY 1
Independence Day Fireworks at the Oviedo Mall
9 p.m., Oviedo, CityOfOviedo.net

JULY 3
Red Hot & Boom at Uptown Altamonte
4-11 p.m., Altamonte Springs, Altamonte.org

JULY 3
Mount Dora Freedom at the Waterfront
5 p.m., Mount Dora, MountDora.com



Sponsored in part by the State of Florida, Department of State, Division of Arts and Culture, the Florida Council on Arts and Culture, and the National Endowment for the Arts.

JULY 4
Independence Day Parade in Downtown Mount Dora
10-11 a.m., Mount Dora, MountDora.com

JULY 4
19th Annual All American Kids Parade & Breakfast
8-10:30 a.m., Winter Garden, CWGDN.com

JULY 4
Celebration's Independence Day Spectacular at the Town Center
5 p.m., Celebration, Celebration.fl.us

JULY 4
Party in Newton Park
This free event in the park is open to all to enjoy live music, activities and food. At 9:15 p.m., the fireworks display will be visible over Lake Apopka.
6-10 p.m., Winter Garden, CWGDN.com

JULY 4
4th of July Celebration at Avalon Park
5-9 p.m., Orlando, AvalonParkOrlando.com

JULY 4
Fireworks at the Fountain at Lake Eola
Enjoy live entertainment, family-friendly fun, food and beverages and at 9:15 p.m., take your seat as the firework show begins.
4 p.m., Orlando, Orlando.gov

JULY 4
Monumental Fourth of July at Kissimmee Lakefront Park
This annual festival includes a live concert, kids activities, various food trucks and a fireworks display to end the night.
5 p.m., Kissimmee, ExperienceKissimmee.com

JULY 4
Independence Day Celebration
9:30 a.m.-4:30 p.m., Winter Park, CityOfWinterPark.org

JULY 4
July Fourth Celebration 2023 at the Apopka Amphitheater
6 p.m., Apopka, Apopka.gov

JULY 7
First Friday Food Trucks in Downtown Clermont
5:30 p.m., Clermont, ClermontDowntown.com

JULY 9
Sanford Food Truck Festival
1 p.m., Sanford, HistoricDowntownSanford.com

JULY 16
Food Truck Night at Avalon Park
5 p.m., Orlando, AvalonParkOrlando.com


4th of July in Celebration


Annual Waterlily Celebration in McKee Botanical Gardens

JULY 17
Juneteenth Celebration at Waterford Park
5 p.m., Clermont, ClermontFl.gov

JULY 20
Sanford Art & Jazz Night
Every third Thursday of the month in Historic Downtown Sanford, enjoy an evening celebrating the arts, music and



4th of July in Winter Park


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Summer Fun

spirits at multiple venues.
6-9 p.m., Sanford, HistoricDowntownSanford.com

JULY 22
Sanford Avenue Block Party
Hosted on 4th and 5th Avenue every fourth Saturday of the month, friends and families can enjoy live music, craft beer, cocktails, vendors and more.
5-10 p.m., Sanford, HistoricDowntownSanford.com

AUG. 11
Food Truck Friday at Lakeside Park
5-9 p.m., Celebration, Celebration.fl.us

AUG. 17
Sanford Art & Jazz Night
6-9 p.m., Sanford, HistoricDowntownSanford.com

AUG. 26
Sanford Avenue Block Party
5-10 p.m., Sanford, HistoricDowntownSanford.com


4th of July in Avalon Park



NOW UNTIL JULY 5
EPCOT International Flower & Garden Festival
Sip, savor and stroll through the park as you explore garden displays, unique exhibits and Disney character sculptures. Try some of the exclusive dining dishes and stick around to listen to some live music.

MAY 27-SEPT. 4
Summer Spectacular at SeaWorld
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JULY 2-4
Red, White and Boom at Legoland
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JULY 27-NOV. 18
EPCOT International Food & Wine Festival
The annual Food & Wine Festival features food and drink options from global marketplaces, live music and activities for all ages.

JULY 28-SEPT. 4
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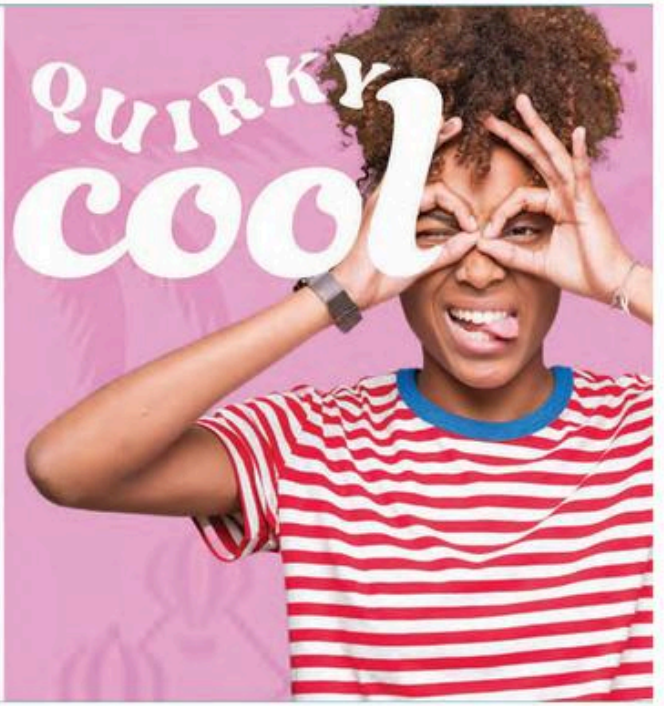
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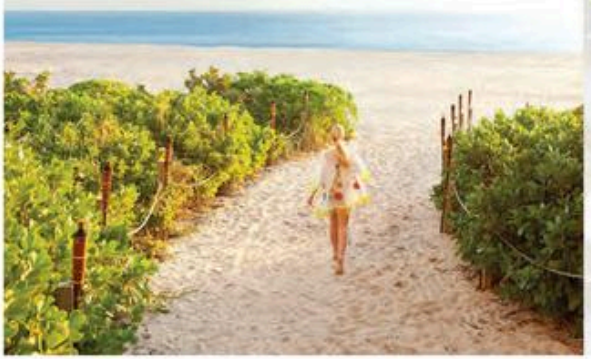
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MEN OF THE YEAR

2023

THESE EIGHT CENTRAL FLORIDIANS ARE WORTHY OF ATTENTION FOR THE OUTSTANDING CONTRIBUTIONS THEY ARE MAKING IN THE LOCAL COMMUNITY AND ACROSS THE COUNTRY.

The kind of people who end up on our annual Men of the Year list don't set out to make an impact in the Central Florida region and beyond in order to receive personal accolades. Rather, they do things like create a difference-making organization following a family tragedy, devote their lives to nonprofit work or look for new ways to reach young adults on the autism spectrum because they are sincerely interested in making the world a better place and helping those who can't always help themselves. They might not want recognition, and oftentimes even eschew it, but we are honored to give them and their accomplishments just a little piece of the spotlight.

