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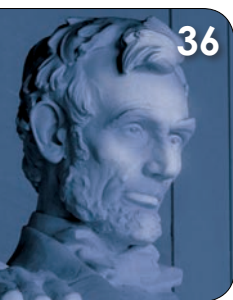
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on the COVER

Eisley Cox (age 2) from Kissimmee and Wrisley Muir (age 8 months) from St. Cloud.

Photo taken by Erika Hopkins Photography





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Editor's NOTE

Miles of Milestones

Twelve years ago, a funny, twenty-something bachelor ran a half marathon with me in 36-degree weather to propose at the finish line. In front of our family and thousands of exhausted competitors, my runner's-high spiked as I said "yes!" After 11 years of marriage, I thank God that Paul and I are still running the course of life together.

I love reminiscing about that slow-paced, infancy stage of our relationship. Today, as parents of an infant, we seem to be in a constant sprint. Neither of us has time to actually hit the pavement for a workout so, instead, I'll playfully compare running to parenting!

Training: As I always did with racing, I physically and mentally prepared myself for pregnancy and the arrival of our son. Paul and I took a birthing course, breastfeeding class, and read childcare books. But, unlike sports, mommy and daddy don't exactly have a coach calling the shots for us with a play-by-play handbook! It even seems like we're running different stretches of this race, as my husband and I dash past each other handing off the baton (um, I mean baby). Fortunately, I know that we're on the same team – just with our uniforms soaked in spit-up versus sweat.

Goal: I typically set objectives for mile splits and overall times. Well, of course, Paul and I are now focused on our shared goal of raising a family. Like most parents, we want to raise a kind, smart, and healthy individual with a generous and fun-loving heart. Our pace might falter here and there, but we're determined to stay the course.

Course: Parenting is a long distance relay, but we don't have a sporty navigation system directing us. While I don't know what twists and turns lay ahead, I'm certain that at some point we'll feel as if we've taken a wrong turn. Yet keeping our son's best interest in mind will get us back on track.

Recovery: Our muscles may not be sore, but our bodies and minds are tired! It's amazing how parents can function on such little sleep following overnight feedings or, for those with teens, the countdown to curfew. We'll stumble on life's hurdles, but we'll recover.

Fans: Cheers amp up motivation, especially during moments when self-doubt makes you want to give up. Heck, I've achieved race records thanks to the enthusiasm of strangers at water stations. Similarly, the support of others is essential in the parenting race and I'm lucky to have a familiar cheering squad (family, friends, teachers, neighbors, etc.).

Victory: A race contestant physically crosses the finish line and claims a prize. Perhaps a child's milestones are the non-tangible ribbons and medals of parenthood! I'm excited to rack up the miles of milestones with my sweet boy.



Happy Reading,

Nancy DeVault

Editorial@OrlandoFamilyMagazine.com



Check out our
Relatively Speaking Blog



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What is your Favorite Romantic Getaway?



evaKELSO
Publisher

*Cabo San Lucas,
Mexico*



nancyDeVAULT
Editor

Capri, Italy



mariaFOSTER
Associate Editor

Ocean Cruise



thomasSESSIONS
Creative Director

Telluride, Colorado

contributing WRITERS

Jane Boursaw
Carolyn Jabs
Janeen Lewis
Heidi Smith Luedtke, Ph.D.
Samantha Rosenthal

salesEXECUTIVES



Glenda Morgan
Glenda@OrlandoFamilyMagazine.com

*Cancun,
Mexico*



Donna Colona
Donna@OrlandoFamilyMagazine.com

The Beach



Lisa Harley
Lisa@OrlandoFamilyMagazine.com

Venice, Italy



Catherine Randell
Catherine@OrlandoFamilyMagazine.com

*Marigot Bay,
St. Lucia, &
Venice, Italy*

publicationDESIGN

Atomic Beehive

contributingPHOTOGRAPHER

Erika Hopkins Photography


websiteDESIGN

Energy Graphics

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VALENTINE'S DAY TEACHER GIFT

Help your child give her teacher
some much needed relaxation
with a spa day... in a jar. 




