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# Orlando FAMILY

NOVEMBER 2016

## STARS OF WINTER
Local athletes heating up high school sports

## BEST PLASTIC SURGEONS In Greater Orlando
*plus readers' picks*

## Cake Boss BUDDY VALASTRO

## Fondly remembering the *giving* golf legend

# Arnold Palmer
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Arnold Palmer


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# Editor's NOTE



## Remembering a Legend

If you've lived here long enough, you've heard it before: Orlando would still be a one-horse town if Walt Disney hadn't turned a bunch of farmland into a theme park back in the '70s. Fair enough, but Disney was far from the only celebrity to make a mark on our city. In fact, it could even be argued that another big name made contributions that were far more meaningful to locals than anything found in the tourist district.

I'm speaking, of course, about Arnold Palmer, the world-renowned golfer who spent decades working to improve our quality of life, particularly when it comes to healthcare. As if the life-saving Arnold and Winnie Palmer hospitals weren't enough, Palmer also brought his Arnie's Army Charitable Foundation to town, as well as numerous golf courses throughout Central Florida. Yet despite doing so much for Orlando, he by all accounts remained a humble, approachable icon to the end. We'll certainly miss him here at *Orlando Family*, and we invite you to read our heartfelt tribute to the King starting on page 22.

On the topic of sports, this issue also spotlights 11 of the best winter athletes to be found at local high schools, including representatives from basketball, soccer and wrestling. Turn to page 26 to read their interviews and get details on other players to watch in the coming months.

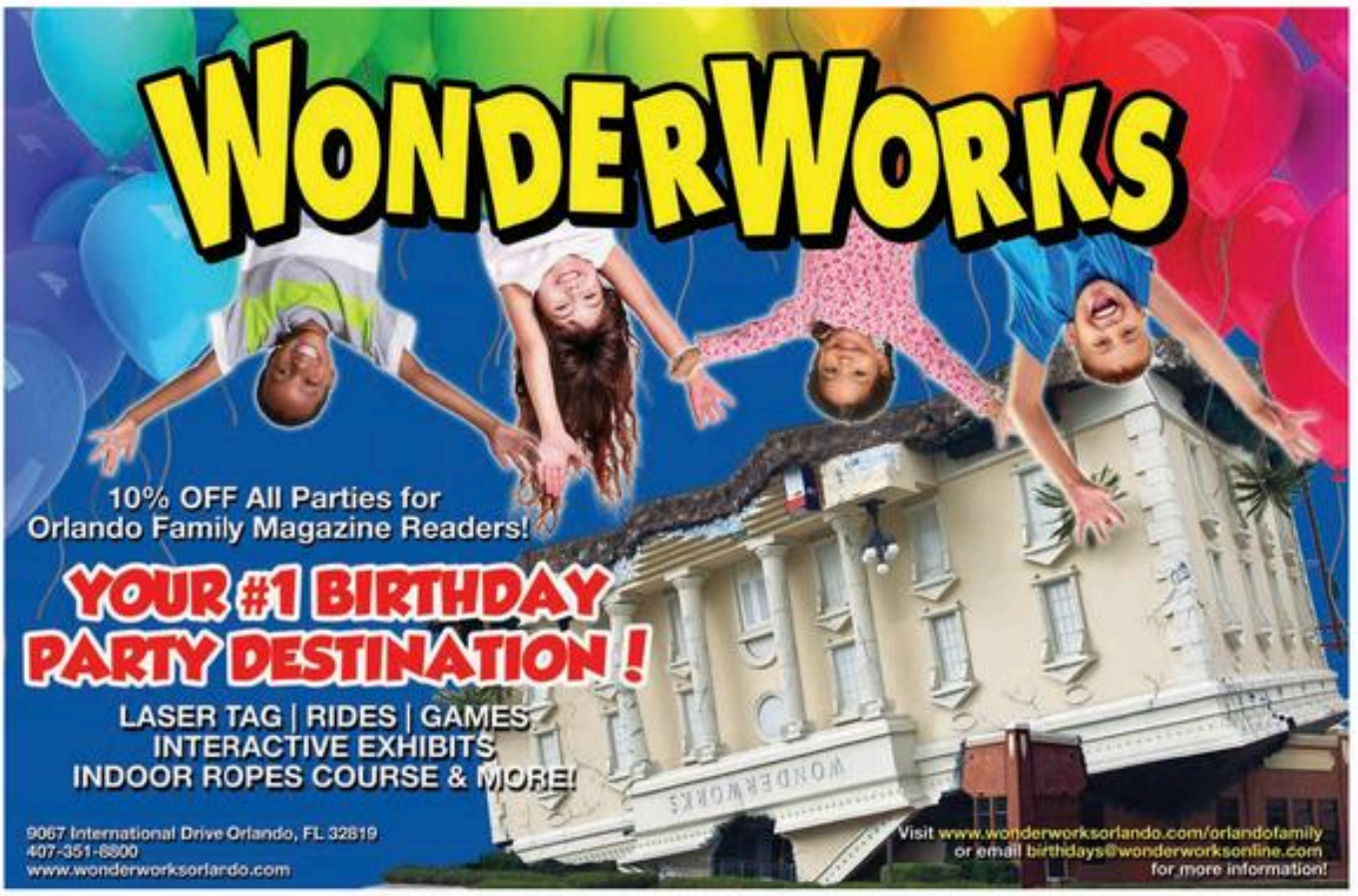
Naturally, winter's approach means the holidays are just around the corner. For most of us, it's the happiest time of year—but not so much for families who struggle just to put enough food on the table. Fortunately, Second Harvest Food Bank of Central Florida has been working to fight hunger for nearly three decades, and we're honored to showcase their efforts in this issue. See page 14 to learn what they do and how you can help.

There's plenty more compelling content where that came from, including our first-ever Best of Plastic Surgeons on page 20. Also this month, we talk to kids about what they want to be when they grow up—whether or not it jibes with parents' expectations—and also report on how you can make the holidays perfect for your pets. And on the dining front, be sure to check out our interview with the star of *Cake Boss* himself, Buddy Valastro, plus a review of K Restaurant, the latest in dining news, and much more.

I suppose that's enough until we return next month. In the meantime, here's hoping that you and your families all have magical Thanksgivings, and we'll see you back here in December.

Kind regards,

Nate Shelton
Managing Editor

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# Orlando Family Stars

Each month, Stars features exceptional students, student athletes, educators and all-around boons to the Greater Orlando area.

## STAR STUDENT

Parker Coye



Lake Highland Preparatory School senior Parker Coye was recently presented with the Congressional Award Gold Medal in Washington, D.C. To attain the honor, Coye had to perform a minimum of 400 hours of voluntary service, 200 hours of personal development, 200 hours of physical fitness, and a four-night/five-day expedition, and she exceeded all requirements.

## STAR STUDENTS

Orlando Science School Scholarship Winners



In September, Orlando Science Schools students Mehmet Akin, Saardhak Bhrugubanda, Justin Kim, Peter Penev, Tanvi Ranade and Sheel Trivedi were among 150 applicants nationwide chosen to receive a MathMovesU scholarship from the Raytheon Company. The scholarship can be used for a math, science or technology program, or saved for the first year of college.

## KNOW A STAR

Submit your nominees to nate@orlandofamilymagazine.com.

# I•Drive Kicks Off the Holiday Season with an Evening of Family Fun on Nov. 19!

Join us at 6:30pm as we light the official I•Drive 50-foot holiday tree at Pointe Orlando.

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**I•RIDE Trolley Quartet • Dr. Phillips HS "Dance in Motion" Company**
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**Free photos with Santa - just bring your own camera!**
**Special Pointe Orlando dining and shopping discounts valid for this evening only.**

This event benefits the Salvation Army's Angel Tree Program. Please consider adopting an angel for $30. This provides clothing and a toy for a disadvantaged child in the Orange County Community.

## Holiday Dazzle on I•Drive!

**I•Drive sparkles all season long!**
**Come Dine, Shop, Play & Be Merry on I•Drive!**

***The month long Holiday Dazzle on I•Drive program is sponsored by the I•Drive Business Improvement District.***

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# Home Front

EDITED BY NATE SHELTON AND MARIA FOSTER

## By the Numbers

**three** The number of parking garages Disney Springs will have once a newly announced third garage is complete. The schedule and specifics are to be determined, but the facility is expected to include at least 2,000 spaces and possibly a pedestrian bridge over Buena Vista Drive.

**4 Months**
The length of a Saturday service test for SunRail, Greater Orlando's commuter train service. The test, which began in October, is being paid for by businesses and organizations that could benefit from a permanent expansion, including Florida Hospital and the Dr. Phillips Center.

**8 Miles**
The length of the State Road 408 extension that was announced in October. The $800 million toll road will extend past the Econlockhatchee River and is being funded by the state, but its earliest expected completion date is 2022.

**$350,000**
How much the OneOrlando Fund will give to the families of all 49 people killed in the Pulse nightclub shooting in June. The organization is also providing smaller amounts to hospitalized victims, those who received outpatient treatment, and 182 other Pulse patrons.

**12** The amount of new rescue units being put into service by Orange County Fire Rescue, among other benefits, as part of Orange County Mayor Teresa Jacobs' INVEST in Our Home for Life initiative. The $300 million program is focusing on infrastructure and safety improvements.



# Festival of Trees 2016

By Maria Foster



FEATURED EVENT

**PRESENTED BY THE COUNCIL OF 101,** and benefitting and located at the Orlando Museum of Art, the Festival of Trees will mark its 30th year when it takes place on November 12-20.

Founded in 1965, the Council of 101 is comprised of nearly 300 female volunteers. In partnership with hundreds of sponsors, the group has contributed in excess of $6.8 million toward art, exhibits, facility renovations and expansion programs at the museum, as well as for art-education programs for children in the Central Florida area.

This year's theme is "The Art of the Holidays." As always, the event will feature designer-decorated trees, holiday wreaths, gingerbread houses, holiday vignettes and tabletop displays. Visitors also have the option to buy any trees they like. Furthermore, door prizes will include dinner certificates, table settings, artwork and spa packages.

The Festival of Trees will also include boutiques offering a variety of gifts, making it a great place for attendees to do some holiday shopping. Guests can also enjoy food and refreshments at the Festival Café while enjoying daily entertainment from local talent, such as school choirs and professional dance groups.

Special events at this year's outing will include an opening gala with dinner, dancing and entertainment on November 11 (7-11 p.m.; $150 per person), a seniors' day on November 15 ($10 for seniors aged 65 and up), and a children's party on November 16 (5:30-8 p.m.; $25 all ages). On all other days, regular admission is $15 for adults; $10 for seniors, museum members, military and first responders (with ID); and $5 for children, and includes admission to other current exhibitions. On-site parking is $5.

**FESTIVAL OF TREES 2016**
Orlando Museum of Art, Orlando
OMART.org



**VOICE & VENT THIS MONTH,** on page 16, we get advice from local experts on pet-boarding or -sitting services during the holidays. Which do you prefer for your four-legged family members? Share your opinion by visiting OrlandoFamilyMagazine's Polls section and answering:

**"When you can't take your pet on an out-of-town trip, do you prefer to board them, or do you prefer to arrange for a pet-sitter?"**

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

**In October, we asked:** "Do you send your children to public school, or do you opt for a private-school education?"

**58%** of you said PUBLIC SCHOOL
**42%** of you said PRIVATE SCHOOL



## 3 THINGS YOU'LL LEARN

Find out who Best Doctors Inc. and our readers named as the Greater Orlando region's top plastic surgeons.
**Page 20**

Hear from 11 of our local high schools' top winter sports stars, and read about the accomplishments of many others.
**Page 26**

Learn about Second Harvest Food Bank and the good it does for our community, plus how you can help.
**Page 14**

## DID YOU HEAR?

*"Long term, [University of Central Florida] will be recognized as one of the major state universities in the country in both quality and size."*

**—UNIVERSITY OF CENTRAL FLORIDA (UCF) PRESIDENT JOHN HITT,** WHEN ASKED ABOUT HIS ULTIMATE GOAL FOR THE COLLEGE DURING HIS 2016 STATE OF THE CAMPUS ADDRESS IN SEPTEMBER. HITT HAS BEEN UCF'S PRESIDENT SINCE 1992, AND THE SCHOOL HAS ENJOYED TREMENDOUS GROWTH IN THE DECADES SINCE.