BY MATT COSENTINO

MAN OF THE YEAR



Bill DeMott

As a retired professional wrestler who spent 30 years with organizations like the WWE, DeMott certainly put his body through the ringer in the name of entertainment. But nothing could have prepared him for the gut punch he suffered on Oct. 10, 2015, when the middle of his three children, daughter Keri Anne, was killed in a head-on collision caused by a multiple-DUI offender. In the immediate aftermath of the accident, DeMott says, the family "was kind of frozen in time." Eventually, however, they started to think about the person Keri was and the positive impact she would have wanted to come out of the tragedy. DeMott had a few opportunities to speak at events about her story and the dangers of drunk driving, and at one in particular, a man who had similarly lost his daughter eight years before—and was just leaving his house for the first time to hear DeMott's presentation—approached him afterward. "He came up to me and he was crying and he asked me not to stop talking," DeMott says. "To me, that was pretty powerful. … I knew I had to do something more than what we were doing." Thus was born The Keri Anne DeMott Foundation, a 501(c)(3) nonprofit that aims to end drunk, impaired and distracted driving and continue Keri's passion for helping others by giving back to local community groups and national organizations. DeMott now travels nationwide speaking to students from elementary school through college and various other groups, but is especially proud to be making a difference in Central Florida, where he raised his kids and received the support of local law enforcement following Keri's passing. Calling this work "the hardest thing I ever do, because every day it brings me back to that day," he understands how meaningful it is. "My wife always says that sometimes we see a mom who is grieving and tells the story, and unfortunately as a nation we have gotten numb to that," he says. "There's something to a 6-foot-2, 300-pound guy getting emotional and sharing that journey that makes it relatable and helps them to understand what we're talking about." Keri was a junior at UCF studying sociology at the time of the accident, and she strove to help families and kids upon graduation. While she never got that chance, her story is doing that now. "Her heart was for everybody else," DeMott says. "Keri's mission and message was life should be good for everybody, and I feel like my job as her dad is to make sure her message and mission continue."

Todd West

West and his wife Gladys, both former animators at Disney, were inspired to pass on their skills and passion for the art form to the younger generation, who would typically have to wait until college to pursue such interests. So they founded Elite Animation Academy about a decade ago, with the mission of developing young minds and giving them a head start on their artistic endeavors. Not only has the program been a raging success, but it also led to Digital Arts for Autism, which teaches the fundamentals of animation and graphic design to children and young adults on the autism spectrum who may have the necessary talent but lack the opportunity to follow their dreams. The goal is to give the students employable skills with the hope of securing jobs in the industry. "It means so much to me because I get to know the community and its needs, [and] giving back helps me make a better world for everyone and has helped me grow as an individual," West says. He also credits his wife, who is originally from Nicaragua, for encouraging his charitable efforts, and together they distribute clothing and shoes to the poor when they visit her native country.





Derrick Chubbs

Chubbs started out his career in the technology industry and served in leadership positions for companies like IBM, Pervasive Software and Dell. But after more than 15 years in the field, he decided it was time for a change, followed his heart and entered the nonprofit sector. He spent the next decade at the American Red Cross in a variety of roles before becoming the president and CEO of the Central Texas Food Bank in Austin, Texas. Last year, he moved to Florida to take on the same positions at Second Harvest Food Bank, where he leads a $180 million nonprofit focused on addressing hunger and its root causes in the seven-county Central Florida region. Chubbs oversees a team of 160 employees, thousands of volunteers and over 600 partner agencies that provide 300,000 meals a day. Chubbs, who lives in Longwood with his wife Loly and their dog Einstein, considers himself blessed and believes that many find themselves in unfortunate circumstances through no fault of their own, like a childhood friend he recently ran into who was down on his luck. "This childhood friend was a smart guy, not a lazy guy, and I couldn't help but think what if the roles were reversed," he says. "I could have easily been him and he could have easily been me. I believe that everyone who wants one should be able to have a meal, have a roof over their head and have a job that pays their bills. Until they bury me, I am going to work to help give hope to those that are struggling with their situations."

Steve Powell

As a kid growing up in rural Northeast Pennsylvania, Powell did not have much access to a library outside of school. Perhaps that's why his focus as director/CEO of the Orange County Library System (OCLS) has been breaking down barriers and making sure library services are available to as many people as possible. Powell came to OCLS over 15 years ago and worked his way up to chief operating officer in 2018. He became the interim director in January 2022 and was named to his current role in August of that year. His first major initiative was stopping the practice of overdue fines when materials were returned past their due date, and as part of that project, public computers have become more accessible and charges for printing, copying, faxing and scanning were reduced or eliminated. He also helped kick start mobile services thanks to a donation from Sorosis of Orlando Women's Club and has created departments for community engagement, data and user services, and diversity, equity and inclusion. Powell points out that libraries are more than just physical books these days—they also include ebooks, audio books, genealogy resources, sewing classes and much more—and he hopes the entire community can take advantage. "To me, getting people to come to the library, or even better, bringing the library to them opens up a world of informational, educational, recreational and cultural opportunities and experiences they might not ever have access to," he says. "I don't want anyone to miss out."



Arnold Sanchez

Sanchez, who holds bachelor's, master's and doctorate degrees from Liberty University and is also a graduate of Leadership Orlando, brought more than two decades of retail and operational experience to Goodwill Industries of Central Florida (GICF) when he came on board in March 2020 as vice president of retail. He has since been promoted to chief operating officer and has seen GICF experience tremendous growth across all organizational divisions in recent years. One of Central Florida's largest nonprofits, Goodwill collects and sells donated merchandise at affordable prices, diverting more than 22 million pounds of clothing and household goods from local landfills. GICF directly channels 90% of its annual revenue into programs that enable people to secure meaningful employment, achieve personal goals and thrive economically. Sanchez calls it a privilege to generously serve the community and has been inspired both inside and outside of his role at Goodwill by his wife and best friend, Denise. "We share similar backgrounds growing up in marginalized communities in South Florida," he says. "Together, we created a monthly service opportunity in our downtown community to focus on those in need. The 'I Love My City' initiative invites people in the community to serve the homeless, serve in coalitions and participate in community cleanup efforts. My wife inspires me daily to make sure we are using our time, talents and treasures to impact the lives of others that find themselves in similar situations that we encountered as children."



Archbishop Allen T.D. Wiggins



Wiggins followed in the footsteps of his father, the late Rev. R.W. Wiggins—who he calls his "mental model and inspiration for giving"—by answering the call to ministry and community building. In doing so, he has helped bring about transformative change in the lives of families in Orlando and around the globe. One of his greatest accomplishments is Hope Center West, a "live, work, learn, play and worship" community he founded that spans more than 50 acres. It includes The Village Square Mall, a small business incubator with more than 25 small businesses; affordable apartments and single-family homes; a K-8 academy school; and several national brands that have increased employment opportunities. Wiggins also transformed a 50-year-old urban youth center called Frontline Outreach into Frontline Innovation Studios, with the goal of introducing youth to emerging technologies. The dedicated pastor of The Hope Church since October 2001, Wiggins was elevated to the office of bishop in the International Bishops Conference, and has since held leadership positions on the world stage. He is a board member of the Purpose Built Communities Networks, Lift Orlando and The First Academy, and believes everyone has a responsibility to give back to the community. "I am under a God-issued charge, as well as a personal conviction, to be a good neighbor," he says. "Therefore, I tend to be more considerate of the plights of others who face challenges far harsher than my own."

Sean LaGasse Sr.