Materials

- ♥ Felt, red or pink
- ♥ Red mini duck
- ♥ Scrap or decorative paper
- ♥ Mason jar, such as Kerr's pint size
- ♥ Soap colorant, such as ArtMinds Red
- ♥ Bath salts, such as ArtMinds Bath Salts
- ♥ Essential oil, such as ArtMinds Essential Oil Stress Reliever
- ♥ Scissors
- ♥ Pencil
- ♥ White glue

Instructions

Time required: 30 minutes | **Difficulty level:** beginner

1. Pour bath salts into a disposable bowl. Add a couple drops of essential oil and soap colorant. Mix well, using a plastic spoon, to create an even color. Note: For a darker hue, add more colorant.
2. Remove jar lid and pour colored salts into Mason jar.
3. Disassemble lid (two parts). Using the round lid insert, trace shape onto a piece of felt. Cut out; glue to round piece of lid. Re-assemble lid; twist onto Mason jar.
4. Glue rubber duck to top of the felted lid; let dry.
5. Personalize a handmade tag using either scrap or decorative paper.
6. Wrap ribbon around jar rim; add the tag and tie a knot. 

Courtesy of
Michaels



A Very Berry Sweet Valentine's Day

Courtesy of NourishRDs.com

Heart-shaped boxes of chocolates are sweet; but raspberries, known as nature's candy, are both sweet and heart-healthy! Rich in vitamins, antioxidants, and fiber, raspberries boast health benefits such as decreasing risk of cancer, diabetes, heart disease, and obesity. Find more recipes at RedRazz.org.

Raspberry Greek Yogurt Bark

Ingredients

- 2 cups plain, reduced-fat (2%) Greek yogurt
- 1 lemon, zest only
- 2 tablespoons honey
- 1 cup frozen raspberries
- ½ cup shelled pistachios
- ¼ cup slivered almonds

Directions

1. Line small baking pan with aluminum foil.
2. In medium bowl, combine first 3 ingredients. Stir until well incorporated.
3. Add berries, pistachios, and almonds to mixture. Fold in until well incorporated. Spread mixture in baking pan and place in freezer for about 2-3 hours, or until hardened.
4. Once hardened, remove bark from pan and either cut or break up into pieces. Allow to thaw about 5 minutes before eating.


Note: Store remaining bark in freezer. Experiment with other ingredients, such as frozen cherries with dark chocolate chunks; frozen blueberries with unsweetened, flaked coconut; or dried cranberries with pecans.

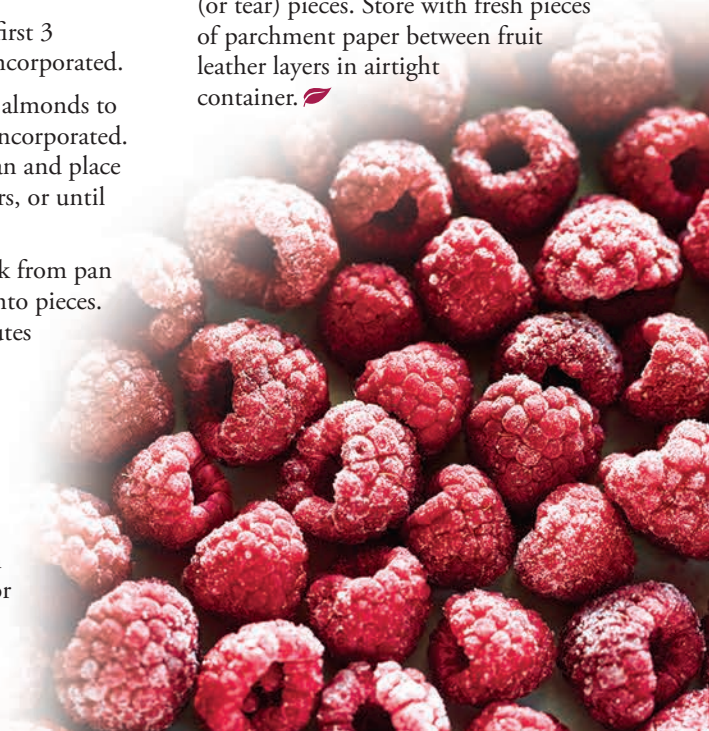
Red Raspberry Fruit Leather

Ingredients

- 1 package (12 ounces) frozen red raspberries, thawed
- ⅓ cup sugar or honey
- 1 teaspoon lemon juice

Directions

1. Heat oven to 170° F.
2. Line two baking pans with parchment paper.
3. Combine all ingredients in blender; and purée until smooth. Pour raspberry mixture on both pans and smooth into thin layer, less than ⅛-inch thick.
4. Bake 3 hours or until mixture is no longer wet but still slightly tacky, rotating every hour and alternating levels.
5. Cool pans on wire rack to room temperature. Remove parchment paper; place on cutting board and cut (or tear) pieces. Store with fresh pieces of parchment paper between fruit leather layers in airtight container. 



