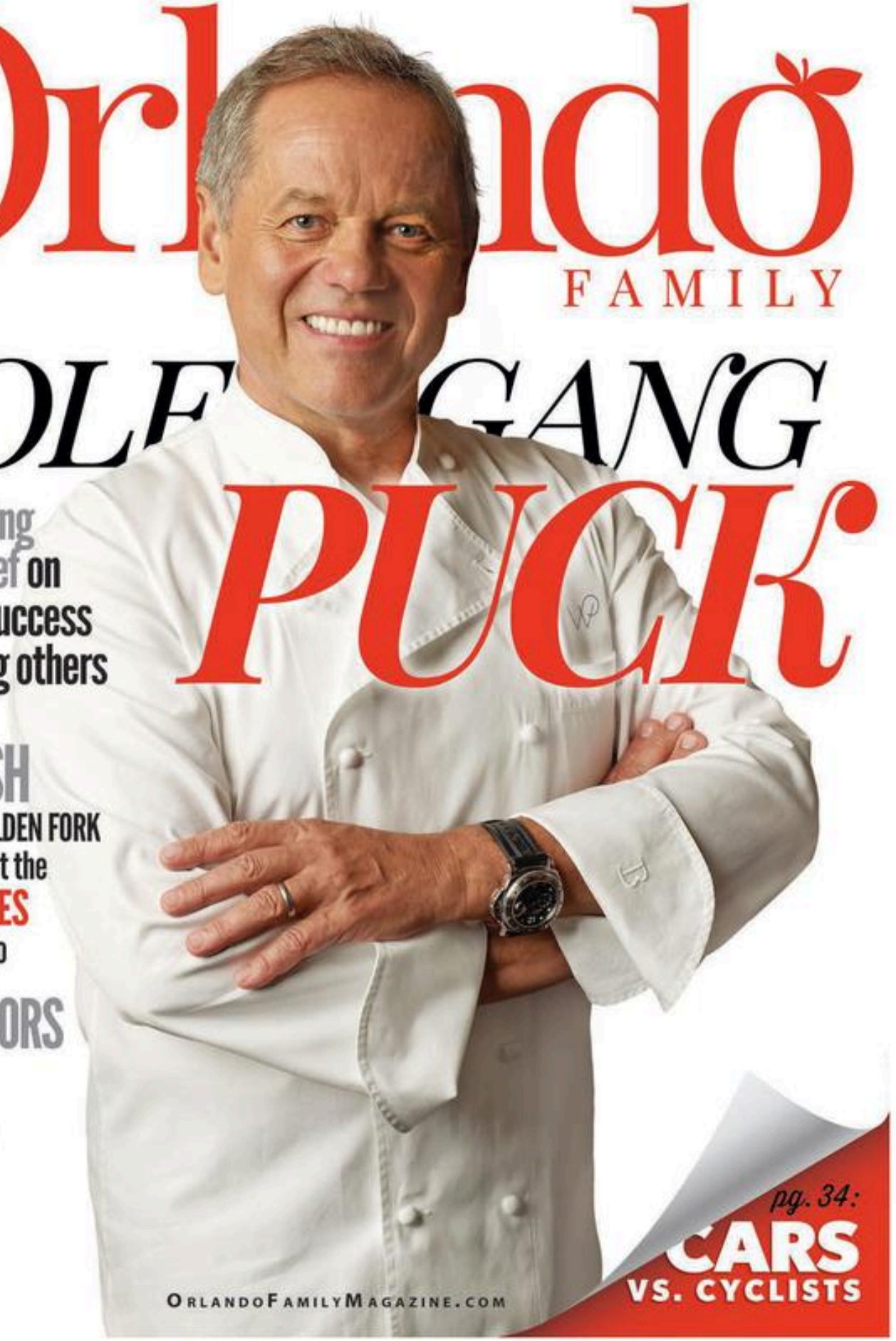
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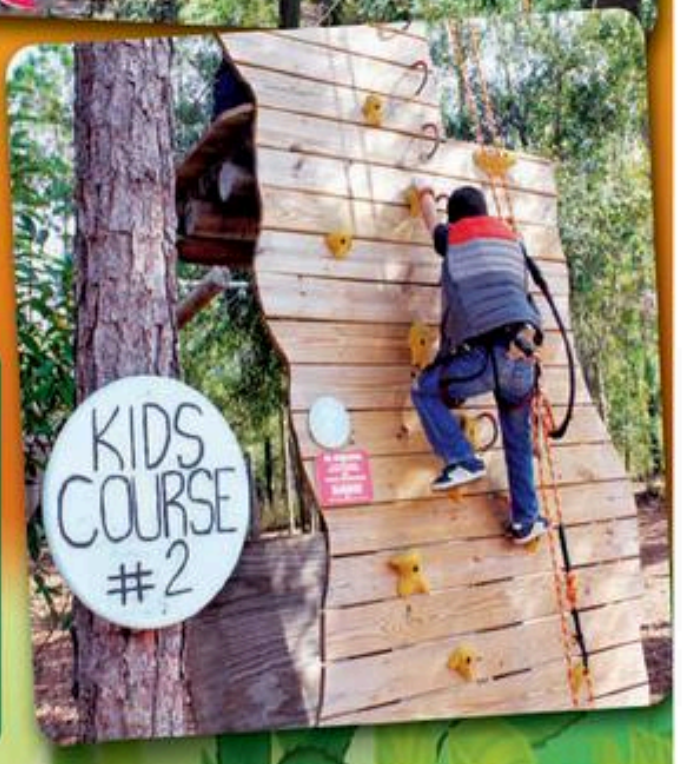


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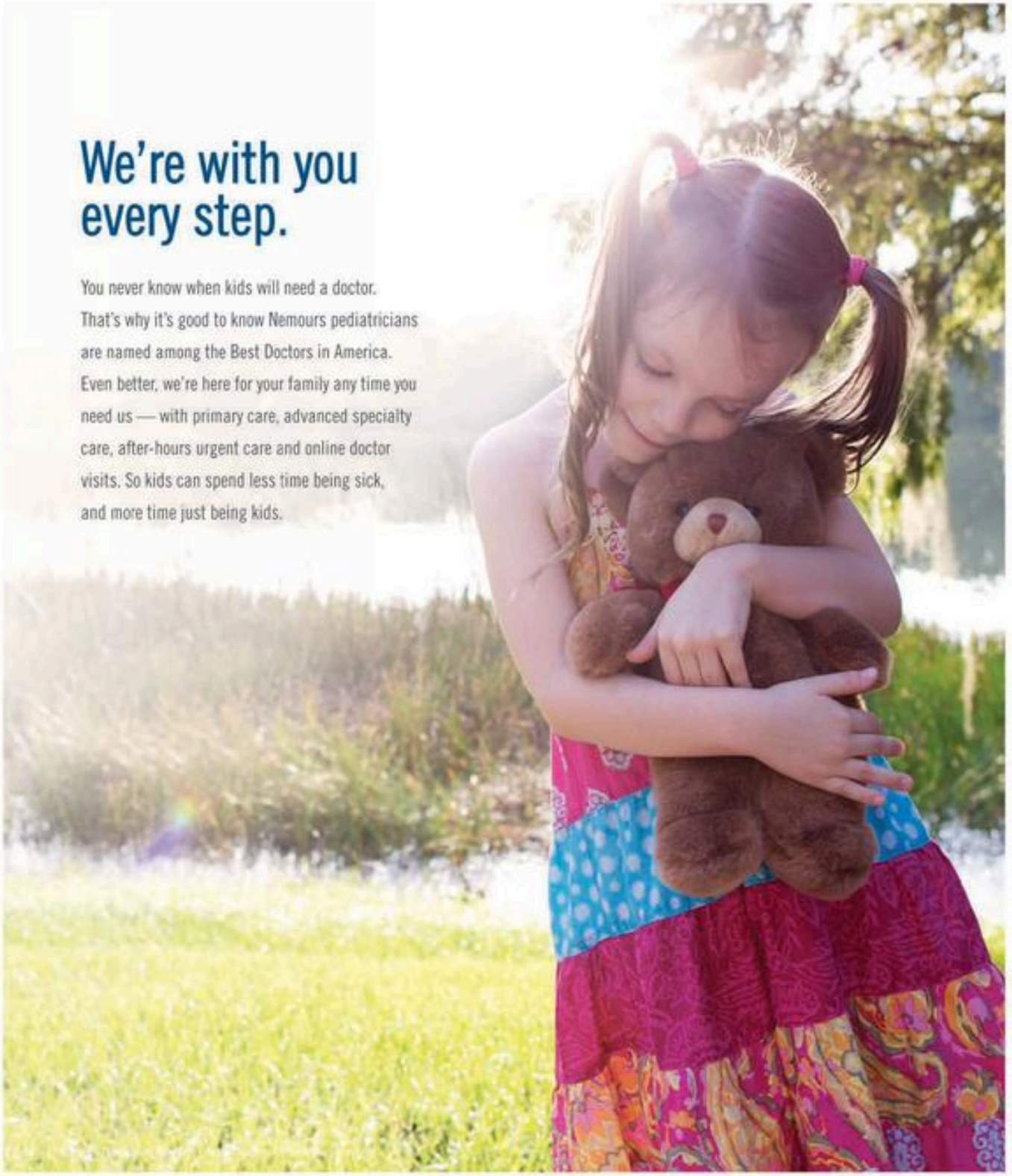
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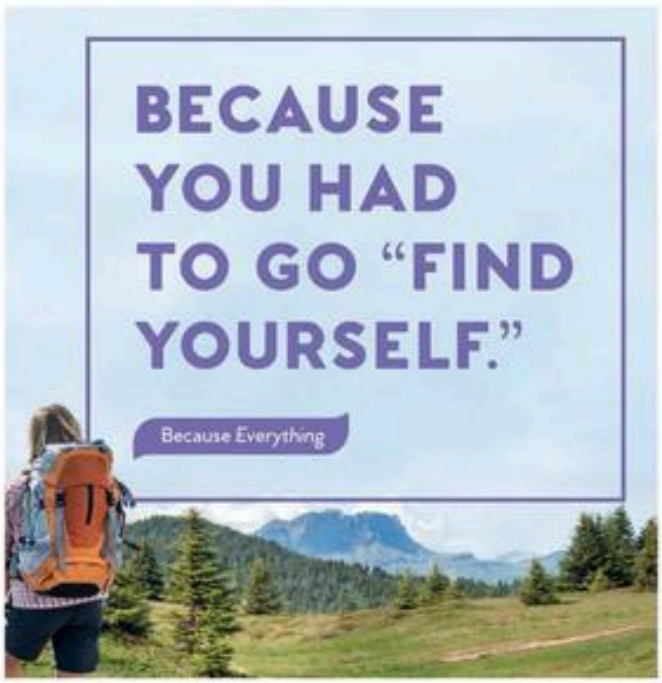
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On the cover
Wolfgang Puck

Orlando Family Magazine is a free, trusted resource designed to inform, serve, and enrich local families and parents throughout the Greater Orlando area with parenting ideas, fun family activites, and a wide variety of invaluable resource guides. Please send all Editorial Correspondence for consideration to editorial@OrlandoFamilyMagazine.com or mail to 212 Pasadena Place, Suite A, Orlando, FL 32803. All such correspondence is sent on a non-confidential basis and Orlando Family Magazine, LLC shall be free to reproduce, publish, edit, and/or use the content of any such communications, including any ideas, inventions, concepts, techniques or know-how disclosed therein, for any purpose, including developing, and/or marketing of the magazine and/or goods or services identified in the magazine, without compensation to, or acknowledgement of the author. Orlando Family Magazine assumes no liability for any unsolicited materials, including, but not limited to, manuscripts, photographs or artwork. All submitted materials become the property of Orlando Family Magazine, LLC and will not be returned. Please include a daytime telephone number for verification purposes.



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Orlando Family Magazine is published monthly by Central Florida Magazine, LLC, 212 Pasadena Place, Suite A, Orlando, FL 32803. Telephone (407) 648-7002; Fax (407) 730-8099. Orlando Family Magazine does not assume liability for products or services advertised herein. The views expressed in the magazine are not necessarily those of Central Florida Magazine, LLC and while every attempt will be made to assure the accuracy and authenticity of information appearing in the magazine, Central Florida Magazine, LLC accepts no liability for damages caused by misinterpretation of information, expressed or implied, within the magazine. No representation is made or warranty given as to the completeness or accuracy of such information. The content of Orlando Family Magazine is copyrighted by Central Florida Magazine, LLC. It is strictly prohibited to reproduce or transmit, in whole or in part, any part of our print or on-line magazine without the express written consent of Orlando Family Magazine.

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Editor's NOTE

Stick a Fork in It



Feeling hungry? I have a feeling you will be long before you're done perusing this issue. The reason? Our first-ever Golden Forks awards.

Starting on page 22, the premier edition of these annual honors spotlights 20 of some of the absolute best meals in Greater Orlando. They run a wide gamut of cuisines, ingredients and styles, too, including the creations of local culinary stars and some of the country's best-known celebrity chefs. The result is something for just about every taste, and if you have a whole family to feed, be sure to check out the sidebar on some of our favorite local family-friendly and family-oriented eateries.

One of those celebrity chefs—the world-famous Wolfgang Puck—stuck around to talk to us about his career, current projects and even the reimagined eatery he'll be bringing to Disney Springs in the near future. Head to page 18 to read the exclusive interview.

This issue also contains our Best Children's Doctors report for 2017, and it starts on page 28. In addition to presenting our readers' picks, we also include Best Doctors Inc.'s take on the area's top pediatricians, resulting in more than 120 doctors you and your kids can trust.

Speaking of caring for children, we all know that the costs of child care continue to skyrocket, making the issue a focal point of both the 2016 presidential campaign and family worries. On page 32, we talk to local experts and parents alike to find out just how much it costs in our community, how your child can benefit from high-end options, and even tried-and-true alternatives to paying for care.

Another topic that's of concern to Greater Orlando residents is the dangerous nature of our streets, particularly for pedestrians and bicyclists. On page 34, we touch base with government officials—including the city of Orlando's new director of transportation—and residents to get to the root of the problem and find out how we can all stay safe while using our mean streets.

Finally, don't miss our latest Town Tour, this time spotlighting Kissimmee. Far more than a bedroom community for millions of tourists, Kissimmee offers lots of fun adventures for locals, too, and you can get all the details starting on page 12. And on page 10, find out everything that Harbor House of Central Florida does for our community in this month's Making a Difference.