Raised in a Catholic family, LaGasse was always taught to care for others and aimed to follow the example of his father, William LaGasse Jr., "one of the most generous/benevolent men I've ever known," he says. He caught the giving and serving bug early, and as a young man would help the elderly with household chores in his hometown of Fort Lauderdale. He eventually found his way to an inter-denominational church and expanded his Christian roots, becoming part of regular missions trips to the Dominican Republic, where he helped build a shelter and donated clothes, food and supplies to orphanages. That led to an affiliation with an organization known as Globe Missions, allowing LaGasse to serve with missionaries in countries across the world. LaGasse, who has been married for 32 years, has four children and two grandchildren, later moved to Central Florida with his family, where he now runs a pest control business and is the pastor for Purpose Church Orlando, where he is proud to help people of all backgrounds with their spiritual needs. He is also a board member for Eight Waves, which caters to children and families from underserved communities and is "one of the best outreach organizations I've ever been associated with." LaGasse also has plans for a free event in downtown Orlando later this year to help students dealing with issues such as peer pressure, emotional health, depression and anxiety.

Barry Johnson

Despite a busy career at Miller Johnson Law as an attorney specializing in real estate litigation



matters, Johnson finds time to give back to the community in multiple ways. He is a current board member of Altamonte Springs Rotary, a past president of the club and a past District 6980 area governor. He defines Rotary as "business leaders and individuals who desire to change the world from their own backyard," and does his part by chairing the membership committee and the Altamonte Rotary Foundation Golf Tournament, an event held every spring that has raised tens of thousands of dollars for the local community. Johnson is also a member of Florida Citrus Sports (FCS) and a supporter of its Lift Orlando Initiative, which is dedicated to revitalizing the West Lake neighborhood around Camping World Stadium. He is also part of the scouting committee for FCS, whose chief goal is bring the best college football teams to Orlando every bowl season to strengthen the Central Florida economy. Sticking with the sports theme, Johnson is passionate about coaching teams at the youth level and is a board member for both Lake Howell Pop Warner and Winter Spring Babe Ruth. He further volunteers for Christian Help, whose mission is to prevent homelessness by providing resources and job placement assistance, and Ali's Hope, which addresses mental health issues in underserved youth. Johnson cites his grandfather and two mentors from his youth group as a kid as his inspiration for being so giving of his time to charitable efforts. "Our eyes should be open to the needs of the world around us," he says. "To be able to meet a need, change a circumstance [or] make a difference is just my mission. I'm thankful I'm able to do just a small part and by doing so, it's amazing how much you benefit, grow and change too."



(Back row, from left) James Riley, VP of Construction, Jeff Haley, Senior VP, Lowell Ferguson, CFO, and Scott Chilson, VP of Service. (Front row, from left) John Thurman, CEO and Dan Fraddosio, President.

by KRISTEN JORGENSEN

Cool Under Pressure

After more than three decades as a leader in the industry, **Advanced Refrigeration & Air** continues to raise the bar.

With over 35 years of service to the community, Matt Thurman built Advanced Refrigeration & Air into an incredibly successful business based on integrity, innovation and top-notch service. Now he turns over the reins to the new CEO, his son John Thurman.

Established in 1986 in Orlando, Advanced Refrigeration & Air is a family-owned and -operated company with five locations across Florida that you can trust for all of your commercial refrigeration and air conditioning needs. The company has set the industry standards for over three decades, serving leading grocery retailers, restaurants and many other commercial businesses in Florida, Georgia and Alabama.

When asking John and Matt what has made the company so successful among a sea of competing businesses, their answer is simple: "Processes, quality work, experience, and organization. We offer consistent quality in every job we do. This is why we are rated No. 1 in quality and excellence by our customers, time and time again."

The company also adamantly believes in the power behind innovation and continuing education. "Training, training and more training by our in-house trainer and senior tech Steve Aubin, who was Advanced Refrigeration & Air's first technician hired over 36 years ago. Our on-site training classroom hails the latest and greatest in similar equipment and control systems that are needed to keep our customers' businesses running smoothly," John explains.

As a commercial refrigeration and air company, Advanced Refrigeration offers full service for all commercial establishments including supermarkets, breweries, hotels and various manufacturing facilities, including cold storge and pharmaceutical to name a few, that could have HVAC, chiller, CO2 and even glycol systems issues. What's more, the company also offers custom designs on both walk-in freezers and coolers for cold storage and has assisted in many construction endeavors.

"We can help design efficient systems with manufacturers and outside engineers. From the inception of the idea to installation, we will provide service through the life of the equipment, assist with any remodels of facilities as technologies change, and even help with the removal of equipment at the end of the life cycle," explains Matt.

It isn't a surprise with a career spanning more than three decades and a client list teeming with the largest brand-name companies in the area, that top-notch customer service is an integral part of their business model. Many companies lose that personal level of service along the way, as they expand into larger businesses, but Advanced Refrigeration has been successfully able to maintain their level of service as they themselves have continued to grow.

"The four things required for our business are our employees, materials, tools and, of course, customers. If you lose any of the four you will not have a business. That is why customer service is so important to us. It is our goal to not only gain a customer but to keep them always coming back to us for any additional needs," both John and Matt explain.

"We have always kept a large inventory to be able to service a customer in a good time frame. We learned a lot during the pandemic when equipment and materials were scarce. From the customers' point of view, they are willing to pay a little more to get a job completed in a good time frame."

Another one of the bigger innovations, and customer service-driven decisions that the company made over the years, was to offer a 24/7 in-house emergency call center to customers.



Matt Thurman

"It goes back to the core goal of acquiring and keeping customers. I know myself that if I call a company, especially at night and I have to leave a voicemail and wait for a return call after a few minutes, I may move on to the next company, especially in an emergency situation. If you miss that customer, you not only lose out on that job but you may never have the opportunity to acquire that customer again," John says.

In addition to the call center, the company offers service within two hours of a received call. "Our rapid response to emergency calls for supermarkets and those customers that have perishable products in jeopardy gives our customers a peace of mind that, whether it's their refrigeration or air conditioning, we'll keep them operating," adds John.

With the level of passion and care for what they do, it should come as no surprise that Advanced Refrigeration isn't just servicing commercial clients, they also now work with residential homeowners. "It was our goal from the inception to add Advanced Air Conditioning as our residential division to give Central Florida residential customers the same quality job for the best price that we have been giving our commercial clients for the last 37 years," says John.

While the company has had an incredible history, it is the future of Advanced Refrigeration & Air that is really exciting. With its current résumé, innovations and dedicated service, John says the foundation and the values the company was founded on will only get stronger.

"We believe much of our success comes down to three things. First, faith in the Lord. Second, faith in people—our employees have been essential in our success. And third, always remember that you are a consumer as well. Our golden rule is to treat the customer as if you were in their shoes and what your expectations would be given the circumstance."

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TOP men business LEADERS

BUSINESS OWNER

Dr. Brewer continues the excellence in Orthodontics started by his partner Dr. William Fravel.

A Central Florida native, Dr. Brewer attended Florida State University, then University of North Carolina School of Dentistry. After becoming a dentist, Dr. Brewer chose to serve his country and was commissioned in the US Army. After four years of service as a general dentist, Dr. Brewer elected to pursue advanced training in orthodontics. He continued his Army commitment as an orthodontist, received his Board Certification in 2014 and rose to the rank of Lieutenant Colonel. At that point, Dr. Brewer felt the calling to return to Florida, this time to serve the Central Florida community.