Happy Valentine's Day!

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VALENTINE'S DAY ACTIVITIES FOR EVERY ROMANTIC

You've picked up flowers and a sappy card, now... book the babysitter! Valentine's Day is the perfect opportunity for Central Florida parents to reconnect through romantic activities.

By Nancy DeVault

(closed Sundays). Create one-of-a-kind confections using dark, milk, and white chocolate with tons of toppings and crème fillings. Bring beverages to cleanse your tasting palate. Just \$29 per couple gets you the sweet experience and a full pound of personalized chocolates. FarrisandFosters.com

Ready to turn up the heat? Publix Aprons Cooking School, a state-of-the-art kitchen nestled in the back corner of the Marketplace at Dr. Phillips, will teach couples how to make the ultimate Valentine's Day meal for food lovers on Sunday, February 14. The menu includes baked oysters (the most notorious aphrodisiac), scallops, risotto, and more. "The best way to a man's heart is through his stomach" so, for \$55 per person, this demonstration serves up a satisfying 'dinner and show' combo.

Publix.com/Recipes-Planning/Aprons-Cooking-Schools



Get Dirty!

Before the mortgage and the kids, you went on fun dates. Fall in love all over again with a unique night out! Maybe even channel the romantic, waterside streets of Murano, Italy, with a hot glass date night at International Hot Glass, a 4,300-sq. ft. gallery and glass blowing studio. Create two custom stemless wine glasses with the

help of professional glassblowers as you enjoy smooth tunes, silky wines, and a sampling of fine cuisine for \$149 (per couple) on February 13.

InternationalHotGlass.com



Set the Mood Music



Tune into classic love with classic masterpieces at the 81st Annual Bach Festival (multiple performances).

The Bach Festival Choir & Orchestra will play an intimate concert in Central Park on February 7 from 1:30 - 2:30 pm before the Winter Park Chamber's Annual Jazz Concert. Cozy up to your sweetheart on a blanket and toast the tunes.

Or cheers to your years of love at Bach and Beers, also free and co-hosted by Cask & Larder Brewmasters, on February 13 from 11 am - 4 pm. Savor your love as you savor the flavor of the limited-edition Brandenburger Bock beer, a close resemblance to the dark-colored craft brew of Bach's time. Fun fact: Johann Sebastian Bach was often paid in beer! BachFestivalFlorida.org



Paint the town red at the Indie-Folkfest at the Mennello Museum of American Art. The second annual festival, themed Music + Art + Picnic + Love, will be held at the lakeside Sculpture Garden in Loch Haven Cultural Park on February 13 from 12 - 5 pm. The Valentine's Day-themed family picnic - yup, this event is kid-friendly - features local music, original art vendors, food from East End Market, and bar beverages. Lay out a blanket, make Valentine cards, and enjoy the winter sunshine with a backdrop of Lake Formosa. MennelloMuseum.com



Clay is like a relationship: It must be pinched, molded, and designed to become everlasting. Crealdé's Date Night Ceramics Class is held monthly on the first Friday - so why not celebrate Cupid's holiday a pinch early on February 5? It's not the Play-Doh that you're accustomed to but, under the skilled direction of Vadim & Meredith Malkin, you'll love the blissful mess - remember the classic Ghost scene with Demi Moore and Patrick Swayze sculpting pottery! The workshop will be held 7 - 9 pm in Studio 4 and costs \$90 per couple. Bring wine (snacks are provided) and let love be your muse. Crealdé.org

There's no need to purchase a heart-shaped box of chocolates... you can make your own at Farris & Foster's Famous Chocolate Factory on Friday or Saturday night



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Dezert Company. Set up chairs or a blanket to enjoy performances by Selwyn Birchwood, Dave Capp Project, and Mud Rooster Blues. Advanced tickets cost \$17 per person (or \$13 for members) and, if available, day of tickets cost \$22 per person. LeuGardens.org



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sighting of herons, "snakebirds," osprey, eagles, turtles, alligators, and manatees. StJohnsRivershipCo.com

Stay in Love with a Staycation



It's hard for parents to get away. So just stay... in town! The Rosen Shingle Creek Sweet Retreat package offers one night deluxe accommodations (luxury suite upgrades are

available). How sweet? How about chocolate-covered strawberries with champagne and breakfast in bed

for two; plus a 30% discount at select restaurants, the spa, and golf? Prix fixe Valentine's dinner options are available February 12 – 14 at both Cala Bella, a romantic space filled with Italian art and great views, and A Land Remembered, a steakhouse named after the late Patrick Smith's rich novel featuring Florida's historical moments and landscapes. RosenShingleCreek.com