## HIT OR MISS

**The Dr Pepper Atlantic Coast Conference (ACC) Football Championship** will take place at Camping World Stadium this year, according to ACC and stadium representatives. The game, which pairs the ACC's Atlantic and Coastal division champions and was originally slated for North Carolina, is scheduled for December 3.



**The organizers of Microsoft Ignite** will bring the well-known tech conference to Orlando in 2017. Attracting approximately 30,000 attendees each year, the event spotlights Microsoft's enterprise products and services, and also provides information-technology training. Pre-registration is already underway.



**The International Association of Amusement Parks and Attractions (IAAPA)** has announced tentative plans to relocate its global headquarters to the Greater Orlando area. The move from their current digs in Alexandria, Virginia, will result in approximately 40 jobs, but it's contingent on incentives from Florida and Orange County.

**Orange County Public Schools** has announced that its newest high school will be named Windermere High School. The name was the top choice of families whose children will attend the school, but it's ruffling the feathers of civic leaders in nearby Windermere, as the school won't actually be in its namesake town.

**Kissimmee City Commissioner Sara Shaw and her boyfriend** were arrested in September on charges of grand theft and fraudulent use of a deceased person's identification. The arrests followed a year-long investigation. Shaw, who denies any wrongdoing, was subsequently suspended from office by Florida Governor Rick Scott.

**In October, the Orlando Predators** suspended operations, bringing to a close the Arena Football League (AFL) team's quarter-century of history. Citing a reduced number of AFL teams and pending disagreements with the league, the team also said that everyone who's paid for 2017 tickets will be refunded.

## DATEBOOK

### FALL FIESTA IN THE PARK

*11/5-6*

Join approximately 150,000 other art lovers for the 43rd annual Fall Fiesta in the Park, which supports the Orlando Community and Youth Trust. Attendees can enjoy artists, craftspeople, live entertainment, food vendors and a kids' play area, and it's all pet-friendly. *10 a.m. – 5 p.m., Lake Eola Park, Free*



### WINTER IN THE PARK

*11/5 – 1/8*

Bundle up for the City of Winter Park's annual Winter in the Park ice-skating rink. Skaters are invited to glide, spin and turn as they chill out. Plus, skates are available for children's size 9 to adult size 14, and group discounts and private-party rentals are available. *3-9 p.m. Mon-Thu, 3-10 p.m. Fri, 10 a.m. – 10 p.m. Sat, 12-8 p.m. Sun, Central Park West Meadow, $12*

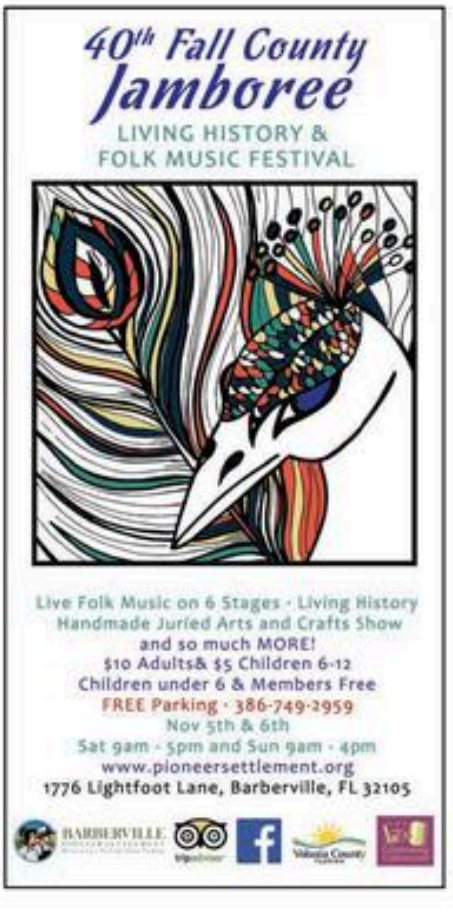
### DOGFEST ORLANDO 2016

*11/19*

Benefitting Canine Companions for Independence, DogFest Orlando 2016 invites people and their four-legged friends to walk for a very good cause. Games for dogs and kids will also be available, as will face-painting. To learn more about the initiative, visit CCI.org/DogFest. *9 a.m., Lake Lily (Maitland), Free*









# Who's the Boss?

## Buddy Valastro is always baking up something special.

*By Erica Bauwens*

Whether you know him as Cake Boss or just Buddy, chef Buddy Valastro has earned a pretty sweet reputation. The owner of the 106-year-old, family-run Carlo's Bakery in Hoboken, New Jersey, became an overnight hit in 2009 with the premiere of his reality show *Cake Boss* on TLC, which documented the day-to-day operations of Carlo's and followed Valastro and his wild family as they constructed some of the world's most ambitious cakes for a series of equally-ambitious clients.

What followed was another three television shows—*The Next Great Baker* in 2010, *Kitchen Boss* in 2011, and *Buddy's Bakery Rescue* in 2013—a full line of bakeware, and additional Carlo's Bakery locations, including spots in Times Square, Las Vegas and right here in Orlando.

We spoke with Valastro to find out the keys to his family's success, how he maintains their integrity amidst ever-changing trends as well as how he approaches growing the brand.

**ORLANDO FAMILY MAGAZINE: Your family bakery went from being a local legend to an international hit in the course of a few years. What has the experience been like for you and your family?**
**BUDDY VALASTRO:** *These last few years have really been an incredible journey. For a lot of reasons, we expanded the bakery outside of Hoboken for the first time, we're shipping nationally, Cake Boss is shown in over 180 countries worldwide. It's just amazing. To me it's so important to reach my fans and all of these things have let me do that.*

**OFM: How do you balance all of the new components of your family's business?**
**BV:** *You know, we juggle a lot, but the whole family is used to being busy, so it's just a matter of working together to get everything done.*

**OFM: With so many locations in different areas, what's your key to maintaining the quality that has made you so renowned?**
**BV:** *Quality is extremely important to me. I'm a very hands-on person, so I make sure that every bakery is meeting high standards. I want my fans to be able to visit any of our locations and get the best quality product.*

**OFM: How do you approach the ever-changing "foodie" trends out today in such a traditional bakery setting as Carlo's?**
**BV:** *I definitely stay on top of the trends, especially with cake design. A lot of brides will come in wanting what's "in" now for their wedding cake and my team makes sure they are on top of it. The thing is you have to stay current, while being true to yourself, so we'll introduce new items here and there, but we also keep doing what we do best with our signature items like the lobster tail and cannoli.*

**OFM: What is the must-have dessert first-timers should try when they visit?**
**BV:** *Hands down, the lobster tail.*

**OFM: Your show made you a legend for some seriously over-the-top cake designs. How creative do you like to get in the kitchen?**
**BV:** *What's great about Carlo's Bakery is we'll make you any cake you want. You want a cake that moves, jumps, and lights up – we can do that, but if you want a single-tier buttercream cake for a birthday party, we can do that too.*

**OFM: First there were cupcakes, now doughnuts: Where do you see the next big trend in baking going?**
**BV:** *The cronut really launched this whole trend in pastry mash-ups and I think there's still a lot more to explore here. This trend will be around for awhile.*



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**Dr. Sarah St. Louis** FACOG



**Krissi Reeber** PA-C

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# When I Grow Up...

## Local kids and parents discuss their hopes and dreams for the future.

By Lisa Beach

Down through the ages, parents and educators have posed a seemingly simple question to children: What do you want to be when you grow up? The query ignites the kids' imagination and fans the spark of their dreams as they contemplate their future.

Once upon a time, you'd expect to hear answers such as teacher, firefighter, or doctor. But these days, you might hear video-game programmer, fashion designer, or reality TV star. The answer to this simple question reveals a lot about gender stereotypes, the explosion of technology, and cultural influences, leaving the adults to ponder how times have changed.

To get a snapshot of the careers this generation aims for (at least according to the kids) as well as how well those hopes jibe with their parents' expectations, we reached out to several Central Florida families—and what they have to say might just surprise you.

### Currey Family

***Stats: Jeff and Tracey Currey, Winter Park, two kids***

Anna, a fourth grader at Lake Highland Preparatory School, wants to be "…a professional U.S. lacrosse player, a U.S. lacrosse coach, and a Broadway star." She adds, "I can act and sing and dance!"

Ella, a sixth grader at Lake Highland, also aims to be "…a professional U.S. lacrosse player and U.S. lacrosse coach." Plus, she says, "I want to be a role model and own my own business or charity to help other children, like kids with cancer."

"I just want both of my girls to be leaders; to be confident, empowered women; and to have a service mindset toward others," says Tracey, an entrepreneur. "I hope they continue to step into the people they are now—kind, hard-working and detail-oriented. My true wish for them is that they stay connected to that power and self-confidence. It's not so much about what they'll do with their lives, but being confident in who they are."

### Venegas Family

***Stats: Jose and Angela Venegas, Orlando, two kids***

Lucca Venegas, a fourth grader at Orlando Junior Academy, wants to be a roboticist because "… robots are really cool and they can do anything!"

"Our dreams for him?" says Angela, a pediatrician. "No particular career choice. But our expectation of him is to go to college and/or graduate school. And to be the best that he can be at whatever he chooses."

### Robinson Family

***Stats: Russell and Beth Robinson, Casselberry, four kids***

Steven, a seventh grader at St. Luke's Lutheran School, hasn't pinpointed his dreams yet, but he's previously expressed an interest in architecture.

"As the youngest, and the furthest away from 'growing up,' I haven't focused too much on Steven's future yet," says Beth, who handles the accounting for her husband's business. "Can't just one of them stay little forever?" Beth further notes that Steven enjoys math, chess and Rubik's Cubes, and accordingly thinks he might be a math teacher or a chess coach.

Peter, a ninth grader at Oviedo High School, doesn't know his future path either, but will probably do "something in science." He's enjoying this year's biology and bioscience courses, so that's a good possibility.

"I see Peter working on the fringe of the entertainment industry. In his free time, he paints Nerf guns and creates cool props," says Beth. "I could picture him working at one of the theme parks in town, maybe designing guest experiences or creating rides or props."

### Sladek Family

***Stats: Paul and Megan Sladek, Oviedo, two kids***

Carson, a second grader at Lawton Elementary School, is eyeing an easy career: He wants to be retired. His mother Megan, a real-estate







broker, thinks he might be destined for greater things, though.

"I see Carson doing something where 'reading' people is a key element," she says. "He's a good negotiator and excellent at sensing emotions, so maybe sales of some sort? Not something typical, but maybe sales of something wild, like spacecraft. I could also see him being something of a lobbyist."

Charlotte, a fifth grader at Lawton, wants to be a veterinarian because she loves animals and wants to pet them all day long.

"I can see Charlotte as an engineer or something power-related," Megan says. "She can break things down, and there are times when she likes explaining things to others. She has crazy mad verbal and writing skills, which would really play well in an industry where a lot of people are so tech-oriented."

### Miller Family

***Stats: Todd and Shannon Miller, Oviedo, three kids***

Ashley, a fifth grader at Rainbow Elementary, shows a passion for animals and wants to be a veterinarian.

"Ashley is a motivated, driven child," says Shannon, a pharmacist. "She loves taking care of babies and animals, so I could see her in a nurturing field like healthcare."

Matthew, a seventh grader at Indian Trails Middle School, also expressed interest in becoming a veterinarian—or a kicker for the Gators.

"I can see Matthew in the healthcare field because he's really compassionate," explains Shannon. "I wonder if having the medical background in our family planted the seeds for my two youngest."

### Arauz Family

***Stats: Steven Arauz, Orlando, one kid***

Quinton, a fifth grader at Orlando Junior Academy, wants to be a doctor or policeman because he'd like to stop the pain in our country, stop the criminals who hurt people, and then maybe cure children who have lots of pain due to illness. He wants to help others smile again.

"I would love for him to grow up and view other people as his mission in life, to choose any career that will lead him to be of good use in our community," says Steven, a teacher. "It doesn't really matter what profession he chooses, as long as he loves his job, is of service to the community, and is the best he can be."

### Mehta Family

***Stats: Udgit and Amee Mehta, Oviedo, two kids***

Maanya, a second grader at Seminole Science Charter School, dreams to be a dentist like her aunt. Ever since losing her first tooth, Maanya has been very curious about how teeth are created and how to brush them well.

"Our dream for Maanya is to become a scientist—either a researcher or doctor/dentist," explains Udgit, a business manager. "We hope to see her achieve something that could help society, both spiritually and medically, and earn money to help her family. This is why we put her in a STEM-based charter school."