Since 2018, Dr. Breck Brewer has been instrumental in the continued excellence and growth of Dr. Fravel's office. Together, they have crafted a customer-service-based orthodontic experience that creates smiles for both patients and the community. After 35-years, Fravel Brewer Orthodontics is still committed to improving West Orange County by volunteering, sponsoring and supporting local charities and schools. Its own charity organization Smile for a Lifetime provides free orthodontic treatment to children and teenagers in need but without the means to afford treatment.

Dr. Brewer and his wife Lauren along with their four teenagers are proud to call Orlando home. He is also immensely proud of the smiles he and his team help create. "What we do is such a gift because we help improve people's self-esteem and self-worth. One of the things that led me to orthodontics was connecting with patients and brightening smiles."



Dr. Breck Brewer
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In 1972, Bob Reynolds founded Reynolds & Co. Jewelers located in historic Winter Park.

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Today, Mr. Reynold's legacy lives on through his son, David who learned the jewelry business working side-by-side with his father until he passed in 1990. As a second-generation jeweler, David takes pride in running the business with focus on family, community, and exemplary customer service and satisfaction. For almost 40 years, David has built many long-lasting relationships with his customers. To him, it has been an honor to be a part of his clients' lives and to share in their most memorable moments.

David and the staff at Reynolds Jewelers work hard to provide their clients with special one-of-a-kind jewelry pieces. They strive to offer unique, quality jewelry that won't be seen in any other competitors' stores. They can also create custom pieces, re-design old jewelry and family stones, as well as repair and appraise jewelry.

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BUSINESS OWNER/ ENTREPRENEUR

"Growing up as a kid, I always looked forward to that morning or afternoon I'd go to the barbershop with my dad."

The community barbershop was such a cool place to go as a young kid. Ultimately when we opened our first V's Barbershop, I was hoping to contribute something positive to our community where everyone could have a great authentic barbershop home they would enjoy coming back to time and time again.

Lawrence Johnson has dedicated a significant portion of his professional career to the financial services industry. Having worked for a few well respected Fortune 500 Companies, the experience he gained equipped him with the knowledge and resources to become an entrepreneur. While pursuing and earning his Bachelors and Masters Degrees from Liberty University, one of his goals was always to be a business owner.

As a compliment to his entrepreneurial ambitions, he is also a CERTIFIED FINANCIAL PLANNER™ who has helped individuals and families address some of the most common everyday financial issues to some of your most complex wealth preservation and estate planning needs. Today he splits his time between supporting the businesses he and his family have and exploring new opportunities that may be out there.

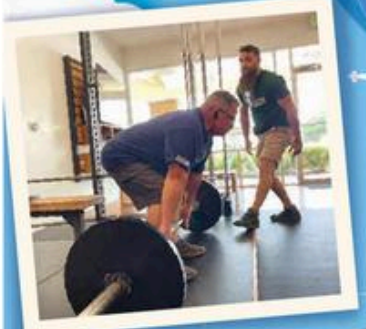
Away from work, he enjoys his family and the challenge an afternoon round of Golf can present on any given day. He still has some very big goals yet to be achieved and values every opportunity to enjoy the journey along the way.



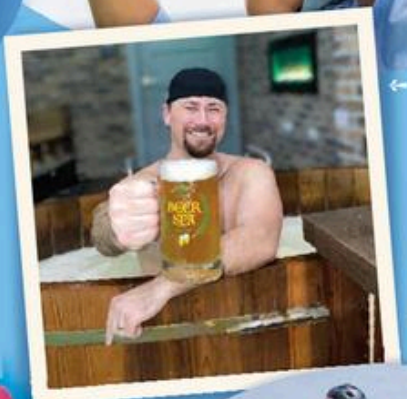
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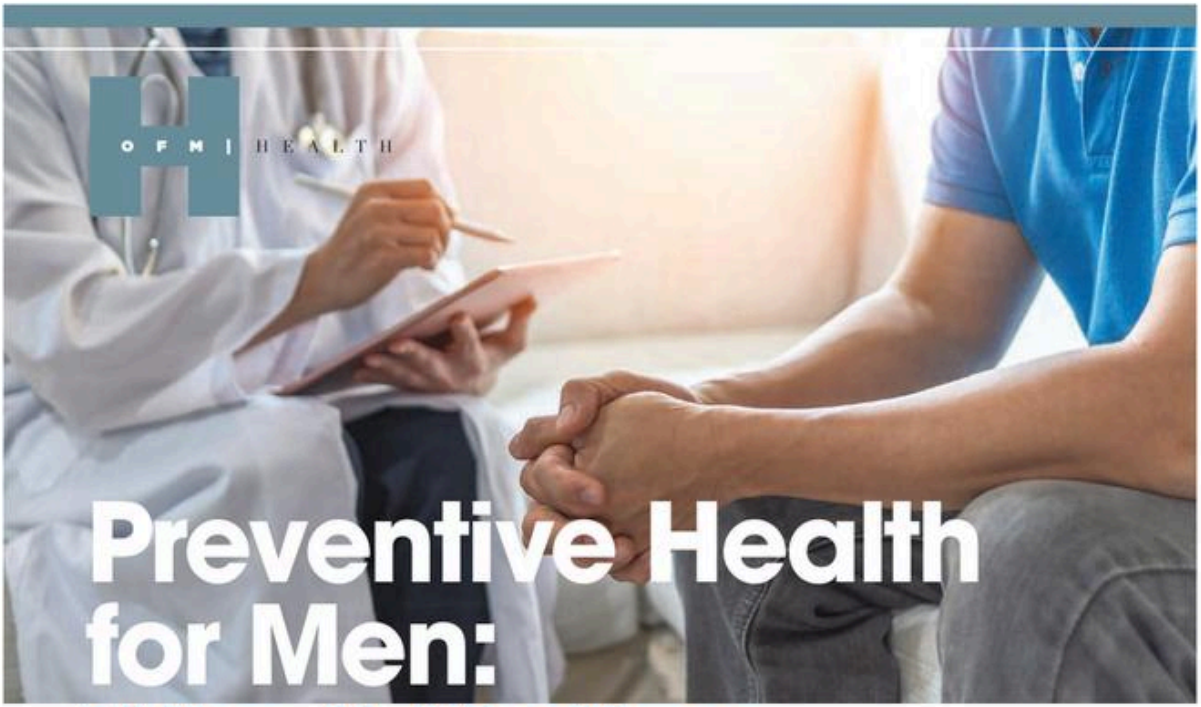
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Preventive Health for Men: Why It Matters

Physicians weigh in on the importance of **men prioritizing their health for lifelong wellness.**

by Kristen Jorgensen

There's a common perception that men hate to go to the doctor and won't go, even if they're feeling sick. This theory has persisted throughout the years and is often the subject of jokes within families. But is it true? Unfortunately, this premise is sound: Men do not go to the doctor if they are feeling well.

A 2019 Cleveland Clinic study found that up to 60% of men don't go to the doctor regularly, choosing to wait until they are seriously ill. Another study found that 72% of men would rather do household chores, like cleaning the bathroom or mowing the lawn, than go to the doctor. Even for the men who take their health more seriously, some are holding back: 20% admit they have not been completely honest with their doctor before.