Turn Valentine's Day into Valentine's Weekend! Just 'Pack Your Bags' and let the Villas of Grand Cypress handle the



logistics. Book this two-night getaway for luxury accommodations (we're talking the ultimate posh room, gorgeous kitchen, TV in the bathroom - why not?), dinner for two at Forbes Four Star rated Nine18 restaurant (three courses of locally-sourced deliciousness), a bottle of



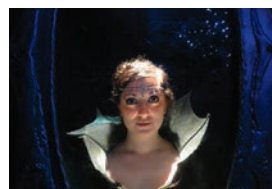
sparkling wine with fresh fruit, floral arrangement, and a \$100 gift card for local shopping. The 1,500-acre resort of 146 luxury villas features 45 holes of Jack Nicklaus signature-designed golf, tennis courts, a rock climbing wall, catch-and-release fishing lakes, pools and, of course, spa services. GrandCypress.com



Play Games

Leave the kids behind... but act like kids anyway with these three game night ideas! (1) Get your love in gear with unlimited whirlyball and laser tag (4 – 8 pm on Sunday, February 14) for just \$25 per person at WhirlyDome, home to sports-inspired bumper cars. Bonus: This play space has adult beverages; enjoy craft brews and liquor cocktails. WhirlyDome.com

(2) You've never felt trapped in your relationship but together, for \$25 each, you can sleuth a victorious escape at It's a Trap, a live, interactive challenge. ItsATrapGame.com (3) Target summer camp memories and take aim with Cupid's bow and arrow. LeadFeather Guns & Archery offers half-hour one-on-one instruction courses for \$30. LeadFeatherGunsAndArchery.com



For more romantic ideas, visit OrlandoDateNightGuide.com and VisitOrlando.com/Blog.



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Supporting Adolescent Romantic Relationships

By Heidi Smith Luedtke, Ph.D.

Your daughter's latest crush has thick black hair and a brown belt in Aikido. Enamored of his vegetarian lifestyle and Eastern interests, she's talking tofu and downloading anime movies by the gigabyte. You? Not so impressed.

Learning from Love

"Although many parents would like pre-teens to participate in supervised group activities, school dances, and trips to the mall or the movies, kids are starting to date earlier than most parents would like," says relationship education advocate Lindsay Kriger, creator of the young women's romance advice blog *If Only I Knew*. Tweens are often preoccupied with romance. They may be

"Romance is a double-edged sword," says Madsen. Being admired and desired is exhilarating; getting disregarded or dumped can be crushing.

infatuated with classmates or obsessed with peers' partnerships. Spending time with mixed-sex peer groups exposes kids to potential love interests and offers opportunities for flirtation. By ages 16 to 18, 75% of teens report they've had a relationship, dated, or "hooked up" with someone.

"Dating is an opportunity for adolescents to test out different identities," says Stephanie Madsen, Ph.D., associate professor of psychology at McDaniel College in Westminster, MD. One month your teen may be sporting an athletic persona; the next, he may be asking to turn your garage into a recording studio. His clothing choices and personal style may shift to please the latest would-be girlfriend. For parents, watching kids try on identities may be like watching bad comedy. Although the characters are awkward and unbelievable, you just can't look away.

Relationships are like a mirror: kids see themselves as others see them and find out how their words and actions draw others closer or push them away. Tweens and teens also learn about their values and goals, explore their feelings, and practice communication and commitment in dating relationships, explains Los Angeles-based teen life coach Melissa Kahn. "In some ways, teenage love is the purest, sweetest love of all – the kind that is about attraction and fun," says Kahn. But that doesn't mean young love is easy.

"Romance is a double-edged sword," says Madsen. Being admired and desired is exhilarating; getting disregarded or dumped can be crushing. First relationships also create a template teens use to understand future relationships. "Failed relationships can make teens feel inadequate, and those feelings of unworthiness may be carried around for a long time," says Kriger. Parents can help kids learn what is appropriate in a healthy, loving partnership by taking a consulting role in early romance.