Now if you'll excuse me, it's about lunchtime and I'm looking forward to noshing on some of our Golden Fork leftovers. We'll see you again in March!

Kind regards,

Nate Shelton
Managing Editor

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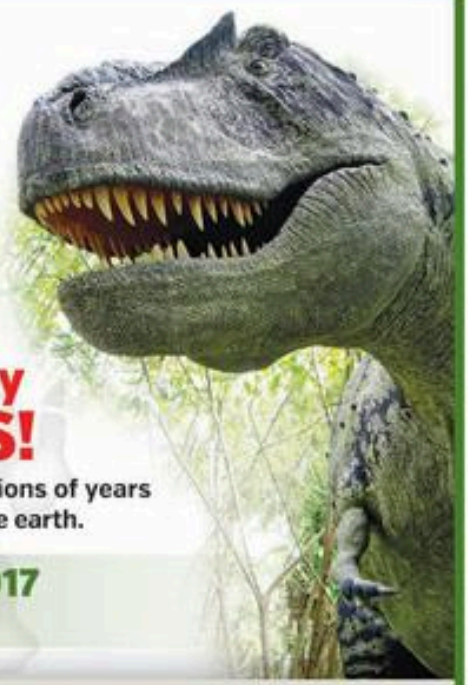


1. This year's Diamond Resorts Invitational gathered 30 legendary PGA Tour Champions and more than 40 celebs in sports and entertainment for a weekend on the greens

2. Fans of 007 donned their best James Bond and "Bond Girl" attire before tangoing into 2017 at Enzian Theater's annual themed New Year's Eve party

3. Held at I-Drive 360, Five Star New Year's Eve celebrated its fourth anniversary with its white-hot, white-and-gold-themed party

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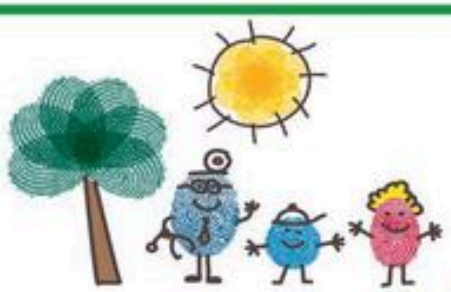
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Home Front

EDITED BY NATE SHELTON AND ANGIE LEWIS

By the Numbers



49 The number of seats in a rainbow-colored section of the Orlando City Soccer Club's new stadium, which is scheduled to open ahead of the team's 2017 season. The seats, located in section 12, are intended to honor the 49 victims of 2016's Pulse nightclub shooting.

69% The increase in the quantity of guns confiscated at Orlando International Airport and Orlando Sanford International Airport in 2016. Those numbers account for 83 guns at the region's main airport, and 10 guns in Sanford.

25,000 The decrease in the number of people living in poverty in Orange County in 2016 compared to 2015, according to data from the U.S. Census Bureau. Per the report, poverty is defined as earning no more than $11,880 for individuals.

$23 MILLION The amount Ripley Entertainment Inc. shelled out for 23.2 acres on Universal Boulevard. The company, which owns the *Ripley's Believe It or Not!* brand, is headquartered in Orlando but declined to comment on plans for the parcel.

$50.35 Million The purchase price paid by South Florida developer Grover Corlew for the Orlando Central Office Park, which consists of 21 buildings near Fashion Square Mall. Corlew says he expects the property to be redeveloped over the next decade.

Mount Dora Arts Festival

By Angie Lewis

FEATURED EVENT



THE NATIONALLY RANKED MOUNT DORA ARTS FESTIVAL returns for its 42nd year February 4-5, offering a great weekend for art lovers, casual show-goers and families alike. The festival, set up throughout the city's historic downtown and alongside Lake Dora, attracts nearly 300 artists from all over the world. Furthermore, this is a juried event, ensuring that the creations on display will be of the highest quality.

As always, the many rows of fine art will include works in clay, digital art, fine crafts, glass, jewelry, metalwork, mixed media (2-D and 3-D), painting, photography, printmaking and drawing, sculpture, and watercolor. In addition, festival-goers can enjoy live entertainment, food, shopping and more.

MOUNT DORA ARTS FESTIVAL
Downtown
Mount Dora
MountDoraArtsFestival.org

Round-trip, park-and-ride shuttle service, which costs $5 per car, is highly advised. Shuttle pick-up and drop-off locations are available at Mount Dora High School and Mount Dora Christian Academy. In addition, three handicap parking lots will be available for disabled visitors and senior citizens. Those locations include the corner of 5th Avenue and Alexander Street across from the Pure Aveda Salon (for a fee), on 6th Avenue behind the Donnelly Park building and tennis courts (free, but drivers must enter from Baker Street), and on Baker Street in the City Hall parking lot (free).

The festival's hours are 9 a.m. to 5 p.m. each day, and admission is free. Please note, however, that the show is subject to cancelation in the event of severe weather conditions.

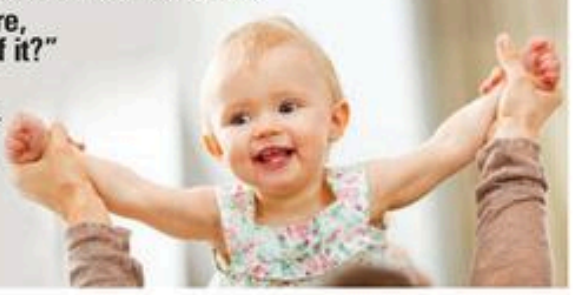
VOICE & VENT **THIS MONTH,** on page 32, we examine the costs and benefits of child care in Greater Orlando, as well as the available alternatives. Which route do you go when it comes to your own child's care? Share your opinion by visiting OrlandoFamilyMagazine.com's Polls section and answering:

"Does your family choose to pay for child care, or does a parent or other relative take care of it?"

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

Last month, we asked: "Are you more likely to pack your kids' school lunches, or do you mostly let them buy lunch on campus?"

75% of you said PACK LUNCH
25% of you said BUY LUNCH



3 THINGS YOU'LL LEARN

Check out our first-annual Golden Forks to learn about 20 of the best meals to be found in Greater Orlando, as well as 20 great family-friendly restaurants.
Page 22

Central Florida continues to be one of the most dangerous places on earth for pedestrians and bicyclists, and local experts are on hand to discuss the problem and solutions.
Page 34

Find out who Best Doctors Inc. pegged as our region's top pediatric doctors, and also see who our readers picked as their favorites.
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DID YOU HEAR?

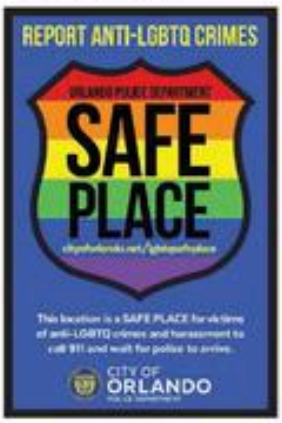
"In my now 23 years in law enforcement, I don't know that I know of a better example of a unified group, across federal, state and local law enforcement … on one mission."

—ORLANDO POLICE DEPARTMENT (OPD) CHIEF JOHN MINA
FOLLOWING THE SUCCESSFUL COMPLETION OF A NINE-DAY MANHUNT FOR MARKEITH LOYD, WHO'S ACCUSED OF KILLING OPD LT. DEBRA CLAYTON ON JANUARY 9

HIT OR MISS

The International Champions Cup, which features internationally renowned soccer players, will play games at Camping World Stadium in 2017 and 2018 thanks to a Visit Orlando sponsorship deal. Visit Orlando will also be the competition's official U.S. tourism partner for both years, with Orlando being one of 15 hosting cities.

Six months to the day after the June 12 Pulse shooting, the City of Orlando announced a new Safe Place initiative. As part of the program, the city will partner with local businesses to provide members of the LGBTQ community with easily identifiable safe places they can turn to if they're the victims of crime or feel threatened.



The Orlando Magic has selected Lakeland as the home of their new NBA Development League, aka D-League, affiliate. The team, which has not yet been named, will play games at The Lakeland Center, and Magic officials are expecting the affiliate to begin play during the upcoming 2017-2018 season.

Altamonte Springs has announced plans to build a pedestrian tunnel under S.R. 436 in front of the Altamonte Mall, with the goal being to increase safety for pedestrians and bicyclists. The nine-lane highway sees more than 60,000 vehicles per day, making it one of the area's most dangerous roads to cross.

In late December, Orlando City Soccer Club co-founder Phil Rawlins stepped down as the team's president, with Orlando City CEO Alex Leitao assuming day-to-day operations. Just two days after the announcement, Rawlins' wife and fellow co-founder Kay Rawlins revealed that the couple was separating.

UP-Fieldgate US Investments, which owns Fashion Square Mall, was sued in January by lender Bancorp Bank for missing more than $1 million in payments in 2016 on a $42.2 million loan. Shortly thereafter, UP-Fieldgate filed for Chapter 11 bankruptcy, but the company says the mall will remain open for the time being.

DATEBOOK

2017 OSCEOLA COUNTY FAIR AND KISSIMMEE VALLEY LIVESTOCK SHOW

2/10-19

In addition to midway rides, the **2017 Osceola County Fair and Kissimmee Valley Livestock Show** will feature a strolling bubble factory, petting zoo, live music, pig races, karaoke contest, livestock auction, the Miss Osceola Scholarship Pageant and more. *Times vary, Osceola Heritage Park, prices vary*

ORLANDO HOME & GARDEN SHOW

2/17-19

With thousands of square feet of exhibits, the **Orlando Home & Garden Show** gives attendees the chance to find the latest in products and services for everything they need to realize their dream home and landscaping, including builders, contractors, materials and much more. *Times vary, Orange County Convention Center, prices vary*

BLUES B-Q

2/18

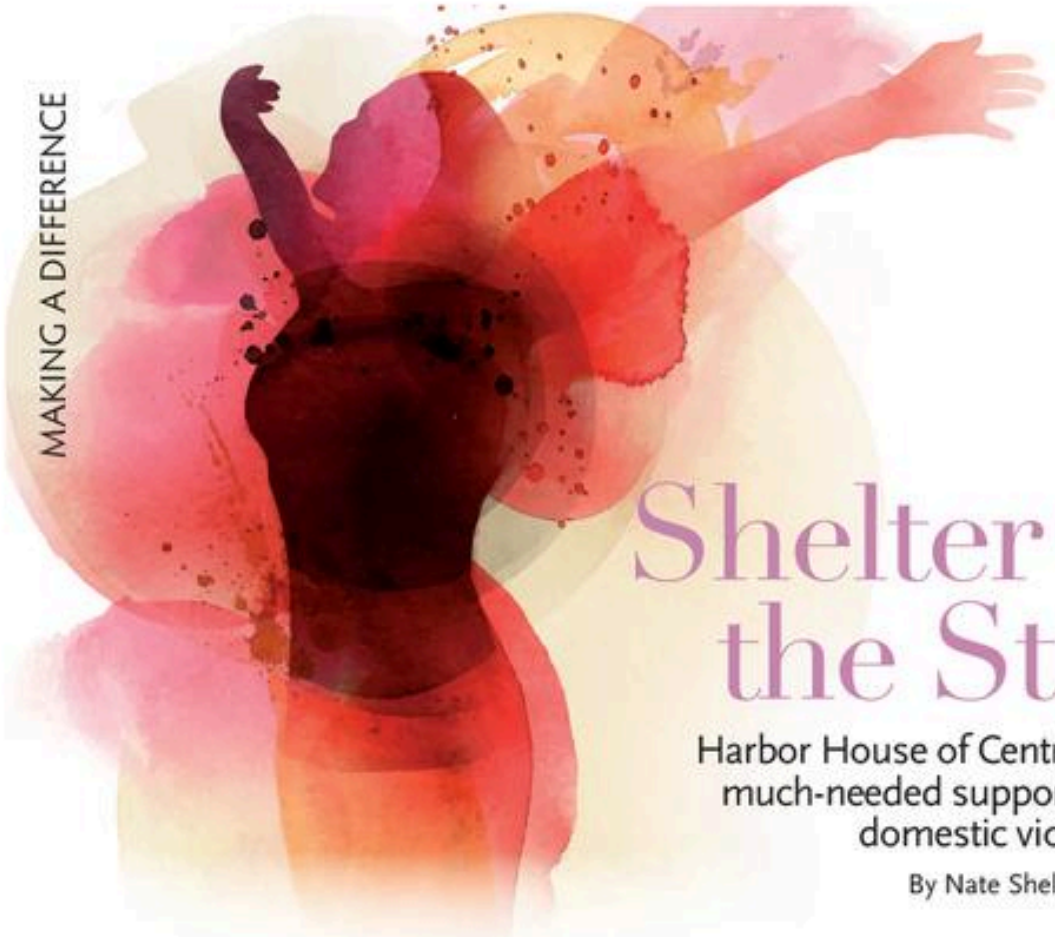
Celebrating its 11th anniversary, this year's **Blues B-Q** will feature musical acts and some of Orlando's best barbecue available for purchase. It will take place at City Commons Plaza in downtown Orlando, and best of all, admission won't cost your family a dime. *4-10 p.m., 400 S. Orange Ave., Free*

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Shelter From the Storm

Harbor House of Central Florida offers much-needed support to victims of domestic violence

By Nate Shelton

No matter where it happens, domestic violence is an inexcusable crime—but it becomes particularly shocking when it takes place in what's billed as one of the happiest places on earth. Making matters worse is that, based on the most recent statistics from the Florida Department of Law Enforcement, domestic violence occurs in Greater Orlando more often than anywhere else in the state.

In 2015, the last year for which data is available, nearly 15,000 cases of domestic abuse were reported in our region, including 8,901 in Orange County alone. Orange even reported slightly more cases than Miami-Dade County, despite having less than half the population of its southern cousin. And every day, new statistics—each representing an abused individual—get added to the pile.

All of which makes Harbor House of Central Florida's ongoing mission so important to our community's well-being.

"We started 40 years ago," says Tekoa Pouerie, Harbor House's chief development officer. "It started with a group of individuals who wanted to help women. At that time, it was called Spouse Abuse Inc., and over time the name has changed to Harbor House of Central Florida because we want to protect the confidentiality of the clients that we serve."