"Men struggle with talking with health care professionals and have been conditioned to stay quiet regarding health issues. There is an underlying cultural understanding that all men should just be strong, as if admitting they are feeling unwell is a weakness," says Mohamedtaki A. Tejani, M.D., medical director of the AdventHealth Gastrointestinal (GI) Oncology Program and the AdventHealth Cancer Institute. "But we need to understand that this expectation of stoic masculinity is putting lives at [risk]—men shouldn't be bottling these things up."

Colon Cancer Crisis

The colon, or large intestine, is where the body draws out water and salt from solid waste. The waste then moves through the rectum and exits the body through the anus. Rectal cancer originates in the rectum, the final several inches of the large intestine, closest to the anus. According to the American Cancer Society (ACS), colorectal cancer is the third-most commonly diagnosed cancer in the U.S., aside from skin cancers. In 2023, the ACS estimates that 153,020 people in the U.S. will receive a new diagnosis of colon cancer.

"We expect that number to rise, as we are seeing more and more younger people receiving the diagnosis earlier than in previous years," explains Tejani. "We believe that diet, stress and environment are playing a large role in the rising cases, which is why early detection is crucial."

Early Detection

Colon cancer often causes no symptoms in the earliest stages, but symptoms may become more noticeable as the disease progresses. If people do have symptoms in the early stages, they may include: blood in the stool; a change in frequency or type of bowel movements, such as diarrhea, constipation or narrow, ribbon-like stools; the feeling of not emptying the bowels after a bowel movement; and abdominal pain, cramping or bloating. As the disease progresses, the patient may experience nausea and vomiting, anemia (due to intestinal bleeding), fatigue and weakness, or unexplained weight loss.

"Acknowledging those early symptoms is the key to catching the disease in the beginning stages. Just like we own our finances, our car and our homes, it's just as important to take ownership of our bodies. Getting screened regularly may increase your chances of finding, treating and potentially surviving colon cancer," Tejani says.

The exact causes of colon cancer are unknown, but several potential risk factors increase one's susceptibility. Age, diet, habits, polyps and even genetics, especially when having a parent, sibling or child with a history of colon or rectal cancer, are all factors.

The most effective way to test for colon cancer is to have a colonoscopy, within the time frame suggested by your doctor. A person may have to follow a special diet before the procedure, such as a clear liquid diet one to three days beforehand. The colon will also require cleansing with strong laxatives in a process known as bowel prep. If the

doctor finds polyps in the colon, a surgeon will remove them and send them for a biopsy. In a biopsy, a pathologist examines the polyps under a microscope to look for cancerous or precancerous cells.

If a patient finds the idea of a colonoscopy too invasive, or is perhaps reluctant to go through the preparations of a typical screening, there is an alternative called Cologuard, which is a non-invasive colon cancer screening test that is good for adults who are at average risk.

"This testing can be done at home through a collection of samples. If the results come back positive, the patient is only then sent for a proper colonoscopy. As physicians, we just want to encourage everyone to get screened and be proactive about taking their health seriously," Tejani says.

The Danger of Diabetes

In the world of medical practice, it is not uncommon for a specialist to diagnose what could have been detected by a primary care physician, had the patient scheduled regular checkups.

Dr. Matthew Cunningham, a vitreoretinal specialist at Florida Retina Institute, says diabetic retinopathy is the leading cause of blindness among working-age adults in the United States. It causes 8,000 cases annually, in addition to other impairments. "A majority of patients who have diabetes will eventually develop diabetic retinopathy," Cunningham says.

A staggering 1.4 million people in the United States get diagnosed with diabetes annually and, according to Cunningham, he is often the one to diagnose them. "So often we see patients only because something has gone significantly wrong to lead them to a specialist. Almost daily, I will get patients referred to me with things like hemorrhaging at the back of the eyes or retina that could have been diagnosed earlier if they had just gone to a primary care physician for a yearly exam," he says.

Just like Tejani stresses in his field of medicine, Cunningham concurs that screening and a proactive approach to one's health is the key to longevity and quality of life. "The earlier you can catch a disease, the quicker medical professionals can jump on it and get our patients a better outcome. We notice that men tend to be more lax with making and keeping medical appointments, but understanding the importance of early detection should be a message we send to all genders, ages and races."

Cunningham also strongly suggests that patients who have been diagnosed with diabetes type 1 or 2 receive yearly eye exams. "We often see people waiting until there is a problem to make an appointment; in some scenarios, that can be too late. Even if you have perfect vision, the key word in 'early detection' is early."

The goal for Cunningham is to hopefully elevate public awareness of the connection between diabetes and diabetic retinopathy. "We want to cut









down on unnecessary vision loss, not just in men but also in women and children. It's not exclusive to who is affected by this type of disease and yet like so many other diseases, is avoidable with the right advocacy."

Modern Medicine

As we slowly climbed out of the pandemic, society has become immensely more apt in getting medical attention than in previous years.

"Following the pandemic, there has been increased attention on preventative care and mental health services. One of the trends that we are seeing is an increase in telehealth options that focus on men's health care," says Josh Bell, chief impact officer at 26Health. "We hope that this trend continues, particularly for mental health, to close the gap in men's participation in primary and wellness care."

In addition to colon cancer and diabetes, mental health concerns, followed by cardiovascular health, continue to be the additional main threats to men's health. According to the CDC, the suicide rate among American males is approximately four times higher than the rate among females.

"It is unfortunate to see this disparity that is due in part to the fact that men are still less likely than women to be aware of disease symptoms, and men use primary care services less frequently than women. To address these threats and to close this gap, men's focused education on the importance of health care and access to quality care will be crucial," Bell explains.

26Health supports patients with medical care, mental health care, adoption counseling and home studies, rapid HIV, HepC and STD testing and care. "For men, in particular, we pride ourselves in providing a comfortable, non-judgmental environment staffed with providers that are trained in men's health," Bell says. "Our specialties in men's health care include mental health services, prostate care, care for hypogonadism (low testosterone), men's sexual health, low libido and erectile dysfunction, and initial evaluations for colonoscopies."

Bell continues, "In addition, access to care is one of the biggest challenges that the LGBTQ+ community is facing right now as legislative efforts at the state level are restricting care. Due to recent legislative changes, transgender men and other men receiving hormone treatments are at increased risks of mental health concerns. Since our founding, we have proudly served our gender diverse community members and continue to provide primary care and mental health services, which are incredibly important during this difficult climate."