### Bell Family

***Stats: Shane and Tracy Bell, Chuluota, one kid***

Ella, a preschooler at Ladybird Academy, loves the TV show *Doc McStuffin*, and she's all about the doctor world right now. For Halloween, she donned her own lab coat and stethoscope and dressed up as a physician.

"We want what all parents want—for our child to be happy and successful," says Tracy, an electronic medical-record analyst. "We can pave the pathway for her to be successful in school, but we would never tell her what she can or can't be."

*Lisa Beach is a freelance writer, humor blogger, mother of two teenagers, and recovering homeschool mom who lived to write about it. More of her writing can be found at LisaBeachWrites.com and TweenionMoments.com.*

# Orlando Family Stars

**Each month, Stars features exceptional students, student athletes, educators and all-around boons to the Greater Orlando area.**

## STAR STUDENT

Jessica Meena



A senior at The First Academy, Jessica Meena was recently named as a National Merit Semifinalist. The honor is reserved for approximately 16,000 of the 1.5 million juniors who took the PSAT last year. Semifinalists are designated on a state-representational basis, and they are the highest-scoring entrants in each state.

## STAR STUDENT

Abigail Adams



Abigail Adams has Down syndrome, but it doesn't stop her from achieving. In addition to recently playing the lead in a Walt Disney World television commercial, she's done print ads and performed at the Orlando Shakespeare Theater. She's also an avid Girl Scout, in which capacity she collects food for the homeless, reads books to children at shelters and sings carols to the elderly.



**Second Harvest** fills empty stomachs during the holidays—and all year long.

By Nate Shelton

# Fighting Hunger, Feeding Hope

The holidays are coming, which means most of us will soon be preoccupied with travel plans, gift-buying and spending quality time with loved ones. The key word there is "most," though, because far too many of our neighbors will have more pressing concerns: specifically, how to put enough food on the table to feed their loved ones.

Back in 2009, Judie Kellogg and her family were in that position after her husband, a civil engineer, lost his job. Within a year, they had to walk away from the home where their children had grown up, and finding food became a problem. "They were like, 'Mom, what's going to happen to us?'" says Kellogg about her kids' response. Painfully enough, Kellogg didn't know quite what to tell them.

It was around that time that someone at their church gave them a card for Christian HELP, which in turn is one of numerous agencies that partner with one of our region's most respected charities: Second Harvest Food Bank of Central Florida. "We finally went down there and started receiving food assistance," says Kellogg. "That's how I met [Greg Higgerson, Second Harvest vice president, development] and [Dave Krepcho, president & CEO]."

That initial meeting was more significant than Kellogg could've guessed, because she now works alongside Higgerson and Krepcho as Second Harvest's grocery alliance program manager, coordinating with more than 500 area grocery stores to get surplus food out to people who need it most. In other words, she's a living embodiment of paying it forward. With the holidays approaching, now is the perfect time to learn how much Second Harvest does for our community—and how you and your family can get involved, too.

## Helping Those Who Need It Most

A private, nonprofit organization, and a member of the Feeding America network, Second Harvest launched as the Community Food Bank in 1983, founded by three friends from Winter Park's Community of Christ Church. "They met around a dining room table and had the foresight to know that a community response to hunger required them to recruit many partners outside of their church family itself," says Higgerson. "A true community response."

In its first year, the organization distributed 618,000 pounds of groceries to 75 local feeding programs. "Thirty-three years later," says Higgerson, "Second Harvest Food Bank distributed nearly 60 million pounds, enough food for more than 50 million meals, to more than 500 local organizations helping people with food assistance."

Higgerson joined the staff in 1996, and he feels privileged to have been part of a tenfold growth of service to the community in the decade since. Today, their reach is felt throughout Central Florida, bringing food to the hungry in Brevard, Lake, Orange, Osceola, Seminole and Volusia counties.

Their assistance also goes beyond food, such as the Culinary Training Program. Running 14 weeks, this service provides at-risk and economically disadvantaged adults with the skills needed to land a career in the food industry. It doesn't cost a dime and is designed to assist students with barriers that might prevent them from success, such as lack of food, housing, transportation and other key needs.

The help doesn't stop there, either. Other Second Harvest initiatives include a mobile nutrition program, helping the needy connect with SNAP benefits, and even disaster relief. "We are part of the Volunteer Organizations Active in Disaster group and coordinate closely with our county and state emergency management departments," says Higgerson. "As a Feeding America member, our food bank is tied to vast corporate food resources that can be mobilized in very short order should we be directly hit with a disaster situation."

## Faces of Hunger

If you think you know what hungry people look like, think again. According to the Faces of Hunger Report 2014, which was conducted by Second Harvest in conjunction with Feeding America, 60 percent of the organization's clients had a household member who worked for pay in the past 12 months. What's more, 75 percent of them at least hold a high-school degree or general equivalency diploma,

and 27 percent have some post-high-school education, so it's not necessarily a lack of education that's keeping them hungry.

The Kelloggs certainly fit those parameters when they needed a hand up. "At that time, we did everything that we could to keep our heads above water," recalls Kellogg, "but then we were forced to sell our home at a loss, and we were pretty much left homeless at that point."

They weren't Second Harvest's only clients to have underage children, either. Approximately 27 percent of those helped by the group are under the age of 18. Furthermore, 11 percent of them are seniors aged 65 and older.

Kellogg knows just how devastating it can be to find oneself in that position—and how amazing it is to finally receive help. "You lose all your material things, but you also just lose your confidence," says Kellogg about being destitute. "It's a scary thing, but to know that you at least could have food on the table and meet together at dinner, that's what gave us the hope and the fight to continue on."

## Get Involved

Want to help Second Harvest with its mission? There are many ways to do so, and they're all fairly easy. "Hunger is a complex problem," says Higgerson, "but the solutions are simple."

One of the first and most obvious ways is to donate money—and each dollar you send will go a lot further than you might think. "Funds are vital," says Higgerson, "and every $1 contributed, Second Harvest can multiply the value into $9 worth of groceries." It's hard to beat that sort of return on an investment.

Food donations are also key, but keep in mind that Second Harvest does limit the sort of groceries they'll accept, as well as when and where you can drop off such donations. Volunteers are also always needed. For a full list of items, restrictions and drop-off locations, as well as ways to volunteer, visit their website at FeedHopeNow.org.

After all, the holidays are coming, and there are few better ways to feel good throughout the season than by doing good for someone else. "I often think of the story of one of our staff," says Higgerson, "who was so touched by a young mother's desperate phone call at the holidays that she decided to personally and anonymously drop off a food basket and a few used toys to help brighten their day.

"As she tried to scurry off the front porch, however, the door opened, and a young, red-headed girl ran outside. As [the staffer] explained her presence to the child's mother, she watched the girl run right past the toys and pull a juicy apple off the top of the basket. 'Mama! An apple!'" she said. "'Can we eat this right now?'"

For Higgerson, that story captures the essence of why Second Harvest exists. For the rest of us, it should be a rallying cry—because it's hard to have a happy holiday when children are going hungry in your own backyard.







**Local experts share tips for boarding your pets and bringing home new ones during the holidays.**

*By Nate Shelton*

# Purr-fect Holidays for Pets

Do you plan to board a pet before going over the river and through the woods to grandmother's house this holiday season? Or perhaps you're thinking of welcoming a new four-legged family member during the maelstrom of activity and visitors that usually occurs during the holidays? As it turns out, both can be stressful propositions for your furry friends.

"A puppy should be treated like a newborn baby," cautions Marcia Gail Mobley, a labradoodle breeder and owner of Orlando's Bay Lake Doodles. "It should not be chaotic when a puppy enters the home."

Karina Pastrana, manager and cofounder with husband Michael of Orlando's Happy Paws Pet Resort, has similar warnings for those who board. "You go on vacation, you want your pet to go on vacation," she says. "You don't want to come home to a dog that's totally stressed out, lost weight, hair missing — all that stuff."

Fortunately, local experts say that a little common sense can do much to put current and new pets alike at ease. From tips on making sure your new companion can have the happiest possible arrival at its forever home, to easing a furry friend's worries when you're forced to leave it behind for an extended period, these pros have you covered with advice that can make the holidays purr-fect for everyone involved.

## Now Boarding

If you need to board your pet during the holidays—or any time of year, for that matter—preparation is key. "You should probably start planning what you want to do, or where you want to go to place your pet, about four to six months before," says Pastrana.

The reason being, every boarding service has its own time frame for accepting reservations, as well as different requirements for vaccines. But as Pastrana notes, planning so early has a big benefit. "It also gives you the chance to really look at what options are out there," she says.

In the same vein, Anna Waldrop, general manager of Orlando's Dog Day Afternoon, recommends scheduling a few practice days before your vacation so your pet can get used to the facility and staff. "That way they will have a few friends when they stay and be more comfortable while you are away."

Planning should, however, involve more than picking out a suitable facility. "Make sure you bring plenty of your dog's food," says Matt Fitzgibbon, head of business operations at Central Florida K-9. "I





know that sounds like a no-brainer, but a lot of people have dropped off dogs with no food or anything. That's going to make for a miserable trip for your dog."

Bringing enough of your pet's medicine — both regular pills and anything they might take periodically — is equally important. And when it comes to food and medicine, it's better to bring more than enough. "You never know what might happen over the holidays," says Waldrop. "You might be enjoying your vacation so much that you want to stay another day, or your flight might be delayed." Furthermore, it's a good idea to mark food and medical supplies with your pet's name.

Give the service written details about any and all medical conditions, too, as well as your vet's contact info—and vice versa. "If you do decide to board," says Pastrana, "contact your vet and let them know where you're boarding at, so in case anything were to happen and we call your vet to talk about it, at least they have an understanding that it's OK for us to have an open dialogue about any concerns we might be seeing."

These experts also suggest providing contact information for someone local whom you trust to deal with any emergencies that might come up. "If your dog got sick, and [the boarding service needs] to take it to the vet," says Fitzgibbon, "make sure there's somebody who could give authorization to do that."

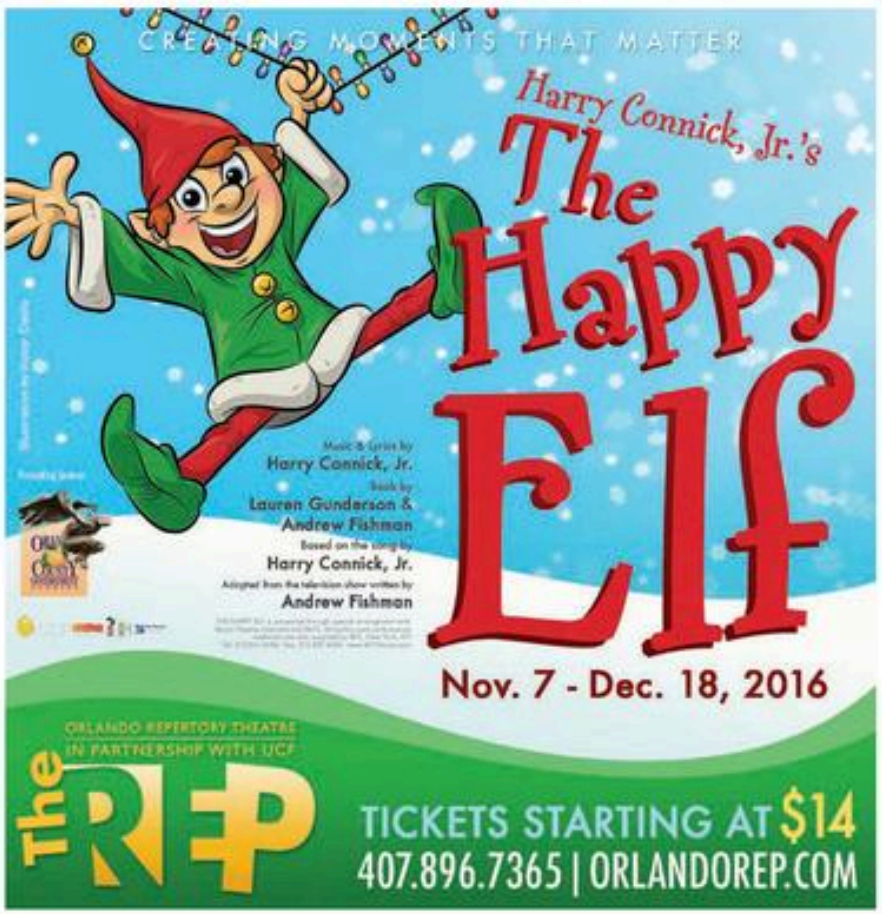
Don't forget the toys, either—as long as they're not new. Per Fitzgibbon, "Only bring the toys or the things that your dog or cat is normally with and around, and that you feel very safe to have in their kennel with them."