Perhaps it starts with a shove, or a slap to the face. Maybe there's no violence at all, instead involving verbal, economic or even sexual abuse. No matter what form it takes, though, Harbor House stands ready to help—and they'll gladly accept assistance from anyone who wants to join that mission.

Helping the Victims

"You hear the name 'Harbor House,' and most people think that we're just a shelter," says Pouerie. "One of our services is that we provide emergency shelter. If there is someone in a domestic-abusive relationship and has nowhere to go, we provide an emergency shelter where they can stay. But we actually provide more than shelter."

Arguably more important than the shelter is Harbor House's 24-hour crisis hotline, which can be reached at (407) 886-2856. "We're available 24 hours a day, seven days a week, so if someone has a question or wants to get out of a relationship, they can call and speak with someone confidentially," says Pouerie. "Their names won't be released, and they're able to go through a safety planning on what to do when leaving a relationship."

Complementing the hotline is Harbor House's website, HarborHouseFL.com, which provides a wealth of information and resources for those looking to end an abusive relationship. Similarly, the organization's R3 smartphone app, available for Android and iOS devices, helps people determine if they or others are in an abusive relationship, and if so, the location of the closest domestic-violence shelter.

If an individual does come to Harbor House for support, one of the main services they'll benefit from is counseling, both in the form of individual and group sessions.

"…I'm glad I came to these groups," says T.J., a Harbor House client who requested anonymity. "I learned so much, and I really like the support that we got from staff and the other ladies. But also, I didn't feel judged."

A.J., another client who prefers to remain anonymous, concurs. "I was able to talk about my situation, even though in the beginning I didn't really want to," she says. "But I'm glad I did, because I realized I was not alone when the other survivors shared their stories."

Harbor House provides legal aid and advocacy for survivors who need it, too, whether it's going through a divorce or filing an injunction. The organization recently hired two new attorneys to help with this aspect, and they have advocates stationed at the Orange County Sheriff's Office and Orlando Police Department to provide legal services, counseling and anything else a client requires.

Understanding that many victims of domestic abuse have children and/or pets, Harbor House also offers child care and a pet kennel. "We don't want a mom to ever have to think of leaving a child behind or worry about the child being safe," says Pouerie. "When they come to the shelter, they can actually leave their child in child care if they need to go back to work, or they're looking for a job, or just to run an errand."

That facility looks like a normal, everyday child care center that anyone would go to, and

children are provided with hot meals and snacks. The pet kennel provides a similar service and, in some ways, is even more beneficial for children than for the parent.

"The pet kennel serves as therapy because a lot of times, kids don't want to be away from their family pet and, in some cases, their friend," says Pouerie, adding that volunteer veterinarians assist kennel operations. "So, they can walk over to the kennel and pet their animal."

Speaking of children, the organization even strives to bring its message to the next generation. Pouerie says, "We have prevention programs where we're working with middle-school and elementary students so they understand the definition of healthy relationships versus unhealthy."

Joining the Cause

Per Pouerie, Harbor House's ultimate goal is to break the cycle of domestic abuse, with a major focus on Orange County. "It is our hope to achieve this and create a new pathway of awareness so that individuals react to domestic violence in a different way and they become more proactive," she says.

For those looking to help, Pouerie says that talking about the problem is the first step, but there are many other ways to assist, including volunteerism—not just at the Harbor House facility, but also with their annual fundraisers. These include the Purple Door Breakfast, Paws for Peace Walk, and Walk a Mile in Her Shoes, details for which can be found at the organization's website.

Like all nonprofit organizations, Harbor House also relies on donations from the community, but Pouerie notes that supplies, particularly day-to-day necessities, are just as important as money.

"These women, they leave everything just to save their lives [and] their [children's] lives," she says. "They come to us in most cases with just the clothes on their back. … [We] ask individuals that want to partner with us: buy an extra towel. Buy an extra sheet. Pick up an extra case of diapers. Because there are families that don't have any of that."

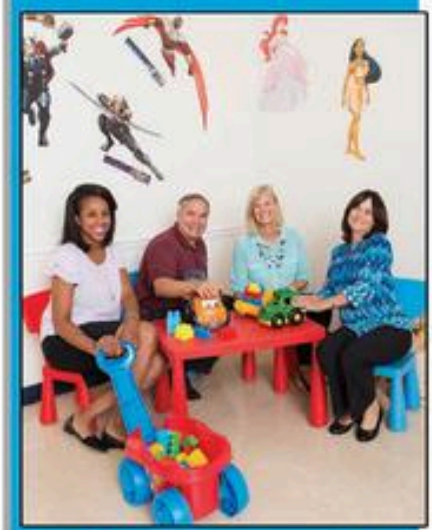
If you're looking to help someone else escape an abusive relationship—or leave one yourself—Pouerie says the first step is to call the Harbor House hotline.

"That's where it begins," she says. "There is someone waiting on the line to help them with safety planning. It's so important. Because we may have someone [call] that's not ready to leave at the moment, but we provide them with safety plans so that when they're ready to leave the relationship, they have all the tools they need to leave safely and with their life."

To learn more about Harbor House and how you can help, visit them online at HarborHouseFL.com. If you or someone you know is a victim of domestic abuse, call their 24-hour hotline at (407) 886-2856.



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GREATEST PERSONAL ACHIEVEMENT:
Building a regional, multiphysician neurological group practice and also becoming epilepsy board certified. My 10-year career in service to my country in the U.S. Army.

INNOVATIONS:
Expanding our epilepsy monitoring unit and our epilepsy surgery program in cooperation with Arnold Palmer Hospital for Children.

WHAT SETS US APART:
All our staff, in particular our nurse practitioners, strive to empathize with every unique patient.

OFF HOURS:
Hunting, jogging, and spending time with my wife and daughters. I love to travel with them to new areas of the country and world.

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Wild Florida Airboats

Sun-Kissed Adventures

Visitors and residents alike find much to love about life in Kissimmee.

By Nate Shelton

Want to pilot your own airboat or zip-line over hundreds of alligators? Perhaps a high-end staycation is more your thing, with near-immediate access to some of the best restaurant and entertainment options to be found in the Greater Orlando area? Or are you more of a history buff who would rather examine the past than spend time at theme parks?

Good news: No matter which of those categories you fall into, Kissimmee has you covered.

"Experiences abound in Kissimmee," says Vice Mayor Jim Fisher. "Just visit our lakefront, downtown shops, the oldest working hardware store in Florida, a modern civic center, antique stores, and plenty of eateries and restaurants."

"We love taking weekend trips [to Kissimmee]," says Orange County resident Teresa Pierson, referencing her husband and two children. "We try to make it at least twice a year. There's just so much to do, and it lets us 'get away' without having to fly or take a long car ride."

Pierson also notes that the money saved on travel arrangements can instead be spent on having fun—which means their only dilemma is deciding on which of Kissimmee's many offerings to pursue.

"I always say, there's nowhere else in the world where, in the morning, you can be standing in the shadow of the world's most famous castle," says D.T. Minich, chief executive officer of the city's tourism board, Experience Kissimmee, "and in the afternoon, just 30 minutes away, you can be kayaking on the headwaters of the Everglades in the shadows of 200-year-old cypress trees."

To be sure, a perfect blend of theme parks, natural wonders, intriguing history, and top-notch entertainment and dining are all part of the formula that makes Kissimmee such a memorable place to live or visit.

"We have a great abundance of manmade attractions, and then we have a really great variety of Mother Nature's attractions where you can experience the outdoors and go kayaking or zip-lining or horseback riding," says Minich. "So, there's a lot of different eco-type tours and opportunities as well."

Kissimmee also offers a wealth of airboat-tour experiences, including Wild Florida Airboats and Boggy Creek Airboat Rides, with the latter giving customers the chance to do something most only dream of: pilot an airboat.

"[Each boat has] two sets of controls," says Minich, "so you have a licensed, experienced airboat driver at one set of controls, but you can sit there and operate the airboat on your own, and he'll just jump in if you start to do something wrong."

If you do decide on an airboat ride, you stand a good shot of catching some beloved national icons in action. "People don't realize, but down where the airboats operate, that's the largest population of American bald eagles in the continental United States," says Minich.

"Our son has a huge fascination with birds," says Pierson, whose family has taken multiple airboat tours over the years, "so getting to see so many eagles in one spot is a real treat for him. And [my husband and I] enjoyed it because we got to kick back and relax. It's beautiful out there."

Taking a hot-air balloon ride or hitting off-road tracks on rented ATVs are other options, as is zip-lining at locations such as Orlando Tree Trek Adventure Park and Gatorland. "They not only have the gator park," Minich says, "but you can actually zip-line over the alligator swamps."

If that sounds a little too exciting for your family, you might prefer a visit to Kissimmee's historic Pioneer Village.

"They're bringing historic buildings from 100 years ago or so that are threatened to be torn



Zip-lining over Gatorland

down in different parts of the county," says Minich, "and they've constructed an entire little village. They're adding quite a few things, such as a church where people can do weddings, but it's very historic. It's a nice place to get out and learn about the 'Florida cracker' era and the cattle industry."

History buffs will also want to visit the Osceola County Welcome Center and Historical Museum, which sheds light on numerous aspects of Kissimmee's history. Furthermore, downtown Kissimmee has a plethora of historic neighborhoods perfect for leisurely strolls.

While in town, make time for one of Kissimmee's oldest attractions—figuratively speaking. Founded in 1986, Old Town USA is a re-creation of a turn-of-the-20th-century Florida community, boasting historical architecture and distinctive storefronts. Shopping and dining opportunities abound, and kids and adults will find thrills and chills at the Great Magic Hall, Rootin & Tootin's Shootin' Gallery, Happy Days Family Fun Center, and "haunted" Mortem Manor.

If you're looking for a place to stay in Kissimmee, you'll find that the area offers everything from value-oriented, moderately priced mom-and-pop hotels to luxury accommodations at hospitality giants like the Gaylord Palms Resort & Convention Center or the nearby Omni Orlando Resort at ChampionsGate. However, as Minich points out, "If you're talking about visitors taking overnight stays, we've trademarked that we're the 'Vacation Home Capital of the World.'"

Currently, high-end vacation rentals available in Kissimmee offer as many 14 bedrooms. They're a great option not only for large local families who want to stay in town without getting separate hotel rooms, but also for residents who want to invite relatives down for a visit—and don't want to deal with the bother of putting those guests up in their own home. Not to mention the fact that these homes offer far more features than your standard hotels.

"They have a lot of high-tech amenities," says Minich. "Most of them have a theater in the house, they have game rooms, they have children's bedrooms that are custom created—everything from *Frozen* themes to *Harry Potter* themes. … They're really unique, and these are all within 20 minutes of Disney."

Also, don't forget about Kissimmee's wide variety of dining options. "It's really diverse because we have a lot of smaller family-owned, ethnic restaurants," says Minich. "We've got great Indian food and Mediterranean food, and we even have a really authentic British pub. And then we also have fine-dining options in some of the resorts."

Minich points to two restaurants as particular standouts. "The Old Hickory Steakhouse [at Gaylord Palms] has great Old Florida ambience, but the steaks are incredible," he says. "The Zen Restaurant at Omni is a very authentic Chinese experience. The chef is from China, the dishes and serving pieces are from China—he goes over every couple of years and replaces all the serving pieces."

More than just an interesting place to visit, Kissimmee has much to offer residents, too. "Kissimmee is still a great place to live, work and raise a family," says Fisher, citing the city's excellent schools, parks, creeks and downtown lake, which includes Kissimmee Lakefront Park.

At the end of the day, says Minich, "Even though we're kind of a part of Orlando, I think it's almost a small-town feel when you walk in places or greet people on the sidewalk." He also says that Experience Kissimmee is about to launch a new advertising campaign focusing on younger visitors.

"Kids love all these really unique experiences, from meeting a knight at Medieval Times to zip-lining or touching a baby alligator," he says. "There's a lot of great opportunities for children, not just to have fun, but also to learn something about our history, about Florida's history, and about Florida's nature and animals and wildlife. It is a really good kid destination."