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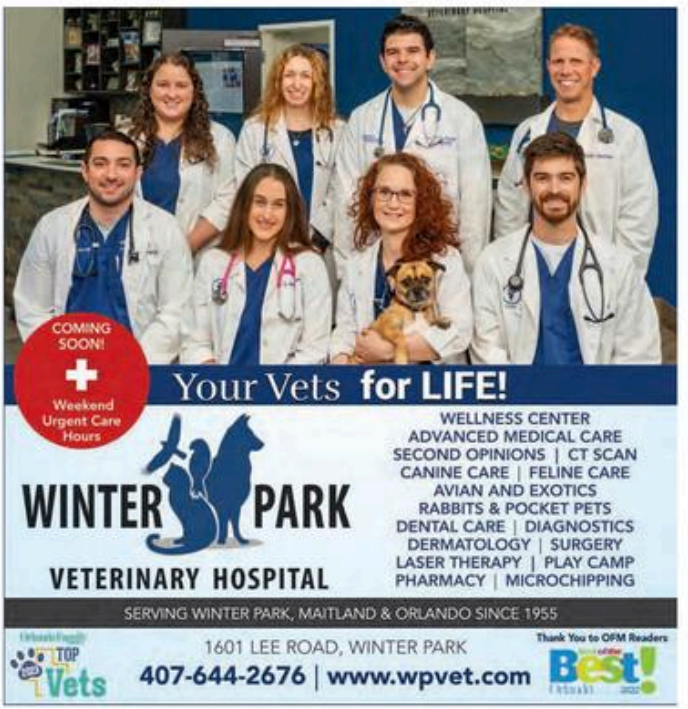


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Bracing for Impact

While the 2023 Atlantic hurricane season comes with differing outlooks thanks to a transitional weather pattern, one thing is guaranteed: **Preparation and education are two critical components in weathering whatever storms may come.**

by Madeleine Maccar

With Ian's and Nicole's lingering devastation—not to mention the still-healing emotional scars and overall uncertainty they foisted on many in their paths of destructions throughout Florida—and The National Hurricane Center's announcement last month of a reassessment that shows the mid-January area of low pressure in the Atlantic basin was actually the first storm of the 2023 Atlantic hurricane season, it might feel like there hasn't been much of a break in atmospheric activity between this and last year.

And with the longtime La Niña—the cool phase of the El Niño-Southern Oscillation climate pattern—coming to a close as a new El Niño phase gears up, it may feel like this year's hurricane season is punctuated by even more question marks than usual.

That transition from one pattern to another is just one element of many influencing what kind of hurricane season to expect, as well a contributing factor behind the lack of expert consensus in predictions for the 2023 Atlantic hurricane season, which formally runs from June 1 to Nov. 30, though activity does develop beyond those traditional parameters.

"In an El Niño pattern, it is typically quieter—with that said, there are a million other factors that go into a hurricane season, and that's one of the reasons there are struggles with those seasonal forecasts," explains Brian Shields, a meteorologist for WFTV Channel 9. "What I'm seeing is that, yes, we're transitioning into an El Niño season, which typically can keep the numbers of named storms down, but at the same time, the water temperatures are absolutely warmer than we've ever seen. So there are other factors that balance that out. I don't see a situation where we're below-average for named storms: We're either going to be at average or probably slightly above."

Indeed, in early April, the University of Arizona's forecast reflected a very active season of 19 named storms, nine hurricanes and five major hurricanes, while Colorado State University researchers predicted 13 named storms, six hurricanes and two major hurricanes. (The National Oceanic and Atmospheric Administration made its predictions after press time.)

Above-average activity exceeds the 30-year average of 14 named storms, seven hurricanes and three major ones, the latter of which is defined as a catastrophically damaging Category 3, 4 or 5 storm with sustained winds of at least 111 mph. And while the two aforementioned weather teams forecast significant deviations from that average, they did agree with Shields' point that those much warmer Atlantic Ocean water temperatures could prompt greater storm activity, particularly if this year's El Niño event is weaker than expected.

"We should transition into an El Niño by the end of the summer, so it's kind of a coupling between ocean circulation and wind," says Megan Borowski, a Florida Public Radio Emergency Network meteorologist. "We're going to have a reversal of the trade winds with El Niño, so we'll have warm waters developing off the coast of South America where we usually have cooler waters."

For folks living on the East Coast, "what that can do is increase wind shear," Borowski continues, adding that the wind speed throughout the atmosphere isn't uniform in that "deep, deep vertical layer" of clouds. "Fingers crossed that it will kick in in time for this season, but generally what El Niño does is it will increase that vertical wind shear and it will decrease that ability for storms to organize—but that's only one factor. There's a lot of other global teleconnections that affect storm development."

Keeping tabs on the myriad influencing factors at play before, during and after a hurricane develops has become a more sophisticated endeavor as weather technology advances. Even with those cutting-edge models and tools, there is still an inherent unpredictability in outguessing the weather; however, technology has proven invaluable for recognizing the patterns and measurables that initiate life-saving warnings.

"It helps in the sense that rapid intensification of storms is a big factor now, and to know how deep that warm water goes is very important because—this is just an example—a storm could go from a Category 2 to a Category 5 literally overnight, and having the tech to help be able to forecast that is important," says Shields. "There is still more we don't know than we know: That is the reality of Earth and everything, as far as science goes. We're trying to learn more and more, but the tech has helped so much as far as evacuations go and helping to protect lives and property."

No matter how helpfully advanced weather instruments become, though, having a steady, comforting and familiar human presence making those reports accessible and actionable is a critical part of a meteorologist's role. Being that expert voice guiding their neighbors through the phases of a hurricane and keeping their audiences as

informed—and able to make educated decisions about keeping themselves and their loved ones safe—as possible is a responsibility that neither Shields nor Borowski take lightly.

"It's not all about the stats on the storm, it's how does the storm impact you," Shields says. "We want people to be safe as the storm's coming. … It's very important for me to be very clear and very slow and deliberate in passing along my message to let you know how does this impact you. The storm could have 150-mile-per-hour winds, but what does that mean for you, your home and your family? How long is it going to last? What do you need to do to stay safe?"

"All the NPR stations across the state of Florida have the ability to stream our signal … so at one point [during Hurricane Ian], the only voice out there saying what's going on and talking about alerts, the wind warnings, the tornado warnings, was our coverage from Gainesville," Borowski adds.

Indeed, they both tailor their delivery to the most immediately impactful message, whether it's underscoring how important it is to reassess and update a household's hurricane-survival kit well before stores are overrun and emotions are high, translating professional jargon into helpful directives or making survivors aware of where and how to find help in the immediate aftermath.

"You have to figure out when is the time to explain and when is the time to direct," Borowski says. "The thing with meteorology is that you can't ever be 100% certain with what is going to happen … but if the threat is credible and there's a good chance we can get five feet of storm surge, people need to know that."

As it's still early in the Atlantic hurricane season, now is the time to ensure that you and your loved ones are as prepared as possible, when cooler heads are prevailing and a storm isn't creeping ominously closer.

"I always encourage everybody to prepare," says Borowski. "You know your specific needs, you know your property, you know your family. Everybody understands the intricacies of the needs within their own family unit, so assess that now. Preparing for that now when conditions are quiet gives you time to prepare when you're not panicked, you can look at your budget, you can get everything organized now. That way, if something does threaten you, you're ready to roll and you don't have to have the added stress when a storm is knocking at your door."

"Not everyone has the means to get a lot of supplies," Shields adds. "If you can afford to get some supplies or keep old cartons and fill those with water, it helps to relieve stress and reduce anxiety to be prepared and have some supplies and food and water. It's food and water that, if you don't get a hurricane, you're able to use anyway so you're not wasting anything."

It is tempting to let one's guard down when predictions indicate comparatively milder activity, just as it's important to not let above-average outlooks rob you of your peace of mind for the duration of the season. While that one devastating





storm can develop at any time, not every named hurricane will unleash the full force of Mother Nature's fury on your home.

"Fortunately, with hurricanes, we have time, so people can shelter in place at their home, or in shelters if they have evacuated," says Shields. "But we don't know where a storm is going to go essentially until it forms and we start tracking it. It only takes one storm to impact you—on the flip side, there could be a million storms but they all stay over the water, which would be a good thing for us."