Finally, keep your pet's needs in mind. An older pet with medical issues should probably be boarded at a vet, and animals that aren't great socializers are likely better served by in-house sitting than boarding. If you board at a vet, though, make sure they have a healthy dog boarding area. "You don't want your dog to be boarded in the same area where there might be sicknesses and viruses," says Pastrana.

If you go the in-home sitter route, Caroline Kellar, owner of Orlando's PAWSitive Strides LLC, recommends asking the potential sitter four questions, including: What will they do if they have an emergency, what type of insurance do they have, how will they ensure they don't miss visits with your pet, and whether they can provide you with a background check on them-







selves or their employees. "My suggestion to you," says Kellar, "is never skip the background-check process."

### Home(coming) for the Holidays

Reputable dog breeders and trainers are in agreement that the holidays can be a bad time to add a new pet to your household, but there are ways to minimize the stress. The first step, though, is to think long and hard before moving forward. "Don't just buy a puppy for a Christmas present," says Stacy Alvarenga, owner of The Lords German Shepherds in Clermont. "It's a family member, it's a 10- to 15-year commitment, so don't go out and buy a puppy on the spur of the moment as a present."

While thinking, you'll also want to do some investigative work. "Do all the research you can on the breeds you think you want," says Phyllis Stoltz, a former breeder who now works as a trainer, both privately and in association with Pet Rescue by Judy. "Educate yourself. There are certain breeds you don't want around small children, certain breeds you really don't want around other dogs."

As part of that research, confirm that your HOA, apartment or condo allows pets (when applicable), and also make sure that your home is puppy- or kitten-proof. You'll also want to look into puppy-training classes or socialization groups, especially when adopting a high-energy breed.

Even if you're sure about your decision, families with small children or hectic Christmases in general shouldn't welcome the new family member until everything's back to normal. "You should wait until the day after Christmas or so to bring a pet into the home, because Christmas is very chaotic for most families," says Mobley. "It's a big deal, and it's very confusing and frustrating for a puppy."

If you've decided to turn to a breeder rather than adopting from a rescue, always insist on seeing the parent. "If you see the parents, you know what your puppies are going to look like, what the temperament's going to be like, and those are things that are extremely important," says Stoltz.

Once you've determined what kind of pet you'll be getting, and are sure that there are no obstacles to having a pet in your home, read as much as you can about the breed and how to best provide for its needs—both physical and emotional. Educate yourself on best training practices, potty-training techniques, and any and everything else pertaining to your new pet so as to minimize any fallout down the road. After all, the last thing you want to do is kick an animal out because you didn't know what you were getting into.

"This isn't just a toy that somebody should have and then get tired of," says Mobley, "because these little puppies have feelings." Naturally, the same goes for kittens, too.





# Florida Hospital for Children expands transplant services through an affiliation with Duke Health

Florida Hospital for Children is bringing the clinical experience and expertise in program development the Duke Pediatric Blood and Marrow Transplant Program to Central Florida.

As a Duke Health affiliate in pediatric bone marrow transplant, Florida Hospital for Children receives advisory and operational support services to enhance their current BMT program. In addition, Florida Hospital's team has access to the clinical experience and expertise in program development from the Duke Pediatric Blood and Marrow Transplant Program, a nationally and internationally recognized leader in caring for children with blood and marrow diseases.

"I came to Florida Hospital for Children with a vision of building a world-class transplant program for the people not just of Central Florida, but of the entire state," said Dr. David Shook, medical director for the hospital's Pediatric Bone Marrow Transplant program. "By leveraging the vast resources of Duke Health, we're one very large step closer to making that a reality."

"We have been working toward this affiliation for some time and are thrilled to see it become a reality. We see this as a way to extend the innovative treatments developed to children in the state of Florida through Florida Hospital's visionary program," said Dr. Joanne Kurtzberg, director of the Duke Pediatric Blood and Marrow Transplant Program.

As one of the premier children's hospitals in the nation, Florida Hospital for Children sets the standard for innovation, quality and comprehensive care, with a hospital designed from the ground up to be a child-centric healing environment like no other.

"Partnerships like this play an invaluable role in the national health care system," said Marla Silliman, senior executive officer, Florida Hospital for Children and Florida Hospital for Women. "Our own program is growing quickly, and as a Duke Health affiliate we'll now be able to provide an even higher level of advanced and compassionate care to our patients."

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# Orlando Family Stars

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## STAR ATHLETE

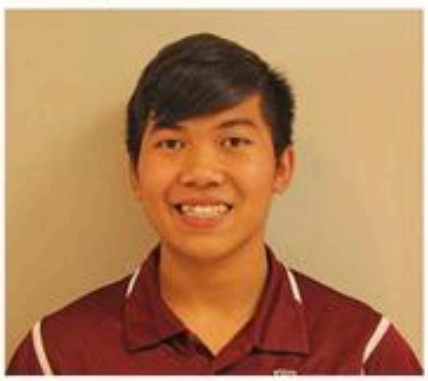
**Kiersten Nevergold**




A junior at University High, Kiersten Nevergold has played varsity soccer for three years, is on the Junior Class Cabinet and Key Club, and holds a 3.4 GPA. What's more, she's the new kicker for University's football team, making her the first female kicker in the school's history.

## STAR STUDENT

**Tuan Luong**



Originally from Vietnam, Tuan Luong has attended Lake Mary Preparatory School since ninth grade. In the time since, he's been involved in debate, the G-Force dance team, the National Honor Society, baseball, bowling and the Student Government Association. He credits his participation in these activities with helping him adjust to American life and make friends, and he wants to pursue an aerospace engineering degree and career path.


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Headquartered in Boston, MA, the global company seamlessly integrates its services with employers' other health-related benefits, to serve more than 30 million members in every major region of the world.

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# Farewell to the King

## Remembering Arnold Palmer and his lasting impact on the Greater Orlando community

*By Nate Shelton*



On September 25, the usually sunny skies around Greater Orlando grew noticeably dimmer with the passing of a legend—not just to the game of golf, but to the community that he adopted as his own. The man in question was Arnold Palmer, and while the world knows what he meant to the sport he dominated for so many years, he meant a great deal more to locals.

"I am saddened by the passing of Arnold Palmer," says Orlando Mayor Buddy Dyer. "He was not only one of the greatest golfers of all time, but also a generous man who gave so much to charitable causes in our community. I am proud he will live on in Orlando in the people's lives he touched and through the great legacy he leaves."

Similarly, Orange County Mayor Teresa Jacobs says his presence will be sorely missed. "I join the nation and Central Florida in mourning the loss of legendary golfer and beloved community philanthropist Arnold Palmer," she says. "He was a giant of golf and giving—truly a life well lived."

His importance and fame notwithstanding, Palmer reportedly remained a man of the people till the end. "Mr. Palmer was always gracious and kind," says Orlando resident and Bay Hill Club & Lodge member Shannon Bentley Brown. "He talked to my kids, took pictures with them, and signed autographs for them. He also did the same for all of my guests and clients that I took to the club."

Whether through charitable efforts, lending his name and influence to local hospitals, advancing the sport that was so vital to him and the Orlando area, or just being an all-around good guy, the King was in our corner for decades—and his contributions will be felt for a long time to come.

## To Our Health

For all of Palmer's importance to the game of golf, many women and children might know him better as the man who helped build the hospitals that saved them. "The feeling of sorrow we are all experiencing today is indescribable as we mourn the loss of Arnold Palmer," says John Bozard, president of Arnold Palmer Medical Center Foundation. "He was a legend on the golf course, but his greatest legacy is as a champion for the health of children and families."

Palmer's relationship with Central Florida healthcare began in the early 1980s, when he first visited the neonatal intensive care unit at Orlando Health Regional Medical Center. Dr. Gregor Alexander, part of a group of doctors who had a vision for a world-class hospital for women and children in Orlando, was one of the first physicians to meet Palmer and his wife Winnie during those early visits.

"Mr. Palmer was always extraordinarily committed to making sure we were able to provide the best, most advanced care to our patients," says Dr. Alexander. "He was truly inspirational to us as caregivers, and we remain thankful to him for his kindness and generosity."

In September 1989, the Palmers cut the ribbon on the Arnold Palmer Hospital for Women & Children, now known as the Arnold Palmer Hospital for Children. In 2006, seven years after Winnie's passing, the Winnie Palmer Hospital for Women & Babies opened. Together with the Howard Phillips Center for Children & Families, they comprise the Arnold Palmer Medical Center, which is the largest facility in the country dedicated to the care of women and children.

"[Palmer] was a champion on the course, and a true leader," says Jacobs. "He defined how 'celebrity' could impact the greater good, and today, generations of Arnold & Winnie Palmer moms, dads and babies are living healthy and happy lives—a tribute to his glorious spirit and generous heart."

Palmer visited these hospitals many times through the years, and reportedly always made time to speak with patients, their families, and hospital staff members. But no matter how important the facilities were to him, they were even more important to the people they served. At Palmer's memorial service in Latrobe, Pennsylvania, for instance, golfer Annika Sörenstam discussed how Winnie Palmer Hospital saved the life of her son Will, who was born there 27 weeks prematurely. "There is no doubt without this wonderful hospital, his staff and, of course, Arnold's vision, our little man Will would not have made it."

Indeed, these hospitals have saved and improved the lives of countless residents and visitors from all over the world—and they'll continue to play an important role in healthcare for the foreseeable future. "Mr. Palmer lived an incredible life and accomplished so much," says David Strong, president and CEO of Orlando Health. "He was a transformational figure in the history of Orlando and has touched the lives of so many families through the hospitals he and his late wife, Winnie, started many years ago."







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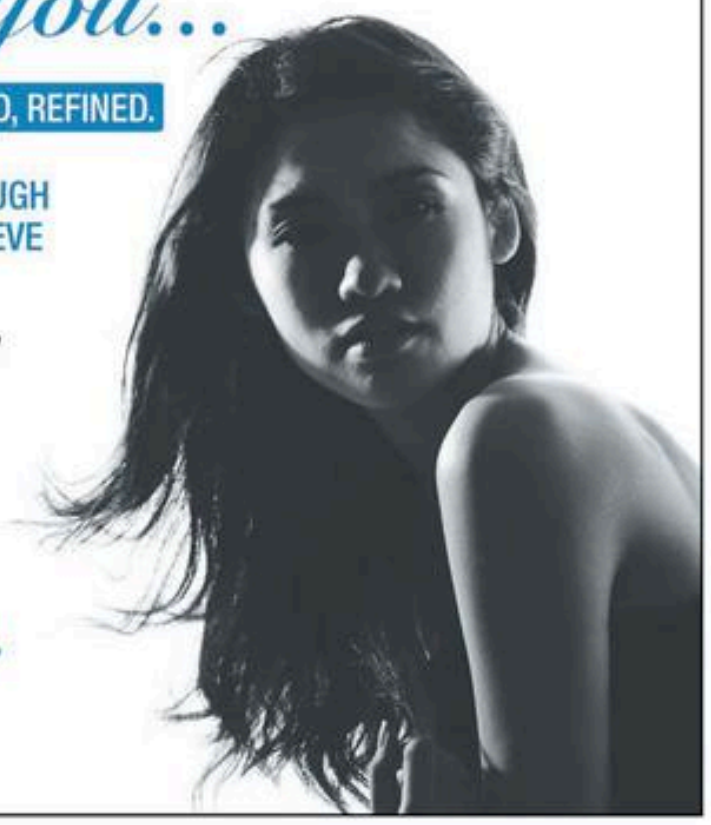
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## Arnie's Army

It's said that charity begins at home, so it should come as no surprise that Arnie's Army Charitable Foundation—named after Palmer's rabid fan base—is headquartered right here in the legend's adopted hometown. Its goal is to invest in the well-being and development of children and youth, support health and wellness initiatives, and strengthen communities and the environment.

"Arnold and Winnie Palmer had a great love for the Orlando community and its most vulnerable citizens: babies, children and women," says Kevin Bingham, the organization's CEO. "The Palmer legacy will continue through the continued commitment and support of the Arnold Palmer Hospital and the Winnie Palmer Hospital for Women & Babies.

"When the Palmers toured the children's hospital almost 40 years ago, he is remembered for saying, 'We can do better.' That will be the charge of Arnie's Army Charitable Foundation moving forward."