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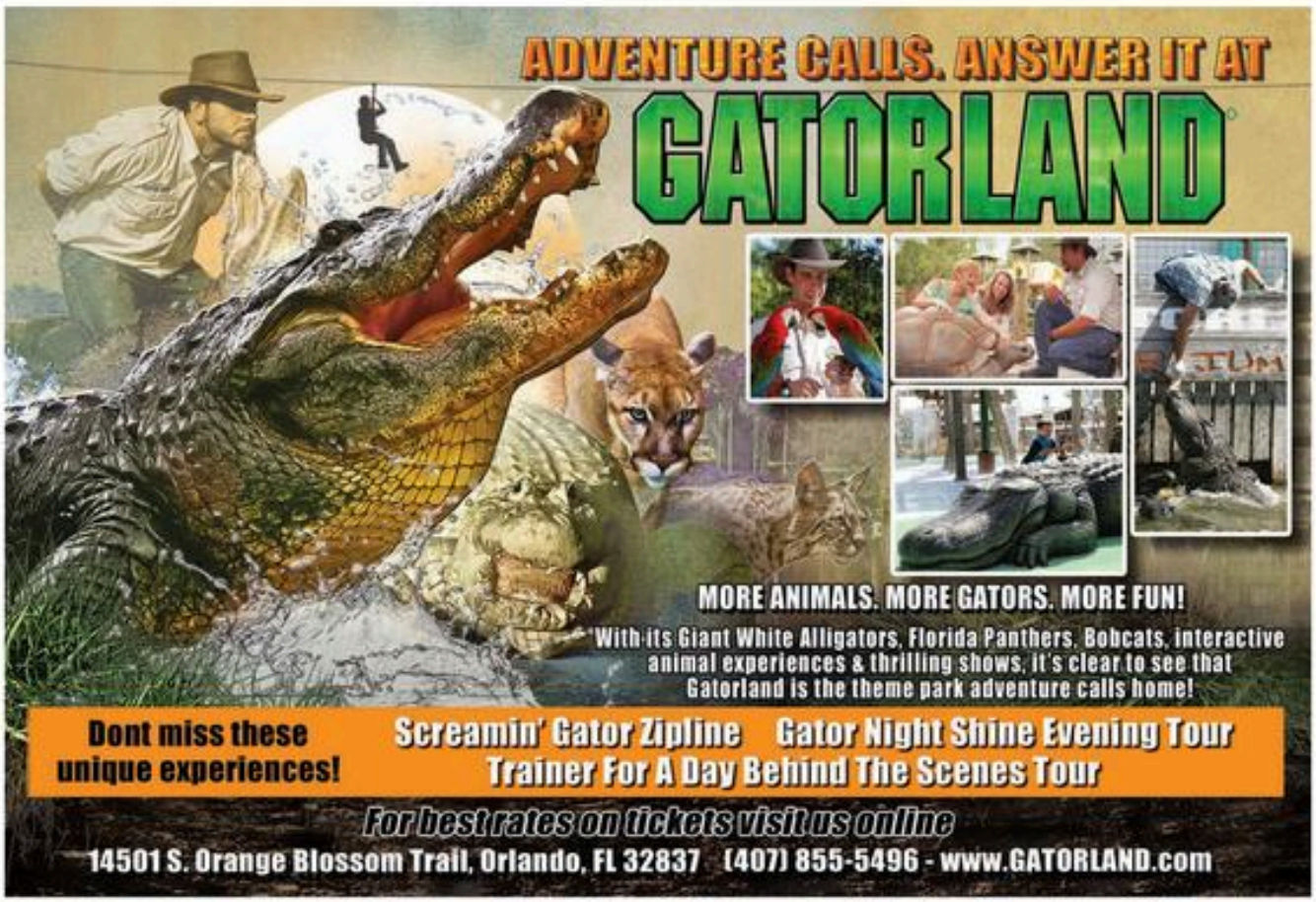
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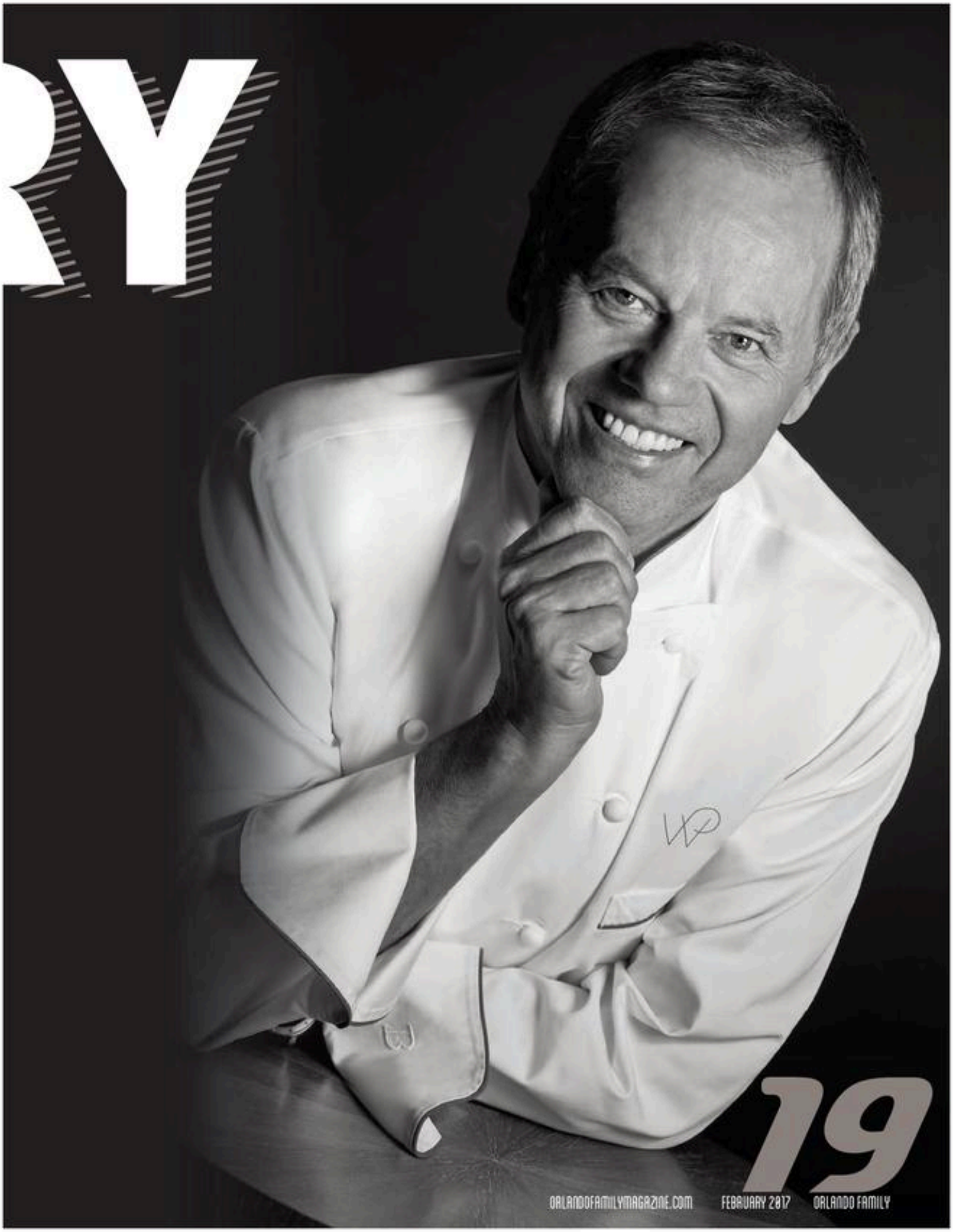
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HUNGER FOR MORE

ACCLAIMED CHEF AND RESTAURATEUR WOLFGANG PUCK DISHES ON GOOD FOOD, HIS SUCCESS AND INSPIRING THE NEXT GENERATION.

By Peter Proko

Wolfgang Puck's name is synonymous with amazing food. He is perhaps the first celebrity chef and earned his stripes long before the culinary world experienced the explosion of the past decade. Since opening his first restaurant in 1982, Puck has gone on to build a culinary empire with restaurants all across the world from New York and Los Angeles to Istanbul and Singapore. And he's no stranger to Orlando either, having been one of the first notable chefs to open up shop in Central Florida two decades ago at what is now Disney Springs.



> **"IF I GET REALLY GOOD SERVICE AND THE FOOD IS GOOD, I TRY TO ENJOY MY COMPANY AND THE EVENING. I'M LESS OF A CRITIC NOW."**

These days Puck can be seen on countless television shows and networks, and he continues to elevate his brand to new heights. His face adorns everything from soup cans in the supermarket to cookware in Bed Bath & Beyond. His restaurant clientele ranges from A-list celebrities to well-heeled diners who appreciate high-end ingredients prepared skillfully and without pretention.

We had the chance to speak with Puck about the longevity he's achieved in his career, why he encourages his cooks to push boundaries, and why he's not in a rush to spend the day at Disney World again anytime soon.

ORLANDO FAMILY MAGAZINE: When you got started in cooking, did you ever envision that you would become such a household name?
WOLFGANG PUCK: No, especially coming from where I grew up in Austria. It was a village with 50 people. We didn't have a street name; only 11 buildings with numbers on them.

OFM: Is that where you fell in love with cooking?
WP: My mother was a professional chef in the summertime at a resort on the lake, and I would go [to work with her] in the summer when there was no school. During the day, I was picking up tennis balls to make a little cash; it was a lot of fun. Little by little I started to work at night and help the pastry chef to make desserts, and I got good. I was making baked Alaskans at 13 years old.

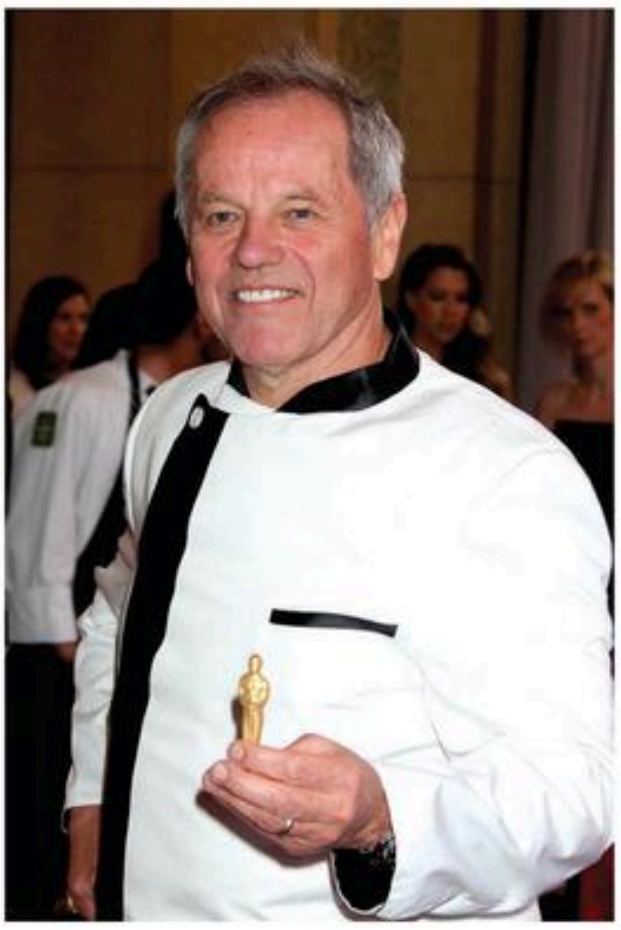
OFM: What do you think of the new generation of chefs? Are they more interested in the celebrity or the food?
WP: You have both. You have people who work in great restaurants who really learn the craft, and then you have some who open a restaurant right away before they learn how to cook properly. It takes patience to learn your craft; you have to train hard. Michael Jordan spent more time shooting the ball than anyone on the [Chicago] Bulls because he wanted to be the best on the court. Cooking is the same thing. When you don't work in really good restaurants and get a good base, then you open up, it becomes a big thing for a year and then it fades away.

OFM: Is there an overriding thing you try to instill in young chefs that they may not understand so early on in their career?
WP: I explain to them there are no shortcuts; you have to learn through repetition to get better. I play tennis, and 20 years ago, I used to get so frustrated with my tennis coach. I would say, "I don't get any better, and I still make stupid mistakes." My coach said: "Look at your life. You play two hours of tennis with me, and you spend 14 hours a day in the kitchen. Which one do you think you are better at?"

OFM: What makes for the ideal fine dining experience in your mind?
WP: It doesn't have to be fussy. I want to go to a restaurant where you have great food and great hospitality. You have to make it so people feel good about making a choice. You have to read the customers. To me, the hospitality is just as important to the food. I tell my people in all my restaurants that more and more we have to upgrade the hospitality and be the best at it. It doesn't cost anything. If I buy truffles, they are $1,000 a pound, but it's free to smile at the guests.

OFM: What has been the biggest challenge of your career thus far?
WP: I think the biggest challenge is to get enough good people [working under you]. The other thing is the new regulations, especially in California; it's very difficult to do business. They almost want you to not to do business. The restaurant industry is one of the biggest industries in labor because we can't automate it.

OFM: I wanted to ask you about your restaurant at Disney Springs. Did you devise the multi-concept location to cater to both the tourism crowd as well as the locals?
WP: Disney World is a different world basically [laughs]. It's not reality. First of all you have millions of people come every year, and they all have to eat. I went with my sister's kids to Disney World last year. I was standing in line all day long; going on rides … I was exhausted. I would much rather spend 12 hours in the kitchen. So, if you go for dinner, you want a good glass of wine and maybe some good fish, but you have to have things for the kids; good pastas and pizzas. The last thing you want after spending all day in the sun is go to a restaurant that is not good for kids and grownups. Of all the Disney properties, we have the most local clientele, for sure.



We are building a new restaurant at Disney Springs from the ground up. It will open next summer. But, again, it has to be family friendly but also has some interesting dishes. In a year and a half from now we will shut down the old one. It's been 20 years and it's time to change; there has to be an evolution. The new concept is going to look good.

OFM: Not only are you successful in the kitchen, but you are a fixture on television as well. What do you love about doing shows like *Top Chef* and so on?
WP: I think it's OK because it's the younger people who watch that, and they love the competition. I do it a little bit [TV work] to stay in the picture.

OFM: People who watch *Top Chef* root for personalities, but they don't actually taste the food like you do. So, how is the food typically?
WP: There are certain things that are very good, and some of the things fail completely. Someone makes one good dish, but the next one is terrible. It's like there are two different people in the kitchen.

OFM: Great chefs teach others, and sometimes those folks leave their kitchens to make their own mark in the culinary world. I'm sure you've had many cooks go on to bigger things. In what ways is that rewarding for you?
WP: A lot of people, chefs or other [business] people, they get upset if people leave and take another job. They treat them badly; they don't want to talk to them anymore. Anyone who leaves me on good terms and opens their restaurant, I'm the first one to support them. A lot of people are insecure. I think the opposite. If I train them for 10 years and they leave and are successful, it looks good on me.

OFM: With so many restaurants in so many places, how difficult is it for you to be in the kitchen, and is that still important for you?
WP: I actually started a restaurant that is a test kitchen [in L.A.]. It only has 10 seats, and we will open it in April. I don't want to cook for 250 people anymore; that's not a job for me. That's like telling Phil Jackson to go on the court and play basketball. He can teach [players] to shoot, or how to play, but he's a coach. My role is being a mentor and an inspiration and having the vision.

OFM: When you sit down for a meal, is there a particular experience you are seeking?
WP: For me it's the whole experience, whereas when I was younger, I dissected everything. Why did they do this? Why did they do that? If I get really good service and the food is good, I try to enjoy my company and the evening. I'm less of a critic now. Because if I dissect things, it's not fun. You should have a good time; it's not like going to temple or going to church where you have to be quiet and listen to someone else. That's why I don't like some of these modernist restaurants where they tell me to eat this way or eat that way. I'm not here for that.

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BY NATE SHELTON &
ORLANDO FAMILY STAFF

SELECT PHOTOGRAPHY BY MARK LOSH

What makes a meal unforgettable? We guess it depends on who you ask, but the overriding factors center around top-notch food, service and ambience. They are the keys to differentiating between a good restaurant and a great one. To be certain, there's no shortage of great restaurants in Greater Orlando, from Italian to Indian to Latin to farm-to-table, and we spent the past year dining at all of them to determine our current favorite dishes. Some are newly discovered; others are tried-and-true meals that continue to carry the torch for Greater Orlando fine dining. Collectively, they are 20 dishes that wow in every sense of the word.



BRAISED CREEKSTONE FARMS BEEF SHORT RIB

EMERIL'S ORLANDO
UNIVERSAL CITYWALK

Not that there's anything bad on the menu at Emeril Lagasse's flagship Orlando restaurant, but this dish really brings the "Bam!" for us. With the titular braised short rib serving as the centerpiece, the experience is filled out with a cloud of whipped potatoes, stalks of fresh steamed asparagus, and a truffle demi you must taste to believe.