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YMCA Summer Camps
YMCACF.org
Join us for camp at your local YMCA Family Center! Youth in grades 1-5 will enjoy a wide variety of reimagined, unique sessions this summer including sports, aquatics, STEM, service learning, the arts, and much more!

ART INSTRUCTION CAMPS

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I (407) 459-7959
EliteAnimationAcademy.com
Virtual online summer courses and in-person summer camps. Elite Animation Academy is offering 10 weeks of Drawing, 2D/3D, and Character Design Summer Courses & Camps—June 5 through Aug. 11.



EDUCATIONAL CAMPS

Full Sail Labs
221 S. Semoran Blvd., Winter Park
(407) 673-6249 | FullSailLabs.com
Full Sail Labs offers on-campus and virtual STEAM-based summer camps for kids and teens in topics they love, including entertainment, media, art, and technology.

In-Home Tutors
(407) 459-1231
Orlando.InHomeTutors.com
In-Home Tutors Orlando offers custom-designed programs in your home this summer, aimed at both academic recovery and enrichment. All grades and subjects, including ACT/SAT prep.

Orange County Library System Summer at Your Library
(407) 835-7323 | OCLS.Info/Summer
Join hands with Orange County Library System for this year's Summer at Your Library program. Expand your world with friendship and spread your love for reading all summer! In-person and virtual events for kids of all ages from June 3 through July 29.

PERFORMING ARTS CAMPS

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COMMEMORATIVE GRADUATION

Class of 2023

BISHOP MOORE



Carlos H. (National Merit Scholar & representative from the Class of 2023)

"The Bishop Moore Catholic environment provided me with the opportunity to leave my comfort zone and challenge myself academically, socially, athletically and spiritually to the point where I am doing things I never could have imagined myself doing."

CHAMPION PREPARATORY ACADEMY



Noah Jacob Burrows (Valedictorian)

Noah graduates valedictorian from Champion Preparatory Academy while simultaneously graduating summa cum laude with his A.S. degree in aeronautics from Embry-Riddle University. He has also earned his private pilot certificate from the Federal Aviation Administration. In addition to his academic accomplishments, Noah also volunteered with One More Child and Foster Florida Volusia and contributed to his family being awarded Foster Family of the Year. Noah will be continuing his education at Embry-Riddle Aeronautical University to earn his bachelor's degree in aerospace engineering.



FIORELLA PREPARATORY SCHOOL

As another year ends, we cannot help but reflect on how blessed we have been. We are impressed with our graduates' thirst for knowledge as they're becoming productive members of the community. We pray they continue this path as they go into kindergarten. Congratulations to the graduating class of 2023!

FOUNDATION ACADEMY



Madeleine Eastwood (Valedictorian)

This year's valedictorian, Madeleine Eastwood, is an outstanding young lady who has excelled academically and positively impacted our school with her personality and witty sense of humor. Given her achievements and character, Madeleine will undoubtedly accomplish great things in the future at the University of Florida.



FOUNDATION ACADEMY



Jessica Williams (Salutatorian)

This year's salutatorian, Jessica Williams, is a shining example of academic excellence and determination. Jessica demonstrated a passion for learning in the classroom and was a fierce competitor on the soccer field. Her kind demeanor and teachable spirit will enable her to accomplish great things at Florida State University in the future.

THE GENEVA SCHOOL



Charles White (Valedictorian)

The Geneva School is proud to announce Charles White as the 2023 valedictorian. In addition to his participation in cross country and track and field, he also excelled in Latin, competing in the Junior Classical League and served as a yearbook editor. He will attend Northwestern University to study journalism.

WINDERMERE PREPARATORY SCHOOL

Jay Khemchandani (Valedictorian)



"As a valedictorian of Windermere Preparatory School, I appreciated the challenge and rigor of the International Baccalaureate (IB) Diploma Programme. The school provided me with a nurturing environment that allowed me to flourish both as a curious student and as a civic-minded citizen. I am grateful for the lasting friendships, opportunities for personal growth, and the tools that have prepared me to succeed in college and beyond."



Manya Arora (Salutatorian)

"When I first joined Windermere Preparatory School, I wasn't fully aware of my potential and often felt lost and unsure of myself. There were moments when I felt lonely and doubted whether my aspirations were worthwhile. However, my experience at WPS turned out to be life-changing. Through the support of the community, I discovered a sense of belonging and purpose. Today, I feel more confident than ever before, and I am excited to pursue my dream of becoming a lawyer."



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Side Dish

EDITED BY KAREN NIMETZ

IN THE KITCHEN

A CULINARY QUESTION OF THE MONTH

We polled 20 Central Florida residents and asked them: **"Which toasted sandwich bread do you prefer the most?"**

The results are in:

White: **9 votes**

Wheat: **4 votes**

Rye: **7 votes**

It seems white bread really "toasted" the competition. Here's what one of our respondents had to say when asked to choose their favorite toasted sandwich bread:



Chef Harvey Vives, *Chef/Owner of Plazzing The Palette*

"Compared with regular white and whole wheat bread, rye bread tends to be denser and darker and has a stronger, sour yet earthy taste. Rye flour contains less gluten than wheat flour, which is why the bread is denser and doesn't rise as high as regular wheat-based breads."

GOOD EATS

The best thing we've tasted recently...

GRILLED NY STRIP STEAK
at **Finnegan's Bar & Grill** in Universal Studios

WE RECENTLY TRIED THIS char-grilled delight. The cooked-to-perfection steak is accompanied by a medley of asparagus, colcannon potatoes, roasted carrots, crisp fried leeks and Bordelaise sauce.



QUICK BITES

What's new and notable on the local dining scene

Bar Italia recently opened in Winter Park and selections include wood-fired pizzas, fresh house pastas and homemade sauces.

Meraki Food Group, the family-owned business behind Taverna Opa and Tapa Toro, opened its modern Mexican concept, **Kavas Tacos + Tequila** at Pointe Orlando last month. The menu includes Tex-Mex classics and items inspired by the street food vendors of Mexico City.

Orlando resident and *Top Chef* season three winner, Hung Huynh, plans to open **Bang Bang Noodle Co.** in town.

JoJo's Shake Bar recently joined The Pointe, serving shakes and cocktails with patio seating overlooking the shopping center. Inside, the bar is decorated with art, and guests can enjoy retro arcade games.

In Winter Park, a new whiskey-tasting experience is blending flavors and premium spirits from distilleries across the nation. **Forward/Slash** includes a patio bar and a tasting room, with classes and private events. Currently, the distillery features rotating food selections from local eateries.