Many options are available for those who want to join Arnie's Army and support a great cause. In addition to private and corporate donations, the organization also hosts several charitable events each year that provide partnership opportunities, including the Arnold Palmer Invitational. Other signature events include the Arnold Palmer Cup, Champions for Arnold's Kids, and Arnie's March Against Children's Cancer.

"The sports world will remember Mr. Palmer as one of America's great golfers," says Marci Doyle Baker, COO of the Arnold Palmer Invitational. "His fans, friends and family will remember him as a great leader, philanthropist, entrepreneur, mentor and loving father, grandfather and husband. His impact on our lives is immeasurable and will continue to be felt through his legacy."

## A Gentle Giant

You can't discuss Palmer without bringing up golf, and for good reason. Not only was he a master of playing the game, but he was also an expert at designing courses. In addition to Bay Hill, Palmer—who was a member of the American Society of Golf Course Architects—and the Arnold Palmer Design Company gave our region courses at Windermere's Isleworth Golf and Country Club, Kissimmee's Legends at Orange Lake, the Reunion Resort & Club, and The Village's Palmer Legends Country Club.

All told, he and his company designed more than 300 golf courses in 37 U.S. states, 25 countries and five continents—which either means a lot of good times or a lot of frustration, depending on how you view the game.

One might think that a man who was hailed as the King of golf, who had made a fortune playing and designing the game he loved—and even had a popular beverage named after him—might have gotten a little full of himself through the years. But according to people who interacted with him on a regular basis, he remained friendly, approachable and warm till the end.

"I think Mr. Palmer inspired everyone to be humble, generous, hard-working and grateful," says Brown. "He was truly humble and had an amazing impact on everyone around him."

"My son Nick remembers one time when Mr. Palmer was very busy with autographs and pictures," Brown continues. "Nick just went over to say 'hi' and shake his hand. Mr. Palmer smiled very wide. He was always gracious and friendly. … This will truly be a sad fall/winter at the club without Mr. Palmer. The employees loved him, too, and were extremely sad when receiving news of his death. Our club already seems empty without his presence."

So, no matter who you are or how long you've lived in Greater Orlando, there's a good chance that Palmer touched your life in some way. Maybe it was a friend or family member who was helped by one of his hospitals, maybe it was through living in an improved community thanks to Arnie's Army—or maybe it was just from someone paying Palmer's legendary kindness forward.

As golfer Jack Nicklaus said at Palmer's memorial service: "Remember when Arnold Palmer touched your life, touched your heart. And please don't forget why."







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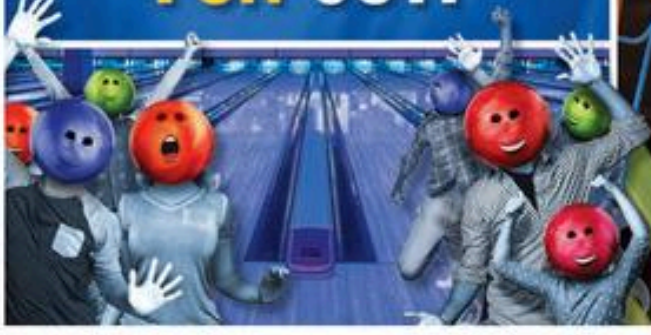
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BY NATE SHELTON PHOTOGRAPHY BY RINAT HALON

# STARS OF WINTER

Meet 11 high school athletes who are ready to heat up the winter sports season.

## McKINLEY CRONE

**EDGEWATER SOCCER**

Edgewater's varsity goalkeeper and captain, Crone has racked up more athletic and academic honors than one could easily shake a stick at. Also a varsity swimmer and former basketball player, this senior is committed to playing soccer at University of Oklahoma.



FULL ATHLETE INTERVIEWS available online at OrlandoFamilyMagazine.com

**ORLANDO FAMILY MAGAZINE: You're the Lady Eagles' varsity goalkeeper. Can you describe what it feels like to successfully block the opposing team from scoring?**

MCKINLEY CRONE: It's a rush that comes over me. All the pressure's on you at one moment and knowing that you made the save is probably the greatest feeling out there.

**OFM: You're also on Edgewater's varsity swimming team and have played basketball. Is there anything you've learned as a swimmer or in basketball that's helped improve your performance on the pitch, or vice versa?**

MC: Never give up, no matter how hard something seems. Even if you aren't great at it right from the start, practice makes perfect, so keep up with what you're doing.

**OFM: Your academic accomplishments are as impressive as your athletic victories. How do you find the time to achieve so much both in the classroom and in sports?**

MC: I find that everything you do in life is a balance, and you can't weight one thing over another. You have to remember you're a student athlete and student comes first there, so academics are really important.

**OFM: We understand you're committed to playing soccer at the University of Oklahoma. What is it about that school that appealed to you?**

MC: The University of Oklahoma made me feel like I was at home. Since I'm going halfway across the country, this feeling was important to me. The soccer program made me feel like I was part of the family while I was there, and they continue to support me. I look forward to being challenged both on and off the field at OU.

# ANGELICA *DELGADO*

## COLONIAL BASKETBALL

Known simply as Delgado on the court, this **senior is a** defensive star for the Lady Grenadiers and **is often** called on to lock down opponents' go-to players. She's been varsity all four years, won numerous titles, and has a 4.4 GPA, all of which has led to some collegiate interest.




**ORLANDO FAMILY MAGAZINE: You've accomplished a lot so far at the high school level. What are your goals for your final year at Colonial?**

**ANGELICA DELGADO:** To have our team work hard. We've already won district, so we want to win the state title.

**OFM: You also have a 4.4 GPA. What's your secret to achieving as much in the classroom as you do on the court?**

**AD:** Studying and making sure I turn in every single piece of my work.

**OFM: Any professional teams or players that you're a fan of?**

**AD:** No. I like watching them, but it's not like I take interest to pick one person to focus on.

**OFM: What sort of changes to your training regimen have you made during the off-season to try to improve your game?**

**AD:** We run a lot, and we do a lot of weights.

**OFM: What's the best advice you have for incoming freshmen who want to make it to Colonial's varsity squad?**

**AD:** Always work hard and keep your attitude to a minimum.

# NICK *SMITH*

## DR. PHILLIPS BASKETBALL

A true double threat, senior Smith isn't just the Panthers' top basketball player—he's also a talented football star who's already committed to playing that sport for North Carolina State. He's certainly no slouch on the hardwood though, having played varsity all four years.




**ORLANDO FAMILY MAGAZINE: Why play two sports? What do you get out of football, and what do you get out of basketball?**

**NICK SMITH:** In football, I just love the contact, and I think it gives me a meaner mentality when I'm playing that other basketball players don't have.

Also, when I play basketball, I get my athleticism, my footwork, and it all comes in and I can work all that in football.

**OFM: You've been on the varsity basketball team all four years at Dr. Phillips. How do you think they'll do next year without you?**

**NS:** We have a lot of young guns there, and I like their attitude when they play. They don't like to lose. They're really competitive, and I know they'll be able to lead their team to more success when I'm gone.

**OFM: Which of your current teammates do you think will step up the most after you're gone?**

**NS:** Daniel Love. He's already a captain now, and he's been playing well since his sophomore year. It'll be his team when I leave.

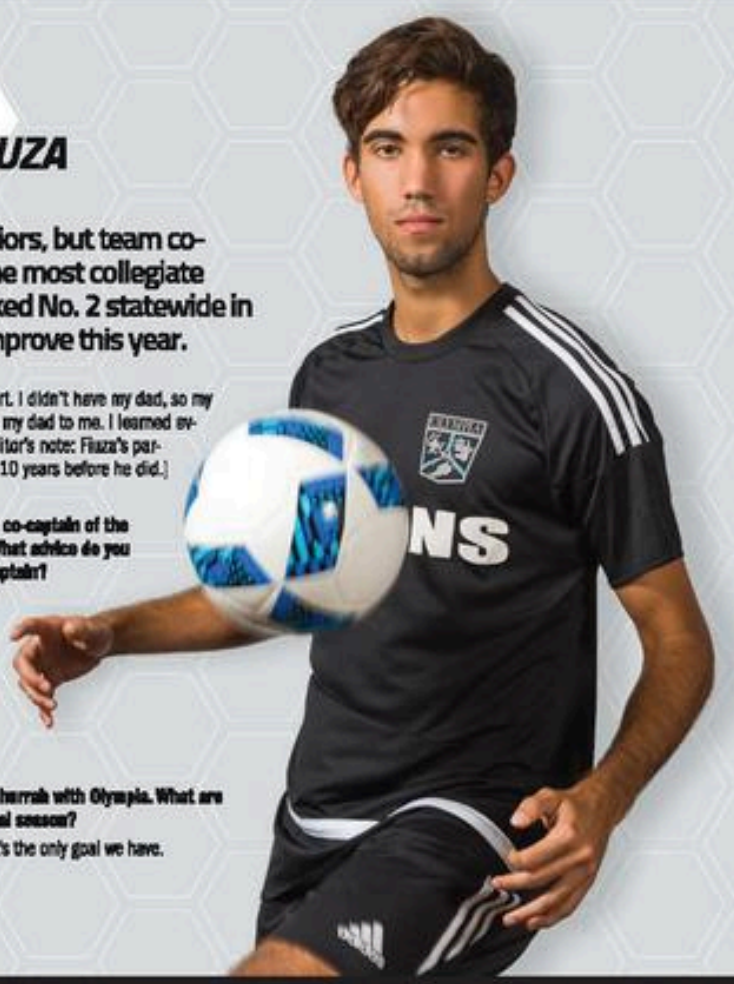
**OFM: Before you committed to North Carolina State, there was speculation you'd go to University of North Carolina. What were some of the factors that made you decide to go with the Wolfpack?**

**NS:** It was a better vibe, and I felt more at home.

# GUSTAVO FIUZA

## OLYMPIA SOCCER

**The Titans are blessed with a wealth of talented seniors, but team co-captain and three-year starter Fiuza has attracted the most collegiate interest so far. Last year, he and his squad were ranked No. 2 statewide in Class 5A play and No. 40 in the nation, and look to improve this year.**



**ORLANDO FAMILY MAGAZINE: We understand that you have nine colleges looking at you. What are the schools?**

GUSTAVO FIUZA: There's Geneva [College], one in Maine, one in Illinois, one in Oregon too—it's everywhere in the United States pretty much. I'm trying to stay in Florida, but I don't mind going to another state.

**OFM: What school in Florida would you most want to play for?**

GF: Probably Barry [University] in Miami. I have a friend that goes there that went to Olympia last year—he was the captain. I would feel welcome, and they're doing really good this year. I'd love to go there.

**OFM: How did you first get interested in playing soccer?**

GF: When I was in Brazil and very young, all my friends used to play, so I would see them dribbling around and I fell in love with the sport. I didn't have my dad, so my oldest friends were like my dad to me. I learned everything from them. [Editor's note: Fiuza's parents moved to the U.S. 10 years before he did.]

**OFM: You're also the co-captain of the Titans' soccer team. What advice do you have for next year's captain?**

GF: Just be tough on the kids, make sure they're doing the right thing, and play your best. Play every game like it's your last game.

**OFM: This is your last hurrah with Olympia. What are your goals for your final season?**

GF: Winning state. That's the only goal we have.

# KEVIN BUCKLEY AND WYATT WILKES

## WINTER PARK BASKETBALL

**Not only are seniors Buckley and Wyatt teammates, but they've been best friends since sixth grade. That camaraderie has definitely helped them on the court, and their play to date has earned Wilkes a spot at Florida State University, while Buckley is entertaining several collegiate offers.**




**ORLANDO FAMILY MAGAZINE: You've been best friends since sixth grade. Is that friendship a benefit or a liability on the court? How so?**

WYATT WILKES: Obviously it's a benefit, because when you play so much together—we work out every day in the morning, we work out at night. So you know where someone likes to shoot from, what spots they like. If I'm driving and I see Kevin on the wing, I'm more likely to go and take another dribble and wait till he slides up a little bit more, because I know he'll hit it. Never really a liability, because if you're friends with somebody, you're less likely to fight with each other and stuff like that.

KEVIN BUCKLEY: You start to know each other like the back of your hand.

**OFM: When and how did you both first get into basketball?**

KB: I started basketball at the age of 8, and I've just been playing it since then. I got into rec leagues from a young age and just went from there.

WW: My dad's a coach, my grandfather was a coach, my uncle's a coach, my mom was a four-time All-American in college—I took my first steps in a gym. There's never been a time that I didn't play basketball.