OTHER STANDOUTS: Seafood fanatics will want to give the Blackened Redfish a spin, and Emeril even has veggie lovers covered with a divine Vegetarian Pasta.

EXTRA BITE: Don't forget about Emeril's Tchoup Chop, which delivers the tastes of the Pacific Seas by way of New Orleans.



FRIED CHICKEN & DOUGHNUTS

ART SMITH'S
HOMECOMING
FLORIDA KITCHEN
DISNEY SPRINGS

Given that celebrity chef Art Smith is a Florida native and proud Southerner, it's no surprise that his signature eatery at Disney Springs taps deeply into both cultures. Our favorite is this sweet-and-savory gourmet dish, featuring two huge pieces of Smith's mouthwatering fried chicken. Paired with house-made sugar doughnuts and creamy mashed potatoes, it's a taste worth going back for.

OTHER STANDOUTS: It's hard to go wrong with anything here, but we also can't get enough of other main plates such as Art's Famous Fried Chicken, Shrimp & Grits, and Braised Short Ribs.

EXTRA BITE: If you don't have time for a full meal, hit the bar for small plates and some house-made moonshine.

POLLO DI ANGELO

TREVI'S
OMNI ORLANDO RESORT

The food at Trevi's is so fresh that they use their own homegrown Italian herbs, and that commitment to quality is written all over this dish. A succulent chicken breast gets paired with angel hair pasta and flavored with roasted peppers, artichokes, sun-dried tomatoes, toasted pine nuts and scampi sauce. And just like all Trevi's entrées, it's available in a family-style portion that feeds four.

OTHER STANDOUTS: The Gamberetti, featuring baked jumbo prawns, is always worth trying, and we're also enamored of the Pesci Spada (swordfish).

EXTRA BITE: Fans of al fresco dining will want an outdoor table, where you can eat among the in-house herb garden.

DUCK BREAST

K RESTAURANT
COLLEGE PARK

We love duck paired with sweetness, and this dish delivers on that

combination in a big way. The Maple Leaf Farms bird is served with a pinot-noir sauce, and the combination pairs beautifully. Keep in mind, though, that Chef Kevin Fonzo reserves the right to change up the specifics when it comes to the sides.

OTHER STANDOUTS: If the Florida Mahi is on the menu, be sure to give it a shot, but if anything isn't worth trying on K's menu, we've yet to find it.

EXTRA BITE: Fonzo is a legend in Orlando's culinary scene, and for good reason. The eatery's beautiful garden and extensive wine selection raise the bar even higher.

GROUPER

TWO CHEFS SEAFOOD OYSTER BAR
DOWNTOWN ORLANDO

Owned and operated by two of Greater Orlando's most experienced chefs—Bernard Carmouche and Larry Sinibaldi—this restaurant is so good at seafood that even standard dishes become superstars. Take their grouper, for example. Served blackened or grilled, the fresh catch comes with mushrooms, asparagus, tomatoes and capers seasoned with lemon butter and basil.

OTHER STANDOUTS: As the name implies, this place is an oyster-lovers dream, whether raw or steamed. We also strongly recommend the Jambalaya.

EXTRA BITE: It's certainly worth noting that Carmouche, an Orlando Culinary Hall of Fame member, worked with Emeril's Restaurants for more than 20 years.

STEAK FRITES

THE RAVENOUS PIG
WINTER PARK

You can't discuss Orlando dining without giving James and Julie Petrakis' flagship eatery a seat at the table, and this tasty dish is our favorite on their farm-to-table menu. Sure, sliced steak and French fries might seem like a simple dish, but the chefs' artistry turns the porcini-marinated black Angus N.Y. strip and truffle fries into a hearty slice of heaven.

OTHER STANDOUTS: The Kombu Tagliatelle is a must-have for lobster lovers, and we also wholeheartedly recommend the Lamb Loin.

EXTRA BITE: The Petrakises have won numerous "Best Chef" nominations from the James Beard Foundation, in addition to honors from *Food & Wine*, *Saveur* and *Southern Living*.



Yellowfin Tuna at blu on the Avenue



Beef tenderloin au poivre at The Boheme Restaurant

SPICY CHICKEN LOUISIANA CREOLE

CHATHAM'S PLACE
DR. PHILLIPS

One of Greater Orlando's somewhat hidden culinary gems, Chatham's Place accentuates the fine in fine dining. Each dish is expertly prepared, but this hot option is always our first choice. First sautéed, the chicken then gets oven-roasted with Cajun spices before being topped with a Creole mustard sauce. For a la carte sides, we prefer the Spanish rice and steamed broccoli.

OTHER STANDOUTS: The Breast of Duck, Seared Tuna, Filet Mignon and Rack of Lamb are all strong contenders in their own right.

EXTRA BITE: Chatham's Place has been dazzling local diners since 1988, thanks in large part to the expertise of co-owners Maurice Colindres and Chef Tony Lopez.

BRAISED LAMB OSSO BUCCO

WOLFGANG PUCK GRAND CAFÉ
DISNEY SPRINGS

The famous chef shows his mastery of Milanese cooking with this standout at the Grand Café's Dining Room. Eschewing the traditional use of veal in this dish, Puck serves juicy lamb offset by mascarpone polenta, root vegetables and fresh parmesan cheese for a complete meal that you won't soon forget.

OTHER STANDOUTS: The Dining Room's Crispy Pork Schnitzel is recommended for a new take on a classic, while the Florida Gulf Catch of the Day hooks us every time.

EXTRA BITE: Between the Dining Room, Sushi Bar, main café and Express options, Puck's Orlando eatery offers flavors for every taste and price range.

YELLOWFIN TUNA

BLU ON THE AVENUE
WINTER PARK

One of ritzy Park Avenue's culinary crown jewels, blu on the Avenue prides itself on fresh, expertly prepared seafood and sushi, and this option is a perfect example. The sumac-seared yellowfin tuna pairs nicely with Forbidden black rice, five-spiced lotus root and sweet curried carrot puree for a taste that hearkens to the Far East as much as the deep sea.

OTHER STANDOUTS: Diners can also opt for one of 14 different gourmet sushi rolls, and those looking for something different should opt for the Grouper Schnitzel.

EXTRA BITE: In addition to outstanding food, blu offers a wide range of classic and specialty cocktails, such as our own favorite Mellow Buffalo.

PORK HAVANA 38

NORMAN'S AT THE RITZ-CARLTON, GRANDE LAKES
WILLIAMSBURG

Sure, travel to Cuba is now possible for American citizens, but why go through the trouble and expense when you can get a taste of the island courtesy of one of Orlando's best chefs? The pork is stunningly presented standing on end atop rich mole and smoky plantain crema, and the black bean & sweet corn salsa and golden grits up the ante.

OTHER STANDOUTS: *Orlando Family* dining critic Michael Lit also recommends the Serrano Ham Crusted Sea Bass, and the Adobo Marinated Grilled Rack of Lamb is heavenly.

EXTRA BITE: Chef Norman Van Aken is the only Floridian on the James Beard list of "Who's Who in American Food and Beverage." What else do you need to know?

DINE LIKE A BOHEMIAN

THE BOHEME RESTAURANT
DOWNTOWN ORLANDO

Although it's not technically a single dish, this three-course, *prix-fixe* dinner is reason enough for us to visit downtown Orlando's swankiest hotel. We usually opt for the lobster bisque as the first course before moving on to the beef tenderloin *au poivre* before finishing with the sinfully decadent milk chocolate cheesecake, but many other options are available.

Previous page photos courtesy of Emeril's Orlando Universal CityWalk and Art Smith

OTHER STANDOUTS: We've yet to find anything ordinary on chefs Laurent Holaender and Robert Walker's menu, and seasonal changes ensure you can find something new to love every time.

EXTRA BITE: With its chic décor and upscale vibe, the Grand Bohemian is worth visiting in its own right—and while you're there, you might as well treat yourself to a fine meal.

MORIMOTO "BURI-BOP"

MORIMOTO ASIA
DISNEY SPRINGS

Made famous by *Iron Chef America*, Masaharu Morimoto saved his most impressive restaurant to date for our own Disney Springs. Served in a hot clay pot, this attention-grabber is a Korean-style yellowtail rice bowl that's finished with egg yolk, and the whole thing is freshly prepared tableside for added entertainment value.

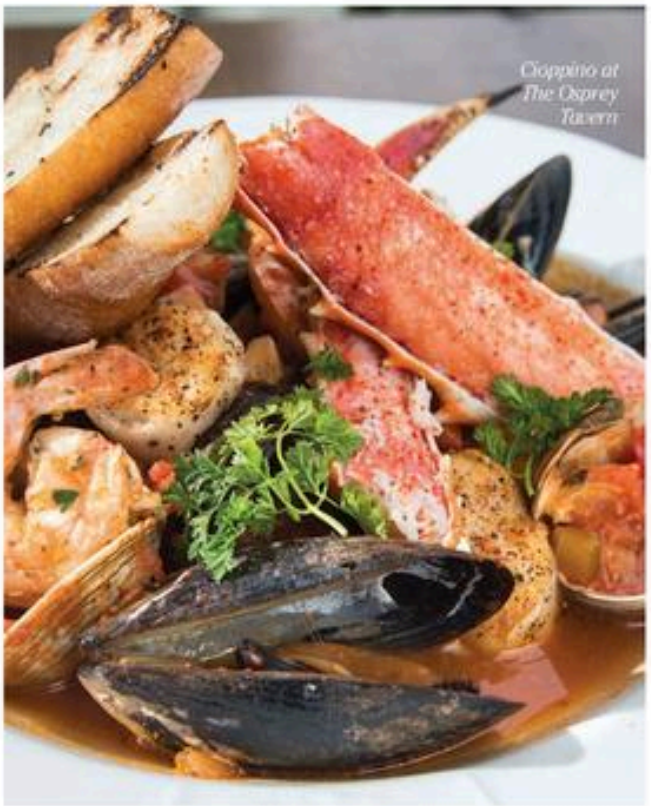
OTHER STANDOUTS: Some of our other Asian fusion favorites include the Mongolian Filet Mignon, the Morimoto Spare Ribs, and the Duck Ramen.

EXTRA BITE: Fans of architecture will find as much to love about Morimoto Asia as foodies, thanks to the Design Built Award of Merit from the American Institute of Architects.

CIOPPINO

THE OSPREY TAVERN
BALDWIN PARK

This meal might be hard for some to pronounce, but it's a pleasure for us to eat. Starting with fennel broth, Executive Chef Austin Boyd adds Key West pink shrimp, king crab, clams, mussels, scallops and tomato for an outstanding taste of the oceans. And the serving of grilled sourdough bread ensures you won't miss a drop of it.



Cioppino at The Osprey Tavern

OTHER STANDOUTS: Other New American meals you'll want to try include the Pan Roasted Flounder, the Veal Marsala and exceptional Cottage Pie.

EXTRA BITE: A relatively new entry on Orlando's restaurant scene, the Osprey Tavern was founded by experienced local restaurateurs Jason and Sue Chin.

SPAGHETTI ALLE VONGOLE

FRANCESCO'S RISTORANTE
MAITLAND

Sometimes the simplest meals can be the most satisfying, as evidenced by our top reason to visit this outstanding Maitland eatery. Spaghetti in an extra virgin olive oil sauce that's topped with little neck clams and fresh cherry tomatoes sounds basic enough, but the magic comes through with simple, whole ingredients and the time-honored method of open-flame cooking.

OTHER STANDOUTS: Cooked in wood-burning ovens, Francesco's pizzas and flatbreads are as good as they get, and the Lasagna Bolognese practically melts in the mouth.

EXTRA BITE: A native of Sicily, chef and owner Francesco Aiello studied at his home country's Instituto Alberghiero before bringing his skills to America.



Spaghetti alle Vongole at Francesco's Ristorante

PROVENÇAL BOUILLABAISSE

URBAIN 40
DR. PHILLIPS

Urbain 40 hasn't been around for long, but it's already turned plenty of foodie heads with imaginative takes on classic meals, including this winner. Prince Edward Island mussels, clams, Cape Canaveral prawns and seasonal fish find perfect harmony in a robust *rouille* sauce, and the house-made baguette is perfect for dipping.

OTHER STANDOUTS: The Duck A L'Orange is another one of our regular choices, and their pasta and steak options are worth checking out, too.

EXTRA BITE: Reminiscent of the big-band era, Urbain 40 has a hip lounge ambience that will make you thirsty for an expertly crafted cocktail.

MISO GLAZED MERO

TODD ENGLISH'S BLUEZOO
WALT DISNEY WORLD RESORT

Cooked to perfection, this Asian-inspired dish dreamed up by celebrity chef—and restaurant namesake—Todd English has all the components of a winner. Shiitake-ginger rice pairs sublimely with the Mero (aka Hawaiian sea bass), and black garlic and sticky soy sauce ties it all together. Plus, the servers are always happy to give suggestions for the perfect complement from their wine menu.

OTHER STANDOUTS: It's not the sort of thing you'd expect a seafood restaurant to excel at, but the Chicken and Waffles gives a gourmet makeover to the comfort-food classic.

EXTRA BITE: The restaurant was designed by renowned architect Jeffrey Beers, resulting in an interior that's as artistic as the dishes being served.

ROUTE 528

RUSTEAK
COLLEGE PARK / OCOEE

Want to tour Central Florida from coast to coast without leaving your seat? This filling meal is the way to do it. Starting with grilled flat iron steak, they add kale-maple bacon garlic mashed potatoes and grilled asparagus before topping it with Cape Canaveral shrimp and creamy hollandaise. Best of all, you don't have to worry about traffic on the Beachline while dining.

OTHER STANDOUTS: RusTeak's Mahi Out of Control made this a tight race, and we're also known to nosh on the Syrah Braised Short Ribs.

EXTRA BITE: Founded by Culinary Institute of America graduates Brian Buttner and Jonathan Canonaco, RusTeak lives up to its reputation at both locations.