Kavas Tacos + Tequila

RESERVATIONS

Foodie events to fill your calendar

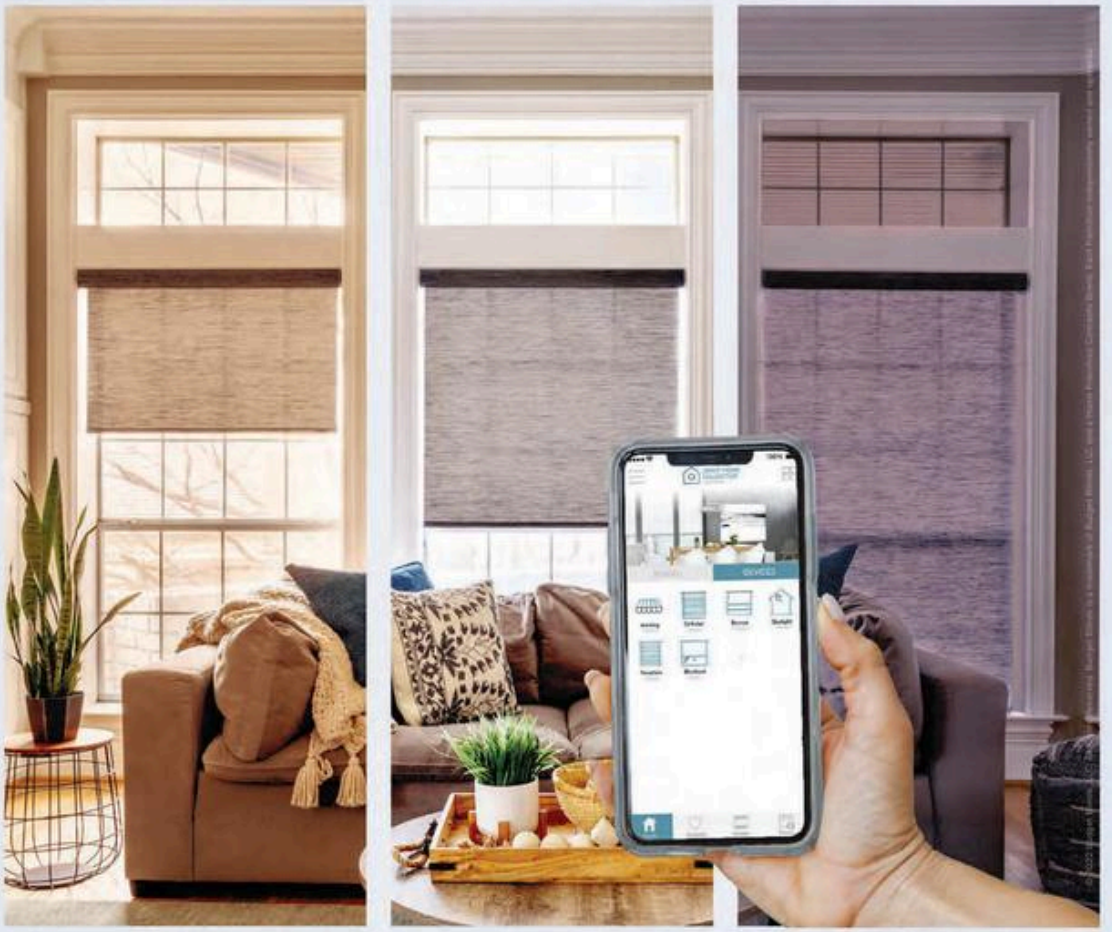
June 12
BIG AND TEEN CHEF: IMAGINE THE PASTABILITIES
at Publix Aprons Cooking School, Dr. Phillips
This hands-on class is intended for each big and teen chef to work together to create delicious recipes such as rigatoni quattro fromaggi, spaghetti and ricotta meatballs, chicken long rice (Hawaiian-style rice noodle dish) and toasted pound cake with macerated strawberries and whipped cream. *6 p.m. Big chef must be 18 or older, teen chef age range is 13–17 years old. Price is for a parent/teen combo. Tickets are $90.25.*

June 14
IN THE KITCHEN WITH EDIBLE ORLANDO: SUMMER DINNER PARTY
at Center for Health & Wellbeing, Winter Park
Presented by Katie Farmand and hosted by the Winter Park Health Foundation, this class is designed to "get company-worthy dinner on the table in no time." Farmand will be making the following dishes for attendees to sample: zucchini "carpaccio" with mint and feta, pappardelle with burst tomatoes, corn and crab, and strawberry eton mess. *6-7:30 p.m., tickets are $30.*

June 24
ORLANDO BRUNCH FEST
at Festival Park, The Milk District
This fun foodie festival celebrates some of the best brunch restaurants in the area. There will be tasting-size portions of the most popular brunch items as well as many beloved brunch beverages such as bloody mary's, mimosas, brunch punch and beer. There will also be live music and a DJ. This rain-or-shine event is only for those 21 and up. A full list of participating restaurants will be announced on OrlandoBrunchfest.com. Brunch samples will be $4 each, paid directly to each restaurant. *VIP admission will begin at 11a.m., general admission noon-3 p.m. Ticket pricing starting at $50.*

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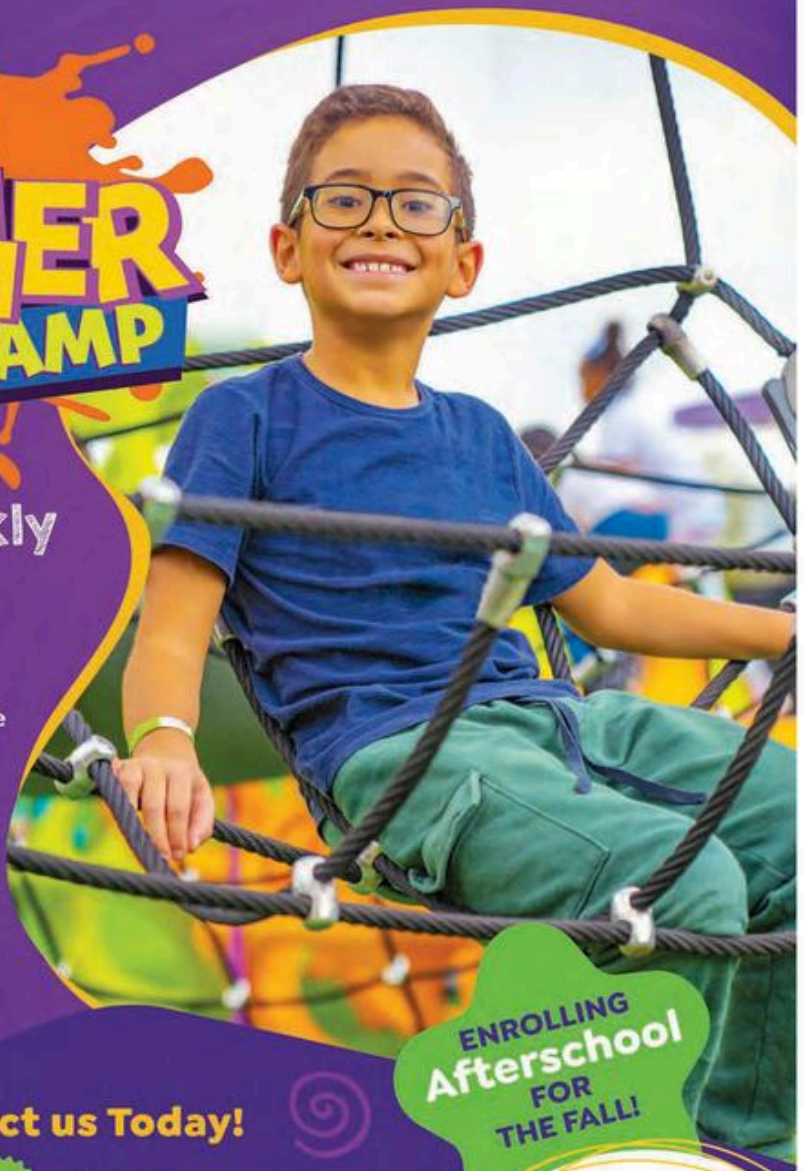
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