**OFM: Assuming you guys don't wind up at the same college, do you think you'll be able to reach the same level of comfort with new teammates that you have with each other?**

KB: No.

WW: No. It's not as much how hard it would be to get used to other teammates. I'll be cool with teammates and obviously they'll be my friend and everything, but this is a brother.

KB: Same here.

**OFM: Any hopes of playing pro after college?**

WW: If you play basketball and you work out, you want to play pro.

KB: Yeah.

**OFM: Game of one-on-one between the two of you: Who wins and why?**

KB: Personally, I feel like I would win, and I'm pretty sure Wyatt feels like he would win, too.

WW: I plead the Fifth.



# ARIEL COLON

## OAK RIDGE BASKETBALL

**The definition of a scholar-athlete, Colon works extremely hard in the classroom and currently has a 3.2 GPA. She also puts in work on the court, getting named the Lady Knights' MVP last season and voted by coaches as 2nd Team All-Metro. She's committed to Elon University.**

**OFM: What attracted you to Elon University's basketball program?**

**ARIEL COLON: First thing that attracted me was the coaching staff. That really got my attention, and the head coach was everything that I dreamed of and did everything I wish to do.**

**OFM: Do you play any other sports or have an interest in trying other sports?**

**AC: No, but if I had to choose, I think I would like tennis. I like watching it, especially Serena Williams.**

**OFM: What do you plan on majoring in at college, and why?**

**AC: Exercise science—I want to be a nurse. I want to work with babies; I really like kids. Every time I walk in the hospital, I see the neonatal nursing room where they're monitoring the babies—I like that a lot.**

**OFM: You averaged an impressive 17.4 points per game last season. What kind of off-season training have you been doing to turn in an even better performance this season?**

**AC: Just staying in shape, continuing to work out every chance I get, just not being lazy all the time—make sure I get up and do something.**

**OFM: Who are some professional basketball players you admire, and why?**

**AC: I would go to Candace Parker on WNBA and LeBron James on NBA. They can do anything, and they play every position.**

# CHRISTOPHER NAVARRO

## LAKE NONA WRESTLING

**After going 54-13 as a junior, Navarro lost a heartbreaker at regionals, but he was invited to attend Asic's national tournament in Las Vegas three weeks later. After taking third place there and gaining All-American status, he's arguably the toughest 106-pounder in the area.**

**ORLANDO FAMILY MAGAZINE: Can you describe the experience of going to Asic's national tournament in Las Vegas last year?**

**CHRISTOPHER NAVARRO: The experience was actually really amazing. There are so many things to see and things to do in Vegas. It was actually a really great experience. And the tournament itself was awesome. There were so many people there, and even a professional UFC fighter, Tito Ortiz. It was really great meeting him. The tournament was phenomenal.**

**OFM: In your junior year, you went 54-13 before losing a heartbreaker at regionals. What do you plan on doing differently to improve this year?**

**CN: I'm improving my mental aspect of the sport—just getting into the mindset that I'm the greatest person that steps on the mat and that whoever steps across from me will not score on me, and they will not beat me. That's the mindset that I have to put on the mat. Because I never did that before; I was always intimated by my opponents, and I just need to stop that. No matter who it is.**

**OFM: Do you play any other sports?**

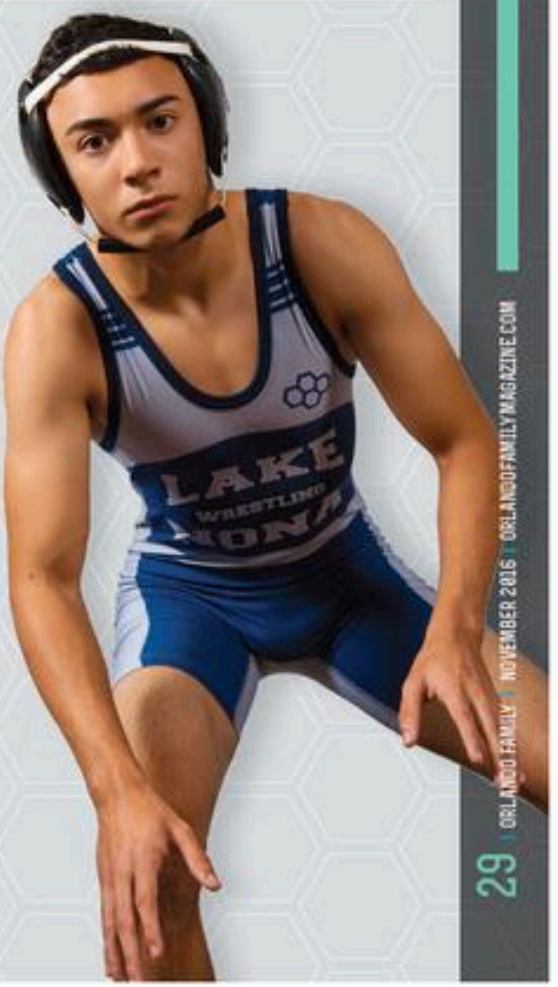
**CN: No, I don't. I'm a wrestler for life.**

**OFM: What advice would you have for up-and-coming young athletes who are thinking of getting into wrestling?**

**CN: It's the hardest thing you will ever do in your whole life, but the life lessons that you learn are so worth it. I've been through ups and downs, but at the end of the day, I'm a way better person than I ever was because of this sport.**

**OFM: Any wrestling role-models that you look up to? If so, who, and what do you admire about them?**

**CN: He's sitting right there. [Points to his coach.] I like everything about him. His wrestling knowledge, the fact that he's an amazing father. I have my father at home, but when I'm out of the house, he's my second father that I can go to with anything. It's just amazing to have him always there for me. He's family.**





# JEWELL MICKELSON

## BOONE SOCCER

**Mickelson scored an impressive 21 goals last season and was also named to the All-Metro team. She plans to play in college and is already being courted by some top schools, but for now, a higher priority for her is determining what she wants to do after she gets her degree.**

**ORLANDO FAMILY MAGAZINE: Your coach said that you'll be playing in college. Have you already committed to a school, or are you still fielding offers?**

**JEWELL MICKELSON:** I haven't committed yet. I'm still looking, and I'm mostly trying to figure out what I want to do with my life. I want to go into criminal justice, but I'm not really sure what I want to do with it. That's the part I really need to figure out.

**OFM: There's a lot of senior talent on this year's Lady Braves soccer team. What will you miss most about playing with your current teammates?**

**JM:** Probably the friendships we have. We're all so close—we're kind of like a big group of sisters.

**OFM: What do you think of the Orlando City Pride so far? Have you paid much attention to them?**

**JM:** No, I haven't. My life is so busy. I have sport after sport, and I'm also doing National Art Honor Society at Boone, and I have my classes obviously, so I don't have a lot of time to pay attention to anything.

**OFM: Any pro soccer players, male or female, that you think particularly highly of?**

**JM:** Alex Morgan, definitely. She's a team leader, and she's really quick like me, and she can move the ball so perfectly.

**OFM: Any words of advice for other young soccer players?**

**JM:** Keep working hard and never give up.

# ASIA ERVIN

## TIMBER CREEK SOCCER

**A junior, Ervin missed most of her sophomore season due to an injury—but it didn't stop her from accepting a recruiting offer from University of Central Florida. Now that she's recovered from her injury, she looks to help move the Lady Wolves forward this year.**

**OFM: How did you get injured, and what was the recovery like?**

**ASIA ERVIN:** Freshman year, I changed the way I ran and walked, and wound up shortening my abdominal muscles and tightening the muscles in my hip, so I needed to work on stretching that back out and teaching myself how to run again. Because if I tried playing without getting it back to its normal length, then I could have torn the muscle and I would've been out for longer.

**OFM: You're now a junior but are already committed to playing at UCF. What is it about that college that appeals to you?**

**AE:** The coaches are very family oriented, and they're sweet and they make you feel welcomed.

**OFM: Given that you were out most of last season, you're probably hungry to prove yourself on the pitch this year. What steps did you take during the off-season to improve your conditioning and play?**

**AE:** I play club, so year-round I've been doing that and using it to stay in shape.

**OFM: Any professional soccer players or teams that you particularly admire?**

**AE:** The U.S. Women's National Team. For the longest time I've just dreamed of being able to make it there.

**OFM: If you don't play pro after college, what would you want to do?**

**AE:** Open my own practice in physical therapy.






# MIKE DEVOE

## OAK RIDGE BASKETBALL

**The Pioneers' leader on and off the court, Devoe holds a 4.0 GPA and wants to be an engineer if he can't turn pro. Despite being a junior, he's already being courted by nine colleges—which should come as no surprise, given that the point guard's an ESPN-ranked player.**

**ORLANDO FAMILY MAGAZINE: We hear you have college offers from several schools, including University of Miami, University of Southern California and University of Central Florida, to name a few. Which of those schools do you most want to play for and why?**

MIKE DEVOE: Right now I haven't made a decision yet, but I definitely like Miami and University of Southern California. Those are the top two schools for me right now, but I still haven't made my decision yet, so my recruiting is open right now.

**OFM: Any desire to play pro? What team would you most want to play for?**

MD: Definitely, that's the ultimate goal. If I could pick any team, definitely Orlando, because I want to give back to my city.

**OFM: Any professional basketball players or coaches you look up to?**

MD: D'Angelo Russell and LeBron James. LeBron James is just a leader on the court and off the court as well, so he's just a great role model.

**OFM: You're also a 4-star, ESPN-ranked player. What's it like to have national attention at such a young age?**

MD: It just shows the hard work definitely paying off. I'm just glad it happened, and just asking for more.

**OFM: You averaged 18.9 points per game last season. What steps did you take during the off-season to try to improve on that performance?**

MD: Definitely my shooting, because my percentage in my freshman year wasn't as good as I wanted it to be, and being more confident on the floor.

# STARWATCH

**More top-flight athletes to keep your eye on this season**

Full list available online at OrlandoFamilyMagazine.com

## BOYS BASKETBALL

**Ishmaa'ott Hayes-Muhammed, *Colonial:*** A junior, "Ish" averaged 13 points per game last season while ranking near the top of Metro in steals. He's also an avid student, enrolled in honors courses.

**Tyrone Perry, *Wekiva:*** With eight assists per game last season, this junior knows how to get his teammates involved with the game's flow, and he's gained interest from DI colleges.

**Paul Reed, *Wekiva:*** Leading the Mustangs with 15 points and 10 rebounds per game last season, the 6'8 Reed is entertaining offers from Kansas State, Utah State and Murray State, among many others.

**Anfernee Simons, *Edgewater:*** Ranked #45 nationally by Scout, #50 by 247, and #58 by ESPN, this 6'3 guard has received offers from Louisville, Florida, LSU, Texas A&M and Oklahoma State.

## GIRLS BASKETBALL

**Veronica Cancio, *Winter Park:*** Not only did Cancio transfer from Puerto Rico last year, but she plays on the territory's national team. She's currently weighing various college offers.

**Emerielle "Emmy" James, *Wekiva:*** She might be a freshman, but she plays like an upperclassman according to her coach. She's also one of the county's top guards and is already receiving collegiate interest letters.

**Taylor Hair, *Olympia:*** At 6' tall, Hair is a versatile player who's led her team in scoring average, blocks and rebounds for two straight years. She's also received several scholarship offers.

**Alexis Siler, *Winter Park:*** A four-year varsity player and starter, Siler has great athleticism and is currently deciding on various offers as to where to play in college.

**Tiffany Tolbert, *Dr. Phillips:*** This 5'7 senior has started all four years and leads the team in scoring, assists, steals and rebounds. She also made the All-County team and is committed to University of North Florida.

## BOYS SOCCER

**Daniel Aroujo, *Olympia:*** A four-year starter, senior Aroujo carries a 3.89 GPA and has many out-of-state colleges talking to him.

**Darren Bell, *Olympia:*** A senior, Bell is a two-year starter who transferred from Apopka last year, and he has five colleges looking at him.

**Chase Bobbitt, *Lake Nona:*** He's been on the varsity squad for more than two years and serves as team captain. Plus, he's already received multiple offers to play soccer collegiately.

**Caleb Franke, *Olympia:*** Franke boasts a 3.8 GPA and has been a starter for the past two years. He's received interest from Creighton University and New Jersey Institute of Technology, among others.

**Frantz Garilus, *Olympia:*** Described by his coach as a very physical player, this three-year starter has many colleges looking at him, perhaps in part because of his 3.98 GPA.