Family Feasts

While most of the dishes and venues honored in this year's Golden Forks are geared more toward adults than kids, Greater Orlando has an abundance of family-friendly and family-oriented restaurants for a great night out with the entire clan. **Here are some of our favorites, ranging from finger food that's simply delicious to true gourmet fare.**



Chicken and waffles at The Coop

4 Rivers Smokehouse
Starting with a humble barbecue ministry in 2004, 4 Rivers founder John Rivers made his operation a family affair, and they're eager to please your family. We recommend the brisket, and the kids' menu should satisfy even your pickiest eaters. *Throughout Greater Orlando, (844) 474-8377*

Café Tu Tu Tango
This location is a great spot to introduce your kids to world cuisine while exposing them to fun, colorful art. With pizza, flatbreads, tacos, salads and sliders on the menu, as well as hearty meat and seafood plates, you can find something for everyone. *International Drive, (407) 248-2222*

The Coop
Serving breakfast, lunch and dinner, this 4 Rivers spinoff focuses on comfort food—and between the main plates, sides, sandwiches and even delicious desserts, everyone in your family will likely be comfortably full by the time you're done. *Winter Park, (407) THE-COOP*

Columbia Restaurant
This family-owned and operated Tampa transplant features an upscale-yet-casual atmosphere and quality Spanish fare. Dishes featuring beef, chicken and seafood, including their famous paella, are all available, and many items are kid friendly. *Celebration, (407) 566-1505*

The Crepevine
Proving that French cuisine doesn't have to be unaffordable, the Crepevine primarily focuses on—surprise—crepes for breakfast, lunch, dinner and dessert. Kid-friendly crepes are also on the menu, as are fresh salads. *Altamonte Springs, (321) 972-8999*

Garibaldi Mexican Cuisine
A spinoff of one of Orlando's oldest Mexican eateries, this Sand Lake location adds an entertainment factor with live mariachi performances on weekends. The authentic food is the real attraction, though. *Sand Lake Road, (407) 888-2869*

Hollerbach's Willow Tree Café
No passport is needed to visit this authentic German restaurant, which welcomes diners of all ages. They also offer family-style feasts to feed the whole gang, but reservations are required to take advantage of them. *Sanford, (407) 321-2204*

Johnny's Fillin' Station
Johnny's has been family-owned and operated for more than 30 years, and it stands as an Orlando go-to for burgers and fingers food. The extensive food and bar offerings also include a kids' menu, where little ones can even opt for a classic PB&J. *South Orlando, (407) 894-6900*

Linda's La Cantina Steak House
Children will enjoy this Orlando classic's robust "young diners" menu, parents will adore the steaks, chops and other dishes, and the no-fuss ambience means everyone can kick back and relax. *Orlando, (407) 894-4491*

Moon Cricket Grille
Housed in a historic building, Moon Cricket offers seafood, burgers, wraps and flatbreads, and their bartenders know their stuff. Kid favorites are available on the children's menu, including grilled cheese, chicken nuggets and burgers. *Winter Garden, (407) 905-5525*

Nona Blue Modern Tavern
With a menu that revolves around American cuisine—and a wood-fired grill—Nona Blue serves gourmet pub-style food, custom cocktails and more. Plus, their extensive children's menu has something for every taste. *Lake Nona, (407) 313-0027*

Taverna Opa
Boasting a family-style menu that makes feeding a big group easy, this standout serves Greek fare in an authentic atmosphere. Families with younger children might want to opt for lunch, though, as live belly dancers are on hand nightly. *International Drive, (407) 351-8660*

Tibby's New Orleans Kitchen
This local favorite pairs New Orleans grub and bayou-influenced ambience for a fun, festive setting. If you have an extended family to feed, ask about the Napoleon Room, which has a 15-guest minimum. *Altamonte Springs, (407) 951-6928*

Vito's Chop House
The dedicated kids' menu includes pizza, chicken tenders, burgers, hot dogs and pasta. Parents will love the selection, including steaks and seafood that's flame-broiled over Florida citrus and oak wood in a custom fire pit. *International Drive, (407) 354-2467*

Yellow Dog Eats
Culinary Institute of America grad Fish Morgan is behind Yellow Dog's foodie-friendly menu, which offers gourmet sandwiches, salads, barbecue and daily specials. What's more, the fun, kitschy atmosphere is great for kids. *Gotha, (407) 296-0609*

Just think of us as Smile Superheroes.



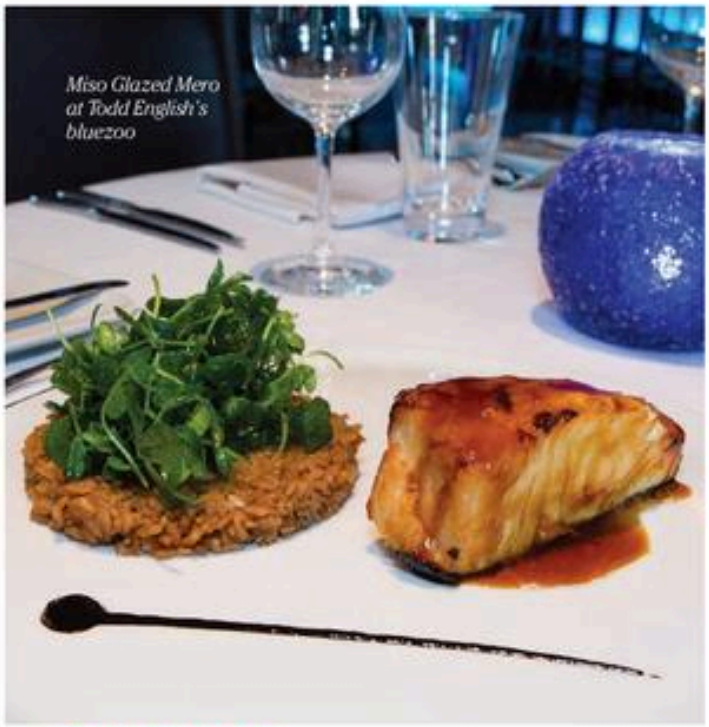
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Miso Glazed Mero at Todd English's bluezoo

Photo courtesy of bluezoo

CHAIRMAN'S RESERVE DELMONICO

LUMA ON PARK
WINTER PARK

This is one of the best reasons to visit one of Park Avenue's best restaurants, which is really saying something. Grilled to perfection, the centerpiece cut of flavorful steak is served with tri-colored cauliflower, glazed parsnips, Brussels sprouts and a caper-currant chutney. And Luma's extensive wine selection guarantees a perfect pairing with the meal.

OTHER STANDOUTS: We're equally partial to the Horseradish Crusted Mahi-Mahi, and the Snake River Flank Steak and Long Island Duck Confit are also exceptional.

EXTRA BITE: Given the establishment's two-story "jewel box" wine vault, wine aficionados might actually find more to love at Luma than gourmets.

SHRIMP & SAFFRON FETTUCCINE

NOVA SCRATCH KITCHEN
IVANHOE VILLAGE

Executive Chef Valintinus Domingo takes great care in making the fresh, tender saffron fettuccine, and the effort shines through. The shrimp and herb butter sauce mix beautifully with the pasta, as do the heirloom cherry tomatoes and oyster mushrooms. It's a great example of why this restaurant has become such a hit in a relatively short time.

OTHER STANDOUTS: The Pan Roasted Red Snapper is another one of our usual choices, while the Scallop and Pork Belly is a surf-and-turf delight.

EXTRA BITE: NOVA partners with numerous local suppliers to guarantee the freshest possible ingredients, and the gorgeous lake view is tough to beat.

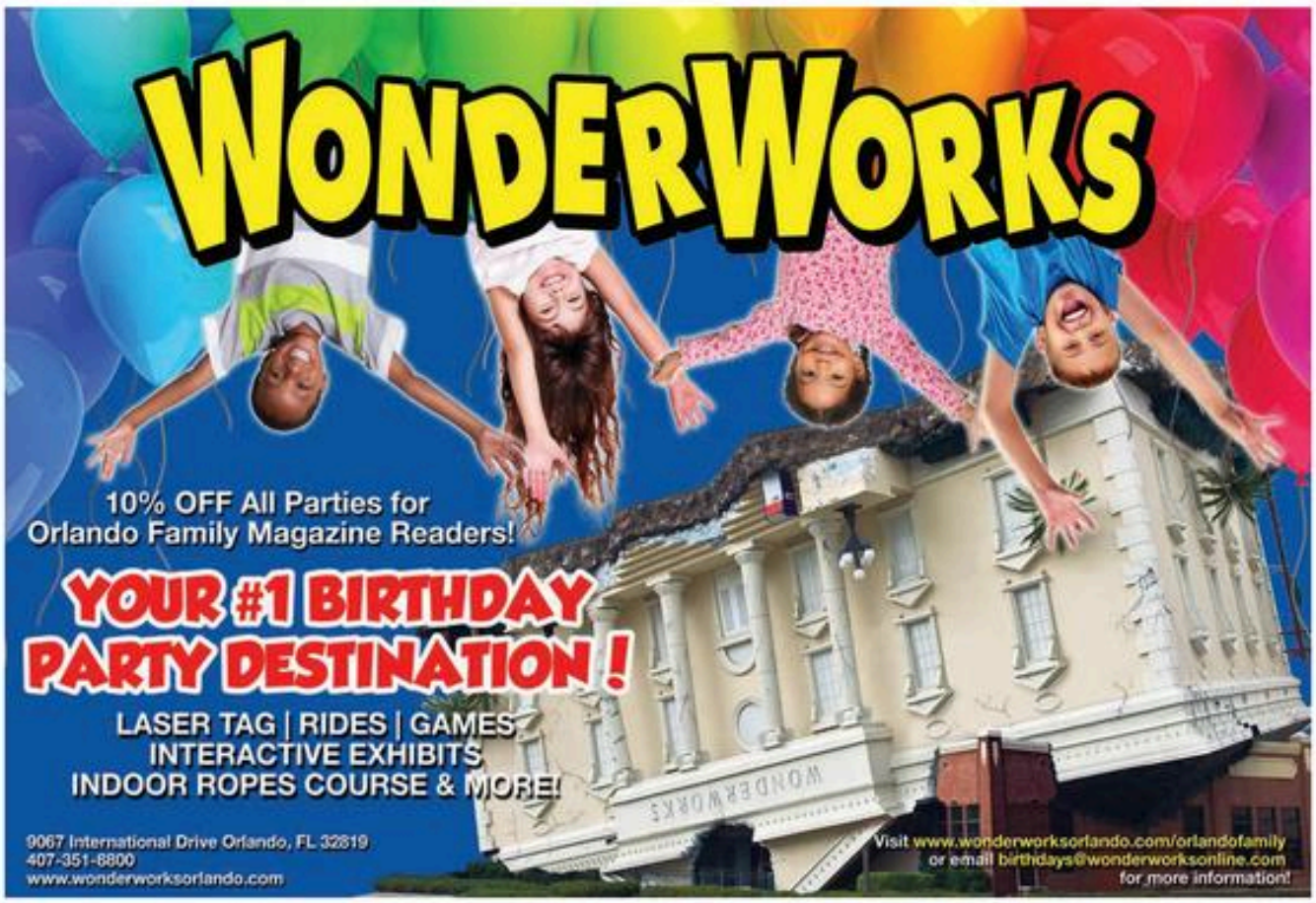
CHAR-GRILLED BERKSHIRE PORK CHOP

THE CHEF'S TABLE AT THE EDGEWATER
WINTER GARDEN

The Chef's Table's three-course, *prix-fixe* menu changes regularly to assure the freshest seasonal ingredients, but fortunately, the Char-Grilled Berkshire Pork Chop seems to be an evergreen item. Featuring a combination of polenta, pork and candied collard greens, the dish continues to be one of the most flavorful pork chop entrées we've experienced.

OTHER STANDOUTS: Due to the Chef's Table's constantly evolving menu, you never know for sure what you'll find, but we've yet to be disappointed by any of it.

EXTRA BITE: If you want to try chefs Kevin Tarter and David Lampman's succulent creations without committing to a full meal, the restaurant's Tasting Room has you covered.



BEST



CHILDREN'S DOCTORS

Spotlighting Greater Orlando's best pediatricians

By Nate Shelton & Orlando Family Staff

Whether you just welcomed a newborn or are raising a teenager, finding a doctor for your child is no small task. Often these medical professionals become extensions of your family, looking after the well-being of your children for many years as they make their way through adolescence. For our first-annual Best Children's Doctors feature, we asked our readers to nominate pediatricians who have made a difference in their lives, and we got the same from Best Doctors Inc., resulting in more than 120 doctors you can trust your kids with.

Pediatric Allergy and Immunology
Dr. Eugene Franklin Schwartz
Altamonte Springs
(407) 862-5824

Pediatric and Adolescent Gynecology
Dr. Judith Seline Simms-Cendan
Orlando
(321) 841-5530

Pediatric Anesthesiology
Dr. Don Felix
Orlando
(321) 843-3294

Dr. Eugene B. Freid
Maitland
(407) 667-0444

Dr. Eric Kunichika
Maitland
(407) 667-0444

Pediatric Cardiac Surgery
Dr. William M. DeCampli
Orlando
(407) 649-6907

Dr. Peter Wearden
Orlando
(407) 650-7715

Pediatric Cardiology
Dr. Janusz B. Burzynski
Maitland
(407) 647-4890

Dr. Susan desJardins
Orlando
(407) 649-6907

Dr. Craig E. Fleishman
Orlando
(407) 649-6907

Dr. Jorge A. Garcia
Orlando
(407) 303-2001

Dr. Rodrigo Nehgme
Orlando
(407) 649-6907

Dr. David G. Nykanen
Orlando
(407) 649-6907

Pediatric Cardiovascular Anesthesia
Dr. Don Felix
Orlando
(321) 843-3294

Dr. Eugene B. Freid
Maitland
(407) 667-0444

Dr. Eric Kunichika
Maitland
(407) 667-0444

Dr. Fred M. Mansfield
Maitland
(407) 667-0505

Dr. Hamish M. Munro
Orlando
(321) 841-1671

Pediatric Critical Care
Dr. Vivek S. Desai
Orlando
(407) 894-8768

Dr. Mary Majella Farrell
Orlando
(407) 841-5104

Dr. Eugene B. Freid
Maitland
(407) 667-0444

Dr. Aaron Godshall
Orlando
(407) 975-0410

Dr. Ann Marie LeVine
Orlando
(407) 398-6702

Dr. Lawrence David Spack
Orlando
(407) 841-5104

Pediatric Endocrinology
Dr. Richard A. Banks
Orlando
(321) 841-3303

Dr. Mauri Carakushansky
Orlando
(407) 650-7210

Dr. Paul Michael Desrosiers
Orlando
(321) 841-3303

Pediatric Gastroenterology
Dr. Sangeeta A. Bhargava
Orlando
(407) 898-1210

Dr. Jeffrey Arthur Bornstein
Orlando
(321) 841-3338

Dr. Jolanda Denham
Orlando
(407) 650-7617

Dr. Nora A. Erhart
Orlando
(407) 351-0804

Dr. Karoly Horvath
Orlando
(321) 841-3338

Dr. Sanjay N. Khubchandani
Orlando
(407) 438-3557

Dr. Devendra L Mehta
Orlando
(321) 841-3338

Dr. Shaista S. Safder
Orlando
(321) 841-3338

Pediatric Hematology-Oncology
Dr. Dorothea N. Douglas
Orlando
(407) 650-7715

Dr. Vincent F. Giusti
Orlando
(321) 841-8588

Dr. Fouad M. Hajjar
Orlando
(407) 303-2080

Dr. Clifford A. Selsky
Winter Springs
(407) 335-4760

Dr. Amy A. Smith
Orlando
(321) 841-8588



Dr. Barry S. Yarckin
West Orlando Pediatrics
"The unique bond with my patients centers around the personalized care I give to each and every individual. The memories we share together and the 24-hour care I try to provide to all of my patients has always taken precedence."



Dr. Jolanda "Julie" Denham
Nemours Children's Hospital
"Over time, I see my patients grow, mature [and] evolve. I hear about their first steps, first teeth, first day of school, first date and first day of college. And I derive joy knowing that I played a small part in removing health-related obstacles from what they love and want to do."



Dr. Robert W. Hered
Eye Physicians of Central Florida
"For me, the most rewarding aspect of pediatric ophthalmology is experiencing the long-term impact I have had on children I have cared for. Identifying, diagnosing and successfully treating a child's vision problem can change a life, and to see that impact is very gratifying."

Pediatric Infectious Disease
Dr. Kenneth A. Alexander
Orlando
(407) 567-4000

Pediatric Interventional Radiology
Dr. Craig M. Johnson
Orlando
(407) 567-3870

Pediatric Nephrology
Dr. Carlos E. Araya
Orlando
(407) 650-7240

Dr. Jorge Antonio Ramirez
Orlando
(321) 841-7970

Pediatric Neurological Surgery
Dr. Chris Gegg
Orlando
(407) 917-6411

Dr. Eric R. Trumble
Orlando
(407) 236-0006

Pediatric Ophthalmology
Dr. Robert W. Hered
Orlando
(407) 398-7730

Pediatric Orthopaedic Surgery
Dr. Jonathan H. Phillips
Orlando
(321) 841-3040

Dr. Raymund Woo
Orlando
(407) 303-5687

Pediatric Otolaryngology
Dr. Cheryl S. Cotter
Orlando
(407) 253-1000

Dr. Joshua Gottschall
Orlando
(407) 253-1000

Dr. Eric Jaryszak
Orlando
(407) 253-1000

Dr. James R. Kosko Jr.
Orlando
(407) 253-1000

Dr. Julie L. Wei
Orlando
(407) 650-7715

Pediatric Pulmonology
Dr. Akinyemi O. Ajayi
Winter Park
(407) 898-2767

Dr. Floyd R. Livingston
Orlando
(407) 650-7270

Dr. Carlos E. Sabogal
Orlando
(321) 841-6350

Dr. Mark Weatherly
Orlando
(321) 841-6350

Pediatric Sleep Medicine
Dr. Akinyemi O. Ajayi
Winter Park
(407) 898-2767

Dr. Floyd R. Livingston
Orlando
(407) 650-7270

Pediatric Specialist/Adolescent and Young Adult Medicine
Dr. Penelope A. Tokarski
Orlando
(321) 843-3220

Pediatric Specialist/Neonatal-Perinatal Medicine
Dr. Gregor Alexander
Orlando
(407) 841-5218

Dr. David A. Auerbach
Orlando
(407) 841-5218

Dr. Shannon Brown
Orlando
(407) 841-5218

Dr. Douglas E. Hardy
Orlando
(407) 841-5218

Dr. Brian Lipman
Orlando
(407) 841-5218

Dr. Eduardo J. Lugo
Orlando
(407) 303-2528

Dr. Michael McMahan
Orlando
(407) 841-5218

Dr. Angelina Pera
Orlando
(407) 841-5218

Dr. Jose A. Perez
Orlando
(407) 841-5218

Pediatric Specialist/Neurology, Epilepsy
Dr. Ronald Gerard Davis
Orlando
(407) 293-1122

Pediatric Specialist/Neurology, General
Dr. Richard S. Finkel
Orlando
(407) 650-7250

Dr. Jasna Kojic
Orlando
(407) 649-1848

Pediatric Specialist/Neurology, Neuromuscular Disease
Dr. Richard S. Finkel
Orlando
(407) 650-7250

Pediatric Specialist/Neurology, Neuro-Oncology
Dr. Nicholas G. Avgeropoulos
Orlando
(321) 841-1869

Pediatric Surgery
Dr. David Miller
Orlando
(407) 540-1000

Dr. Ross Allan Morgan
Orlando
(407) 540-1000

Dr. Donald Plumley
Orlando
(407) 540-1000

Dr. W. Raleigh Thompson
Orlando
(407) 303-7280

Pediatric Urology
Dr. Michael A. Keating
Orlando
(407) 303-5781

Dr. Mark Alan Rich
Orlando
(321) 843-9017

Dr. Hubert S. Swana
Orlando
(321) 843-9017

Pediatrics/General
Dr. Brooke C. Britton
Orlando
(407) 841-7290

Dr. Alix G. Casler
Orlando
(407) 261-2934

Dr. Gregory J. Coffman
Orlando
(407) 841-7290

Dr. David F. Cowan
Orlando
(407) 855-2526

Dr. Mark B. DiDea
Orlando
(407) 841-7290



Dr. Heather Elizondo Vega
Center for Pediatric and Adolescent Medicine
"I find the relationships that I form with whole families to be the most rewarding aspect of pediatrics. I love to learn what my patients are passionate about, what activities they enjoy, and what careers my adolescent patients are considering."



Dr. Marla A. Robbins
Personal Pediatrics
"Being able to form relationships with families that are long-term and attempting to make a positive impact in their lives is extremely fulfilling. Nothing can approach the joy and honor I receive on a daily basis."



Dr. Julie L. Wei
Nemours Children's Hospital
"Patients and families, while always wanting to be free from pain, suffering (and) disease, also really deserve and want their physician to be there for them most importantly during difficult situations and undesired outcomes."

Dr. Robert Erhart
Ocoee
(407) 381-7360

Dr. Barbara J. Gans
Orlando
(407) 841-7290

Dr. Mark Gilchrist
Ocoee
(407) 290-2394

Dr. Gregory D. Gordon
Orlando
(407) 841-7290

Dr. Stuart H. Janousky
Orlando
(407) 893-7377

Dr. Lucyna Lagod
Orlando
(407) 841-7290

Dr. Miles Mayer Landis
Lake Mary
(407) 323-3550

Dr. Deborah M. Marcus
Orlando
(407) 381-7326

Dr. Sandra D. Morales
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The Price of Parenting

Local experts and parents weigh in on costs and benefits of paid and in-home child care.

By Nate Shelton & Angie Lewis

Child care isn't just a hot topic for current and future parents; it was even a focal point for 2016's presidential election. In fact, the issue was deemed so important that it came up early in last year's first debate between former Secretary of State Hillary Clinton and the eventual winner, President Donald Trump.

While both agreed that action was needed on child care, there were differences in their specifics, but the conversation alone tells us that many Americans struggle with the costs, including here in Greater Orlando. Per data from the U.S. Department of Labor, Floridians pay an average of $8,694 per year for infant care—nearly double what in-state students at Florida's public colleges can expect to pay per year on average for tuition—and despite the high-minded talk from presidential candidates, there's no concrete relief on the horizon.



"All I know is, we can barely cover our [child care] costs," says Monica F., who with husband Brian currently has three children in some form of daycare. "We'll get some relief when our oldest can start looking after himself in a few years, but we'd love to see more in the way of financial aid or tax relief today."

No wonder, then, that some families choose to have a parent stay at home rather than pay to have others watch their children. At the same time, high-end daycare offers advantages that a parent or grandparent might not be able to provide, but perhaps without the same close bond and intense care that comes from a parent.

What's the right choice for you and your family? Only you can answer that—but it's in your kid's best interest that you understand the pros and cons of all options before committing fully to any form of child care.

Counting the Costs

Greater Orlandoans in Orange County can expect to pay approximately $8,681 per year for an infant, $6,684/year for a 4-year-old child, and $5,348 for school-aged children in families that need year-round child care. Those figures come from the Orlando-based nonprofit Community Coordinated Care for Children Inc., which puts costs for child care in Osceola County at similar albeit lower levels.

Per a Heart of Florida United Way Study of Financial Hardship in our state, this data means that local families with an infant and a 4-year-old child can expect to spend more on child care than housing, transportation and food. What's more, given Greater Orlando's median household income of $51,077 for 2015, the last year for which U.S. Census Bureau numbers are available, local families on average are paying more than 16 percent of their annual income on child care, while the U.S. Department of Health and Human Services says that affordable child care shouldn't cost more than 10 percent of a family's earnings.

Greater Orlando's overall costs certainly give pause to some residents, particularly when they have more than one child.

"Natalie is our second and final child, and I wanted to be with her while she was a baby as much as I could," says local mother Melissa H. of her and husband Ian's children. "We also had my older daughter [Brynn] going to preschool/daycare, and we didn't think having to pay for both of them to be cared for while we both worked would be worthwhile or cost effective. Daycare for infants can be pricey."

Of course, averages are exactly that, with some area daycare facilities costing much more or much less, which ideally means there should be a financially-affordable solution for everyone. When reality doesn't match up with statistical expectations,

though, some families have no choice but to pay up.

"We really do pay more for child care than we'd like to," admits Monica F. "But with our careers and other commitments being what they are, we don't have much of a choice in it."

Families who are struggling to make ends meet should note that most local child care facilities offer some form of financial assistance and scholarships, and quality church-run programs can often be found at a fraction of a for-profit school's costs.



"We really do pay more for child care than we'd like to. But with our careers and other commitments being what they are, we don't have much of a choice in it." – Monica F.

Weighing the Benefits

What do families—and more importantly, the kids—get in exchange for paying for child care? Depending on what kind of program your child is enrolled in, the benefits can far outweigh the costs.

For example, Peter Zimmerman, co-founder and religious leader of StarChild Academy, says his facilities can be more properly described as a school rather than child care. "We have an advanced academic curriculum," he says, "and that's really what we've developed a reputation for."

Zimmerman says that StarChild's focus on education means that enrollees often learn at a more advanced level than their age range requires; for instance, 3-year-olds might do a pre-K-level curriculum, and so on.

Similarly, Anne-Marie Boverie, owner of The Learning Center, says, "We believe that getting the children ready for kindergarten starts in the infant room, and thus [we have] age-appropriate lesson plans starting with 3-month-old babies."

Rachel Robertson, vice president for education and development at Bright Horizons, says her centers take an emergent approach to curriculum. This means teaching what children are interested in, rather than coming up with a lesson plan and hoping the kids latch on.

"For example, if children are outside and see construction going on across the street, a teacher will take that and run with it in math and science and language," she says, "and the social development can all be built around this construction interest that they have."

In addition to offering advanced curriculum, paid child care can help develop social skills in a way that home-care alternatives frequently can't. Says Zimmerman, "Being with other children, learning from other children, and also the variety of extracurricular activities and foreign languages we offer to children—there are some great advantages to going to a preschool like what we have to offer."

Finally, paid child care can even expose your children to new cuisine in a way a family lacking a skilled chef probably can't. "Our school still cooks food from scratch," says Roselene Guex, director and CEO of Top Kids Academy, "and our menus are assessed and approved by the Department of Health."

Eyeing the Alternatives

So, what are the alternatives to paid child care? Free options are sometimes available through churches, but for many, the answer is keeping mom or dad at home. And while a parent might not be able to provide the fully featured curriculums offered at Greater Orlando's top child care providers, there are still advantages to be had.

"The biggest benefit for my 5-year-old is me just being there," says Melissa H. "She just turned 4 when the baby was born, [and] she was definitely jealous of how much time and attention Natalie required."

If having a parent stay home isn't possible, a loving grandparent, aunt, uncle or even older sibling might be able to step in. "It's great to be with your parents or grandparents," Zimmerman acknowledges, but he also notes that it can be very expensive for a relative to provide any kind of solid curriculum or skills training.

To that end, says Robertson, the child should be involved in a playgroup or other organized activity to help develop those attributes. "The other thing a parent should focus on," she adds, "is reading and using rich vocabulary. Teachers know to do that, and parents should do that if the child is home."

Babysitters are another option, especially after school, but experts strongly recommend being 100 percent certain about anyone you entrust with your child.

Ultimately, the most important consideration when choosing child care should always be what's best for your kids, and there's no one-size-fits-all answer. Just don't think for a second that so-called educational toys or smart devices can be a substitute for real learning. "Really minimize technology," says Robertson. "Those things, in most cases, don't contribute to development."

Orlando Family Stars

STAR STUDENTS

Orlando Science Elementary Robotics Team



One of three teams of Orlando Science Elementary School students that competed at the First Lego League's Central Florida pre-qualifier tournament earned Best Robot Performance and Overall Champions honors. The winning team was set to participate at the Regional Championship, hosted by Lockheed Martin, on January 28

RESOURCES









Mean Streets

Pedestrians, bicyclists look for safe passage on Greater Orlando's notoriously deadly roadways.

By Nate Shelton

As Greater Orlandoans, we don't need studies to tell us that we have some of the nation's deadliest roadways for pedestrians and bicyclists—we see, hear and experience those dangers firsthand. In the last month of 2016 alone, at least three locals died after being struck by vehicles while walking our mean streets, not to mention the injuries and close calls that happen daily.

Moreover, until 2016's Dangerous by Design [DBD] report, which was published in January by Smart Growth America and the National Complete Streets Coalition, the Orlando region was ranked as the most dangerous for pedestrians. Darryl Johnson, assistant project manager for Orange County's Traffic Engineering Division, says that civic leaders are "…making a concerted effort to reverse that at the local, regional and state levels."