**Nick De La Portilla, *Olympia:*** Co-captain with Gustavo Fiuza, this senior is a four-year starter with considerable college interest, including North Florida University and University of Florida.

**Nick O'Connell, *Edgewater:*** O'Connell led his squad in scores and assists the last two seasons, and he's Division I bound. He's no slouch at academics either, with a 4.3 GPA.

**Oscar Salazar, *Wekiva:*** A natural leader, this junior is known for his positive attitude. He also plays club soccer and is a place-kicker for the football team.

## BOYS WRESTLING

**Khanh Dinh, *Colonial:*** A three-year letterman in wrestling and two-year letterman in weightlifting, this senior is already an enlisted Marine who will serve his country after graduation.

**Will Mitchell, *Edgewater:*** He's been wrestling since second grade, and has a 94-23 high school record, three metro championships and two district championships through his junior year.

**Lucas Rodriguez, *Boone:*** A two-time state qualifier, Rodriguez took sixth place at state, is a top-5 wrestler in his weight class, and is All-American at Central Florida Wrestling Academy.

## GIRLS WRESTLING

**Wilkjaell Alphonse, *Cypress Creek:*** A senior, Alphonse serves as the team's captain and is also a state place-winner. She's in talks with the University of the Cumberlands.

**Valentina Beltran, *Cypress Creek:*** A two-time state place-winner who also plays volleyball and flag football, Beltran is also in talks with University of the Cumberlands.

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Orlando, FL 32804
407-299-6595

**Orlando Science Middle/High Charter School (6-12)**
- Saturday, November 19, 2016 10 a.m. – 12:30 p.m.
- Sunday, January 22, 2017 11 a.m. – 1:30 p.m.

2427 Lynx Ln.
Orlando, FL 32804
407-253-7304

**Seminole Science Charter School (K-8)**
- Saturday, December 3, 2016 10 a.m. – 12:30 p.m.
- Saturday, December 17, 2016 10 a.m. – 12:30 p.m.
- Sunday, January 22, 2017 11 a.m. – 1:30 p.m.

3580 N. US Hwy. 17-92
Lake Mary, FL 32746
407-268-3727

**Osceola Science Charter School (K-8)**
- Saturday, December 3, 2016 10 a.m. – 12:30 p.m.
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| CHARTER SCHOOLS | Address | Phone/Web | Year Established | Grade Range | # of Students (2016-2017) | Class Size | Accreditations |
|---|---|---|---|---|---|---|---|
| **Hope Charter School** | 1550 E. Crown Point Rd., Ocoee | 407-656-4673 \| HopeCharter.org | 2000 | K-8 | 460 | K-3: 18, 4-8: 22 | SACS |
| **Legacy Charter High School** | 1550 E. Crown Point Rd., Ocoee | 407-656-4673 \| HopeCharter.org | 2004 | 9-12 | 190 | 25 | SACS |
| **Kid's Community College Charter** | 1475 E. Silver Star Rd., Ocoee | 407-982-2421 \| MyKidsCC.org | 2012 | K-5 | 244 | LS: 18 | SACS |
| **Montessori of Winter Garden Charter School** | 855 E. Plant St., Ste. 1500, Winter Garden | 407-654-2045 \| MontessoriWGC.com | 2011 | PK-8 | 310 | LS: 18, MS: 22 | |
| **Orlando Science Elementary Charter School** | 2611 Technology Dr., Orlando | 407-299-6595 \| OrlandoScience.org | 2012 | K-5 | 500 | 18 | |
| **Orlando Science School** | 2427 Lynx Ln., Orlando | 407-253-7304 \| OrlandoScience.org | 2008 | K-12 | 1,075 | LS: 18, MS: 18, US: 18 | SACS |
| **Renaissance Charter School at Chickasaw Trail** | 8203 Valencia College Ln., Orlando | 321-206-0662 \| ChickasawCharter.org | 2012 | K-8 | 1,056 | | |
| **Renaissance Charter School at Goldenrod** | 6004 S. Goldenrod Rd., Orlando | 407-536-2952 \| GoldenrodCharter.org | 2015 | K-7 | 1,053 | | |
| **Renaissance Charter School at Hunter's Creek** | 4140 Town Center Blvd., Orlando | 321-206-3103 \| HuntersCreekCharter.org | 2013 | K-8 | 1,119 | | |
| **Seminole Science Charter School** | 3580 N US Hwy 17-92, Lake Mary | 407-268-3727 \| SeminoleScience.org | 2014 | K-8 | 475 | LS: 18, MS: 18 | |

| PRIVATE SCHOOLS | Phone/ Web | Year Estab. | Grade Range | # of Students (2016-2017) | Class Size | Religious Affiliation | Accreditations | Tuition Range (2016-2017) | Application Fee | Admissions Testing |
|---|---|---|---|---|---|---|---|---|---|---|
| **Central Florida Preparatory School**<br>1450 Citrus Oaks Ave., Gotha | 407-290-8073<br>CFPrep.org | 1990 | 1 yr-12th | 220 | LS: 10-12, MS: 15, US: 20 | None | AI, AISF, AdvancED, Gold Seal, MSA, NCPSA, SACS | $6,400 - $9,300 | $100 | Yes |
| **Cranium Academy of Winter Garden**<br>4068 Winter Garden Vineland Rd. Winter Garden | 407-294-6950<br>CraniumAcademy.com | 2003 | 2yrs-5th | 250 | PK: 11-20, LS: 15-20 | None | | $2,700 - $9,200 | $280-$450 | Varies |
| **Family Christian School**<br>671 Beulah Rd., Winter Garden | 407-656-7904<br>FamilyChristianSchool.org | 2003 | K4-8 | 117 | LS: 13, MS: 11 | Non-Den | | $5,500 - $6,000 | $505 | Yes |
| **The First Academy**<br>2667 Bruton Blvd., Orlando | 407-206-8602<br>TheFirstAcademy.org | 1986 | Birth-12th | 1,450 | LS: 15, MS: 15, US: 15 | Christian | ACSI, FCIS, FKS, SACS | $8,000 - $17,680 | $155 | Yes |


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| PRIVATE SCHOOLS | Phone/ Web | Year Estab. | Grade Range | # of Students (2016-2017) | Class Size | Religious Affiliation | Accreditations | Tuition Range (2016-2017) | Application Fee | Admissions Testing |
|---|---|---|---|---|---|---|---|---|---|---|
| **Foreign Language Immersion School**<br>1530 Celebration Blvd., Ste. 103<br>Celebration | 321-939-4177<br>LanguageImmersionSchool.com | 1996 | Inf-5th | 150 | 12 | None | | $10,500 | $125 | No |
| **Foundation Academy**<br>15304 Tilden Rd.<br>Winter Garden | 407-877-2744<br>FoundationAcademy.net | 1958 | PK-12 | 744 | LS: 17, MS: 17, US: 17 | Non-Den | ACSI, NILD, SACS, SBACS | $3,675 - $11,790 | $150 | Yes |
| **Holy Family Catholic School**<br>5129 S. Apopka-Vineland Rd.<br>Orlando | 407-876-9344<br>HFCSchool.com | 1996 | PK3-8 | 699 | LS: 25-35, MS: 35 | Catholic | FCC, NCEA, NCPSA | $5,600 - $8,850 | $25 | Yes |
| **Montessori School of Celebration**<br>901 Begonia Rd., Celebration | 407-566-1561<br>MontessoriCelebration.com | 1999 | PK-9 | 140 | LS: 25, MS: 32, US: 12 | None | | $7,625 - $13,100 | $125 | No |
| **Montessori School of Orlando**<br>1187 Florida Mall Ave., Orlando | 407-601-4247<br>MontessoriSchoolofOrlando.com | 2009 | 1yr-8th | 140 | | None | | $4,710 - $9,250 | $100 | Varies |
| **Montessori World School**<br>11659 Ruby Lake Rd.<br>Orlando | 407-239-6024<br>MontessoriWorldSchool.com | 1981 | Toddler-8th | 191 | LS: 22, MS: 13 | None | AMS | $5,900 - $11,400 | $75 | No |
| **The Paragon School**<br>4710 Adanson St.<br>Orlando | 407-644-1546<br>ParagonSchool.org | 2007 | K-12 | 80 | LS: 10, MS: 10, US: 10 | Christian | FCIS, FKC | $9,700 | $50 | Varies |
| **St. John Vianney Catholic School**<br>6200 S. Orange Blossom Tr. Orlando | 407-855-4660<br>SJVS.org | 1962 | PK3-8 | 533 | LS: 27, MS: 28 | Catholic | FCC | $5,493 - $7,756 | $30 | Yes |
| **Windermere Preparatory School**<br>6189 Winter Garden-Vineland Rd.<br>Windermere | 407-905-7737<br>WindermerePrep.com | 2000 | PK3-12 | 1,400 | LS: 16, MS: 18, US: 18 | None | FCIS, FKC, IBWS, SAIS, SACS | $13,325 - $19,925 | $85 | Yes |


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|---|---|---|---|---|---|---|---|
| **Full Sail University**<br>3300 University Blvd., Winter Park | 800-226-7625 \| FullSail.edu | 1979 | BS, AS | MS, MFA | 15,000 | Public | $467 - $850 |
| **Orange Technical College**<br>445 W. Amelia St., Orlando | 407-317-3212 \| OrangeTechCollege.net | 1933 | Career Certificates | N/A | 7,000 | Public | $2.80 |
| **Orange Technical College - Avalon Campus**<br>2201 S. Crown Hill Blvd., Orlando | 407-281-5155 \| OrangeTechCollege.net/WinterPark | 2007 | Career Certificates, Adult Education, ESOL, Continuing Education | N/A | 500 | Public | $2.80 |
| **Orange Technical College - Mid Florida Campus**<br>2900 W. Oak Ridge Rd., Orlando | 407-251-6047 \| OrangeTechCollege.net/MidFlorida | 1964 | Career Certificates, Adult Education, ESOL, Apprenticeship | N/A | 4,000 | Public | $2.80 |
| **Orange Technical College - Orlando Campus**<br>301 W. Amelia St., Orlando | 407-246-7060 \| OrangeTechCollege.net/Orlando | 1933 | Career Certificates, Adult Education, ESOL, Apprenticeship | N/A | 2,500 | Public | $2.80 |
| **Orange Technical College - Westside Campus**<br>955 E. Story Rd., Winter Garden | 407-905-2018 \| OrangeTechCollege.net/Westside | 1974 | Career Certificates, Adult Education, ESOL, Continuing Education | N/A | 2,000 | Public | $2.80 |
| **Orange Technical College - Winter Park Campus**<br>901 W. Webster Ave., Winter Park | 407-622-2900 \| OrangeTechCollege.net/WinterPark | 1984 | Career Certificates, Adult Education, ESOL, Continuing Education | N/A | 1,500 | Public | $2.80 |


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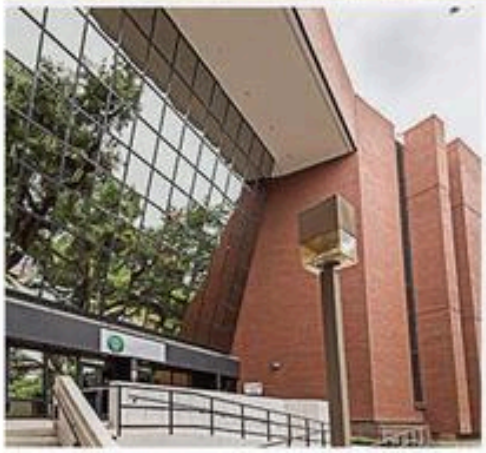
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# K Restaurant

*By Michael Lit*

**A New York City native,** Chef Kevin Fonzo graduated with honors from the Culinary Institute of America, after which he became part of the opening team at Orlando's Peabody Hotel. Flash-forward to 2001, and Fonzo launched K Restaurant—one of our area's first chef-owned and operated eateries. It was also one of Orlando's first establishments to showcase local ingredients, design a menu that changed regularly to reflect the seasons, and offer a full cheese list.

At K, Fonzo has won almost every notable culinary award in Orlando. What's more, he was nominated for "Best Chef Southeast" by the James Beard Foundation in 2010, and he's been invited three times to cook at the prestigious James Beard House in New York City.


Bucatini Pasta

K is located in Orlando's College Park neighborhood on a quiet street surrounded by old houses, shops and trees. The exterior is modest yet welcoming. Once you park, you can peek behind the restaurant to find a charming vegetable garden strung with lights. Here, Fonzo and team have created their own small farm where they can grow seasonal produce to use in their dishes.

The hostess appeared at the podium moments after my wife Toni and I arrived. She greeted us and led us to our table in a small room toward the back. The décor was pleasant but not overly fancy. I liked the less-formal style, because it kept the room from feeling too stiff.

Our waiter was just the right level of friendly: neither too distant nor overbearing. She was very good at knowing when to appear to refill drinks or clear plates, and when not to intrude. Like the décor, the tone of the service helped us relax and enjoy the meal without worrying about being too stuffy.

We started out with one of the signature appetizers, the Fried Green Tomato ($15) with crab salad, sweet corn and grain mustard dressing. I can see why this is a signature item. It's an appealing combination of crunchy and soft, hot and cold, savory and slightly sweet, and all aspects were well harmonized. The only unfortunate incident was that we also ordered the Fried Brussels Sprouts ($9) with crispy pork belly and hot sauce honey. Once tasting these sprouts and sighing in disbelief on how amazingly delicious they were, I didn't want to go back to the fried green tomatoes—they were really on a whole other level.

For our salad course, we decided to share the Bibb Salad ($8), which included bacon, apples, aged cheddar and a warm bacon vinaigrette. It was quite delicious, and the textures from the apple and bacon were a lovely touch to the Bibb lettuce.

Toni ordered the Bucatini Pasta ($25) with shrimp, tomato, green onion and shellfish butter. The presentation was colorful and vibrant, and the shellfish butter had a wonderful light touch with the Florida shrimp. I ordered the Duck Breast ($27) with root vegetable hash, maple, sun-


Duck Breast

dried cranberry *mostarda* and a pinot noir sauce. I love duck paired with sweetness. The root vegetables were al dente, and the cranberry with the maple and pinot sauce all worked well with the earthy root vegetables and the gaminess of the duck breast. It was quite enjoyable. (On a side note, I must say that all the items we ordered were a surprisingly larger portion than one would expect from a fine dining establishment such as K Restaurant.)

The dessert course was an extraordinary treat. The Pumpkin Cheesecake ($9) was light and delicate without too much pumpkin spice, and the bottom crust had a crisp texture that tied the dessert in a beautiful bowtie of flavor. Toni left nothing on the plate. It was such a great take on a pumpkin cheesecake, I would go back for some coffee and dessert just to try it all for myself. We also ordered the Chocolate Torte ($9), which for me was decadently perfect. The contrast of the chocolate layers was sinful, and the presentation was spot on.

Go to K Restaurant if you enjoy gourmet food served in a setting that is upscale yet homey. It's romantic enough for a date night, yet laid back enough for lunch or dinner with family and friends. The prices are reasonable considering the high quality of cuisine. I'm already looking forward to my next visit, and those Brussels sprouts better be on the menu. I also want to give a shout out to Fonzo for being a great role model for many up-and-coming chefs in the Central Florida area. He is an inspiration on how a local chef can give back so much to the community while maintaining his restaurant and standards that make him a pioneer.

*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.*

## K Restaurant

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Photo courtesy of The Boathouse

**A Land Remembered:** Named after Patrick D. Smith's bestselling novel, this restaurant is primarily a steakhouse, but the seafood choices are outstanding. *Williamsburg, (407) 996-1956*

**Big Fin Seafood Kitchen:** A longtime cornerstone of Restaurant Row, this family owned and operated eatery serves award-winning seafood. *International Drive, (407) 615-8888*

**blu on the Avenue:** Featuring fresh catches and a swank setting, blu blends west- and east-coast cuisines with their own special twist. *Winter Park, (407) 960-3778*

**The Boathouse:** Serving up scrumptious seafood, The Boathouse also gives guests the opportunity to take advantage of water taxi tours. *Disney Springs, (407) 939-2628*

**California Grill:** Enjoy a bounty of fresh seafood and sushi at this acclaimed restaurant atop Disney's Contemporary Resort. *Walt Disney World Resort, (407) 939-3463*

**Charley's Steak House:** This small family of Central Florida eateries has seafood selections that rival their signature steaks. *Celebration, (407) 396-6055; Orlando, (407) 363-0228*

**Christner's Prime Steak & Lobster:** Lobster fans can't go wrong with Christner's, which also offers other tasty seafood choices. *Orlando, (407) 645-4443*

**Citrus Restaurant:** This New American eatery serves catches as fresh as its name in regionally inspired dishes. *Downtown Orlando, (407) 373-0622*

**Deep Blu Seafood Grille:** You don't need to be a guest at the Wyndham Grand Orlando Resort Bonnet Creek to enjoy Chef John Sadio's creations. *Lake Buena Vista, (407) 390-2420*

**Emeril's Tchoup Chop:** Diners can visit the Pacific Seas by way of New Orleans courtesy of Chef Emeril Lagasse's tribute to his hometown. *Universal Orlando Resort, (407) 503-2467*

**Everglades Restaurant:** Contemporary and Florida-specific flavors go hand in hand on Chef Michael Rumplik's seafood and steak menu. *International Drive, (407) 996-2385*

**FishBones:** Both Greater Orlando locations offer fresh, sustainable seafood that's flown in daily, and a menu inspired by Key West. *Dr. Phillips, (407) 352-0135; Lake Mary, (407) 581-2399*

**Flying Fish:** The Disney Boardwalk icon underwent massive interior renovations to complement a newly refreshed menu. *Walt Disney World Resort, (407) 939-2359*

**Hamilton's Kitchen:** Nestled inside the Alfond Inn and operated by Rollins College, Hamilton's offers fresh seafood options with local ingredients. *Winter Park, (407) 998-8090*

**Hemingway's Restaurant:** Themed around the titular author, this Hyatt Regency Grand Cypress eatery serves seafood and a gorgeous view. *Lake Buena Vista, (407) 239-1234*

**Hemisphere Steak & Seafood Restaurant:** This recently renovated, award-winning Hyatt option provides an overhead view of the airport. *Orlando International Airport, (407) 825-1234*

**Jack's Place:** Top-quality seafood joins steaks and other tasty dishes at the Rosen Plaza Hotel's signature eatery. *International Drive, (407) 996-1787*

**Johnnie's Hideaway:** Fresh fish is hand-cut daily here, with an emphasis toward Floridian and "Flor-ibbean" cuisine. *Lake Buena Vista, (407) 827-1111*

**Kres Chophouse:** The seafood is every bit as good as the steaks and chops at this downtown spot that boasts fresh, seasonal ingredients. *Downtown Orlando, (407) 447-7950*

**Le Coq au Vin:** Evoking Paris' open-air cafes, this upscale French country restaurant has seafood choices that will make you say "oui." South Orlando, *(407) 851-6980*

**MoonFish:** We go to this upscale-casual eatery for the happy-hour sushi specials and stay for the outstanding main courses. *Dr. Phillips, (407) 363-7262*

**Narcoossee's:** Priding itself on coastal cuisine, Narcoossee's offers a view of the Magic Kingdom from the Grand Floridian Resort & Spa. *Walt Disney World Resort, (407) 824-1400*

**Norman's:** The seafood at Chef Norman Van Aken's James Beard Award-winning restaurant blends Floridian, Latin, Caribbean and Asian flavors. *Williamsburg, (407) 393-4333*

**Sharks Underwater Grill:** Dine on seafood with a full view of sharks and other aquatic life at this one-of-a-kind, full-service restaurant. *SeaWorld Orlando, (888) 800-5447*

**Todd English's bluezoo:** Hosted by Disney's Swan and Dolphin, Todd English's bluezoo combines fresh seafood with global coastal flavors. *Walt Disney World Resort, (407) 934-1111*

**Two Chef's Seafood Oyster Bar:** Chefs Bernard Carmouche and Larry Sinibaldi deliver some of the area's best seafood and oysters. *Lake Eola Heights, (407) 270-4740*

**Urban Tide:** Located at the Hyatt Regency Orlando, Urban Tide serves coastal Florida cuisine with seasonal ingredients and a view of the Grotto Pool. *International Drive, (407) 345-4570*

**Vines Grill & Wine Bar:** This chef-driven restaurant is primarily known for steaks, but fresh, seasonal seafood selections are also worth a visit. *Dr. Phillips, (407) 351-1227*

**Yachtsman Steakhouse:** More than just a steakhouse, this restaurant at Disney's Yacht Club Resort knows from seafood, too. *Walt Disney World Resort, (407) 934-3818*

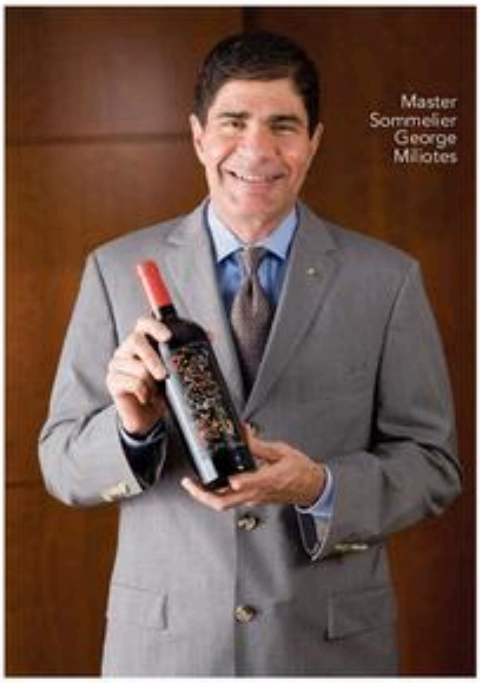
**1921 by Norman Van Aken:** Chef Norman Van Aken's second area restaurant offers seafood and other dishes in a historic house with rotating art. *Mount Dora, (352) 385-1921*

# Side Dish

By Nate Shelton

**Restaurant news from throughout Greater Orlando**





Master Sommelier George Miliotes

- **Pig Floyd's Urban Barbakoa**, which was named Greater Orlando's Best Barbecue in our first-ever Best of the Best earlier this year, has announced plans to open a second location in Lake Nona. "Lake Nona offers a real sense of community, and we're excited to call Lake Nona home," says Pig Floyd's owner Thomas "Tito" Ward. The original location is in the Mills 50 district.

- Master Sommelier **George Miliotes** has revealed that he'll open a new wine bar at Disney Springs in fall 2017. The venture, Wine Bar George, will be located in The Landings neighborhood. Previously, Miliotes was part of California Grill's opening team and managed that Disney restaurant from 1995 to 2002.

- **Se7en Bites** has officially opened its new location at 617 N. Primrose Drive. The original shop, which was also located in the Milk District, closed in late August so the owners could prepare for the grand re-opening in their new home. Se7en Bites is primarily a bake shop, but they also serve breakfast and lunch.

- Amazon has added its restaurant-delivery program, **Amazon Restaurants**, in the Central Florida area. The service, which is free to Amazon Prime members, launched with 37 restaurant partners and delivers to downtown, Winter Park and the tourist district with a $20 minimum order.

- **Red Lobster** announced that seafood supplier Thai Union has purchased a $575 million stake in the company. Red Lobster, which used to be part of the Darden Restaurants empire, is headquartered in downtown Orlando and operates 700 locations throughout the U.S.

# Chef Jean-Stephane Poinard, Urbain 40

## *Prosciutto and Burrata-Stuffed Chicken Breast*

**Inspired by American and continental classics,** Urbain 40 was named Best New Restaurant in our first annual Best of the Best this past June. This month, Chef Jean-Stephane Poinard teaches how to make an entrée that's designed to leave your mouth watering.

### Ingredients

1 chicken breast
1 slice of prosciutto
1 piece of burrata (can substitute mozzarella)
1 cup marinara sauce
4 basil leaves
1 cup flour
4 eggs
1 tbsp. water
2 cups breadcrumbs

**Preparation** 1. Butterfly chicken breast 2. Add prosciutto and burrata 3. Close chicken breast 4. Dip stuffed chicken breast into flour, followed by eggs and breadcrumbs 5. Pan fry in oil 6. Top with burrata and marinara sauce 7. Bake at 350 degrees for 10 minutes. **Optional Side:** Fettuccini pasta with marinara sauce



*Styled after a 1940s-era neighborhood eatery, Urbain 40 serves imaginative staples for brunch, lunch, dinner and late-night eating amid a simple and elegant atmosphere. For reservations, call (407) 872-2640 or visit them online at Urbain40.com.*

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- Over 900 lives lost
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- Contaminated water is an urgent problem facing Haiti today
- At least 100,000 children not able to return to school
- Around 80% of Haiti's banana crops destroyed by winds and flooding



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