The Orlando-Kissimmee-Sanford area has been somewhat successful in that goal, dropping to the third-most dangerous metro area for pedestrians after topping 2014's report. (However, the new top-two entries weren't included in previous reports.) And while DBD doesn't factor in bicyclists, they too run a severe risk of injury and death in Orlando—especially given how frequently they share roads with motor vehicles.

For instance, while Orlando resident and former avid bicyclist Kevin Hallmark was never

struck while riding, he has seen and experienced several near misses, including one that left him injured and averse to biking.

"Last January, a car cut me off at the intersection of Lakemont Avenue and Glenridge Way," he says, explaining that his bottom-right rib impacted on his bike's handle bar during the ensuing short stop. The result was a broken rib and damaged bike, but Hallmark still had to ride several miles to get home. "There was no one in a position to help me. I'm still dealing with the effects of that today."

Fortunately, officials in Orlando and Orange County are well aware of these dangers, and they're working to improve safety. What's more, you and your family can take steps now to reduce your risk, no matter how you traverse Greater Orlando's roadways.

Understanding the Problem

While Greater Orlando's pedestrian danger index (PDI)—a statistical aggregate that indicates the likelihood of a person on foot being struck and killed by a vehicle—dropped slightly from 244.28 to 234.7 on 2016's DBD report, it's still noticeably higher than the first non-Florida city, Jackson, Mississippi, which ranked at No. 8 (189.6 PDI). What's the root of the problem? Local experts say that it largely comes down to poor planning by our forebears.

"Primarily, it's the design of our roads," says Amanda Day, executive director of Bike/Walk Central Florida (BWCF). "If you look at the history of the whole Sunbelt area and those cities and locations that are most dangerous, it's really due to the suburban sprawl."

Billy Hattaway, a 28-year veteran of the Florida Department of Transportation (FDOT) who was recently hired as Orlando's transportation director, agrees.

"The interstate has basically become a commuting route, as did all of the state and federal highway system, because there wasn't an additional network planned and built to support all that trip-making," he says. "So, all those roads got widened, the intersections got bigger and bigger to where you've got six-lane roads meeting six-lane roads, sometimes with double and triple left turns or double right turns, and the larger the intersection, the more daunting it makes it for a pedestrian to cross."

Another factor working against pedestrians and bicyclists can be found in just about anyone's pocket or purse: smartphones. "We are a distracted society," says Day. "The more gadgets we put in our phones, the more distracting it is."

Johnson adds that Orange County tops the state in distracted-driving crashes, but says, "… distracted walking is becoming more and more prevalent as people use cellphones and wear headphones while walking."

Finally, says Hattaway, is the fact that too many citizens simply aren't informed about the laws related to pedestrian, bicyclist and driver behavior. "While you've got some folks who know the law and just flaunt it, like red-light running, there are a lot of people that don't really know the law," he says, noting that the problem applies to drivers and bicyclists alike.

"A good example is the [Three Feet Rule]," he adds, referring to the state law that requires drivers to move over at least three feet when passing bicyclists, "or people's awareness of the rights of bicyclists to operate in the road if they're obeying the laws. It's a big part of the problem."

Finding Solutions

State and local governments, as well as organizations such as BWCF, are working to combat the problem. At the state level, the FDOT's Complete Streets Policy and Complete Streets Implementation Plan are intended to provide safer, context-sensitive roads by putting the right street in the right place. In other words, roads are being designed, or sometimes redesigned, to serve the transportation needs of everyone who uses them, including motorists, cyclists, pedestrians, transit riders and freight handlers.

In Orange County, Mayor Teresa Jacobs' Walk-Ride-Thrive! pedestrian-safety initiative establishes and maintains a coordinated, comprehensive response to pedestrian and bicyclist safety issues. Furthermore, Jacobs' INVEST in Our Home for Life initiative dedicated $200 million for road improvements, plus $15 million for intersection and pedestrian-safety upgrades over the next five years.

"These improvements will provide sidewalks, crosswalks, signals, turn lanes, updated signage and other necessary safety improvements," says Johnson, as well as updated pedestrian-crossing treatment guidelines and a new Land Development Code, among other efforts.

The county will also implement a Pedestrian Safety Action Plan and a Complete Streets policy in 2017, and it's using routine resurfacing work to evaluate ways to make roads more multimodal while bolstering walkability and safety.

Orange County residents can even become an active part of the solution. "You can make pedestrian improvement suggestions by calling 311, or through the 311 smartphone app that allows you to photograph, pinpoint and report problems—from potholes to cracks in sidewalks to a lack of pedestrian walking lanes—directly from your smartphone to Orange County's 311 Service Center."

Inside the city limits, Hattaway says, "I'll be developing a safety plan for the city specifically related to bicycles and pedestrians, but obviously, that benefits all users."

Hattaway will also work on educating his staff, and he's primarily focused on seven key categories: data analysis and evaluation, driver education and licensing, highway and traffic engineering, law enforcement and emergency services, communication and outreach, and legislative changes. "There's a lot being done," he acknowledges.

Arrive Alive

Even with the concentrated efforts of state and local authorities, and our slightly better ranking on 2016's DBD report notwithstanding, Greater Orlando's roads aren't going to become safe overnight. In the meantime, there are several ways you and your family can minimize the risks of walking and biking.

"In both cases, be visible," says Hattaway. "When I join my bike-ride group every Saturday morning, I am lit up front and rear. … I'm seeing more walkers and runners that are using lighting as well to make themselves more visible, but wearing light-colored clothing, obviously, is really important."

Day agrees that visibility is key. "Especially now with daylight savings over," she says, "a lot of the accidents that do occur happen at dusk or at nighttime because people aren't visible and cars can't see them crossing the street or riding on the road."

Hattaway also maintains that beyond making themselves visible, pedestrians and bicyclists need to make sure that drivers actually see them. "One of the biggest mistakes I think pedestrians make is when they assume they're being seen," he says, "when in fact many times they're not."

To that end, Johnson recommends that pedestrians always cross busy streets at an intersection or marked crosswalk, make eye contact with drivers, stop before crossing in front of cars, and avoid using earbuds or headphones while walking near traffic. Furthermore, pedestrians should walk facing oncoming vehicles while keeping as far left as possible.

Day notes that cyclists must remember that they are operating a motor vehicle by law, which means the same rules of the road, such as stopping at four-way stop signs and traffic lights, applies to them as well. "Orlando's police department has been doing more enforcement for bicyclists who are not obeying the law, and they've been handing out tickets or warnings about that," she says. "So, education is key all the way around."

Bicyclists and pedestrians should also avoid roads that pose extreme danger. "There are certain places in which I'm not as comfortable to bike or walk, and a lot of it has to do with the speed of the road," says Day.

Ultimately, keeping yourself safe—rather than finding the shortest route—should always be your top goal when biking or walking. Otherwise, you run the risk of becoming a statistic in the next DBD report.

"The fact is, in the state of Florida, we have over 50 people dying every week on our roads, and nobody seems to think that's a problem," says Hattaway. "We've got so much to do. But it can be done."



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This year at the 73rd Annual Osceola County Fair & Kissimmee Valley Livestock Show, we are pulling out all the stops and want to treat you and your family like the rock stars that you are! We are also welcoming our brand new mascot, Rocco the Rooster. He will be our Rock Star in-residence and new community ambassador. If you see Rocco around town, stop and say hello, or come visit him at The Roost during the fair. You never know, he might just hook you up with the VIP experience!

Opening Day, Friday, February 10th, begins with the music of Hotel California: A Tribute to the Eagles at 7 p.m., followed by our *Family Weekend*, with appearances from Nashville recording artists Kari & Billy on Saturday, a Thomas & Friends™ Meet & Greet and Sing-a-long on Sunday, and a Lego® Block Party ALL WEEKEND! Come the first weekend of the fair with your little ones for some laid back atmosphere along with lots of thrilling activities.

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Side Dish

By Nate Shelton

Restaurant news from throughout Greater Orlando


Chef Norman Van Aken



- The reimagined **Planet Hollywood Observatory** was set to open at Disney Springs at the end of January. In addition to a redesigned interior with four stories of space-age design and unique Hollywood memorabilia, the eatery's menu will feature several dishes created by celebrity chef Guy Fieri.

- Stefano LaCommare, the Orlando restauranteur behind Il Pescatore and Stefano's Trattoria, has with his wife, Marie, and son, Leonardo, opened **Nonno's Ristorante Italiano** in Altamonte Springs. The family concept specializes in authentic Sicilian cuisine.

- The owners of **Teak Neighborhood Grill**, which is located in Metro West, have announced plans to open a second location in the Village at Lake Lily in Maitland. Like the original, the new spot will focus on gourmet pub food, an extensive beer menu, and weekend brunch with a Bloody Mary bar.

- In December, four additional restaurants at Walt Disney World's Magic Kingdom began serving wine and beer, including **Tony's Town Square Restaurant, Liberty Tree Tavern, Jungle Navigation Co. Ltd. Skipper Canteen** and **Cinderella's Royal Table**, which join Be Our Guest. The adult beverages are only available with meals.

- **1921 by Norman Van Aken**, the acclaimed, James Beard-winning chef's Mount Dora restaurant, is now offering family-style "Sunday Suppers" for two or four guests. Selections vary weekly, and quantities are limited, so reservations are recommended for those wanting to try Van Aken's creations as a group.

Chef Stanley Yun, Umi Japanese Restaurant

Shrimp Yaki Udon



Offering a unique twist on Japanese cuisine, Winter Park's Umi uses meticulous methods to prepare each dish. This month, Chef Stanley Yun teaches how to make their Shrimp Yaki Udon, which you can prep ingredients for ahead of time and have dinner on the table in 15 minutes.

Ingredients

3/4 cup frozen, peeled shrimp
1/2 medium zucchini, 1" thick slices cut in quarters
1/2 medium onion, diced
1/4 cup cabbage, julienne
1/4 cup carrots, julienne
1/4 cup green onions, thinly sliced (white side only)
1/4 cup bean sprouts
1/2 tbl. chopped garlic
1 tbl. scallions (for garnish)
1/2 lb. udon noodles
1 half-cooked egg (ideally poached, but boiled is acceptable)
1 tbl. Worcestershire sauce
1 tbl. oyster sauce
1 tbl. saké
1 tbl. oil

Preparation

1. In a mixing bowl, combine oyster sauce, Worcestershire sauce, saké and a pinch of garlic
2. Mix well and set aside
3. If using half-boiled egg, boil it for 6 minutes, immediately place in ice water to stop cooking, remove from water once cooled down, and set aside
4. Blanch udon noodles in boiling water for one minute
5. Cool off immediately under cold running water and drain
6. In a heated pan or wok, add the oil, remainder of garlic, all vegetables and shrimp
7. Stir constantly, being careful not to overcook the shrimp
8. Add bean sprouts and gently stir for 30 seconds
9. Turn the heat to high, add udon noodles, the sauce mixture from step 1, and cook together for one minute, stirring constrantly
10. Remove from heat and place everything into a serving bowl
11. If poached egg, gently place on top; if half-boiled, peel and place the egg on top of the noodles
12. Garnish with scallions and serve
13. When ready to eat, break egg and mix well

For Umi Japanese Restaurant reservations, call (407) 960-3993 or visit them online at UmiWinterPark.com.

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Out and About IN ORLANDO

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BY ANGIE LEWIS

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Kissimmee Lakefront Park
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KissimmeeMainStreet.com

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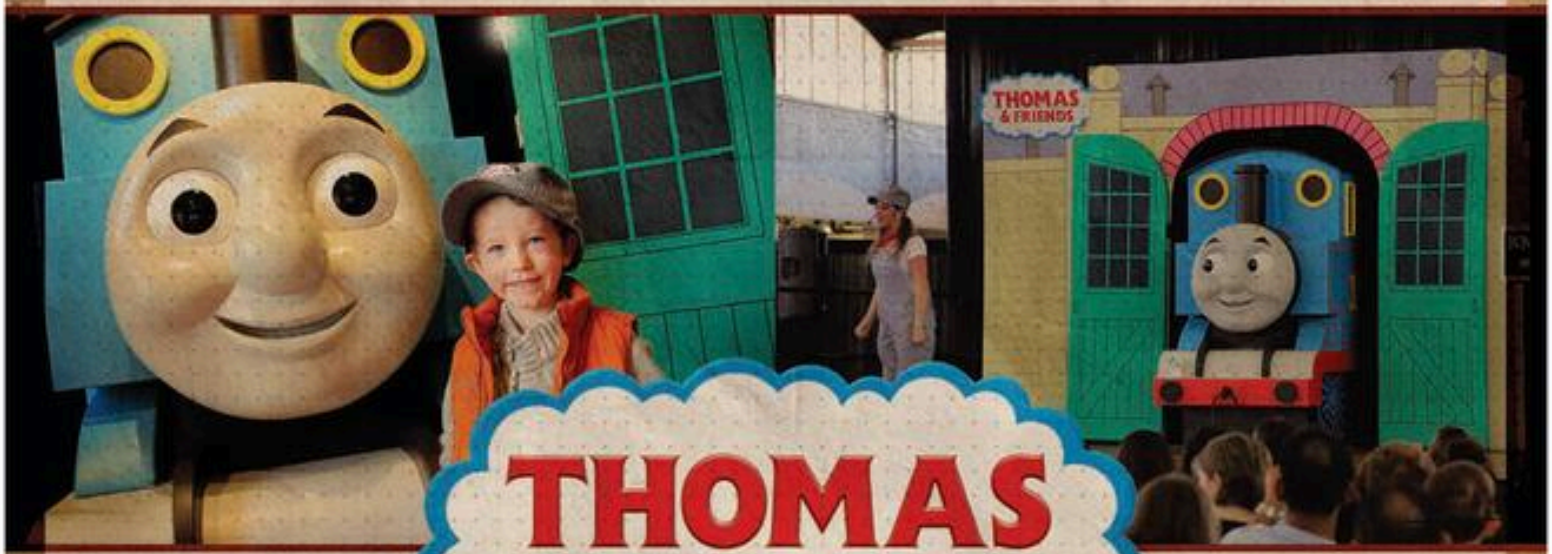
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SUNDAY, FEBRUARY 12TH

SHOWS AT: 1:00PM, 5:00PM, 7:00PM

FREE WITH FAIR ADMISSION!!!

EXPERIENCE Kissimmee FLORIDA

AT OSCEOLA HERITAGE PARK, in KISSIMMEE, FL.



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