Parenting Pointers

Meeting your daughter's date at the door with a loaded shotgun or a list of killer questions would likely do more harm than good. Support healthy relationship skills development by following these dos and don'ts:

DO Listen & Share. "Romance can be a fun topic for parents and kids to bond over," says Kahn. "Parents can take a listening role to hear what is on their child's mind. They can also share their personal experiences with love, which a lot of kids are curious about." Ask your child what qualities she looks for in a potential boyfriend and what she likes to do on a date. "A teen who has talked through what she wants in a relationship is better prepared when important choices – like when to end a relationship – present themselves," says Kahn. Initiate an ongoing conversation.

DON'T Overemphasize Sex. "Fewer than half of teens in high school have had intercourse," says Kahn, "yet many parents – fearing the worst – assume their teen is engaged in sexually risky behavior and discourage



dating altogether.” Be careful to distinguish between romance and sex; they aren’t the same thing. “Many young girls are more interested in infatuation and the logistics of being asked out on a date than in sex,” says Kahn. If you immediately bring up sex when your tween or teen mentions a boyfriend, you’ll shut down the dialog.

DO Supervise Appropriately. Madsen’s research shows 64% of parents have rules about kids’ romantic relationships. The best rules give parents a chance to step in if their child needs support, says Madsen; they don’t restrict kids’ behavior. For instance, you might make a rule that you must meet a date before your child goes out and that you need to know where they’re going and when they’ll return. “Restrictive rules that tell kids who they can (and can’t) date, and what they can (and can’t) do on a date are perceived as overbearing,” says Madsen, and can backfire. Kids may look for loopholes or keep relationships secret to avoid punishment.

DON’T Intrude. Dating is one way kids separate from parents and that may evoke some anxiety, says Madsen. Holding on isn’t healthy. “Teens crave privacy and independence,” says Kahn, “and they’ll pull away if you’re overinvolved.” Forgo any spy missions you might be contemplating. Just be available to act as a sounding board when your child wants to talk. When he chooses to share his dating troubles and triumphs, keep them in the strictest confidence. It’s not cool to post your kid’s romance-related news to social media.

DO Set Clear Expectations. Adolescents are learning what behavior is normal during dating. Explain what is and is not acceptable. Studies show many tweens and teens experience verbal harassment in dating relationships and nearly one-third say they worry they might be physically hurt by a romantic partner. Kids need to know they don’t have to tolerate disrespect or abuse. Establish a code your child can use to escape a bad situation. If she calls or texts you the code, come to the rescue. Tell her you need her to return home immediately due to a “family emergency” and pick her up if necessary.

DON’T Project. Thinking back on your own teenage years may help you better connect with your child, but remember, your child is not you. “Parents may fear teens are repeating the same mistakes they made, which – in retrospect – seem horrifying,” says Kahn. Be careful not to assume kids are making the same choices you made or that the same results are inevitable. You can’t prevent your child from making mistakes – or talk her out of her latest crush. However, you can be there to pick up the pieces of her broken heart. 🍷

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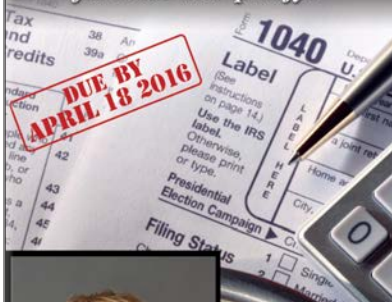
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HELPING YOUR **OVERWEIGHT** CHILD

The percentage of overweight children in the U.S. is growing at an alarming rate, with 1-in-3 kids now considered overweight or obese. From fast food to electronics, quick and easy is the new normal for many people; and preventing your kids from becoming overweight might mean changing the way your family eats, exercises, and spends time together. Helping kids adopt healthy lifestyles begins with parents who lead by example.

Is Your Child Overweight?

Body mass index (BMI) uses height and weight measurements to estimate body fat [utilize a calculator at KidsHealth.org]. Kids ages 2 to 19 fall into one of four categories: underweight (below 5th percentile), normal weight (5th to 84th percentile), overweight (85th to 94th percentile), and obese (95th and above percentile). For kids younger than 2, doctors use weight-for-length charts to determine how a baby's weight compares with his length.

BMI is not a perfect measure of body fat and can be misleading in some situations. For example, a muscular person may have a high BMI without being overweight (extra muscle adds body weight, but not fat). Also, BMI might be difficult to interpret during puberty when kids are experiencing periods of rapid growth. BMI is usually a good indicator — but not a direct measurement — of body fat.

If you're worried that your child may be overweight, make an appointment with his pediatrician who can assess lifestyle habits, make suggestions for positive changes, and screen for medical conditions that can be associated with obesity.

Depending on your child's BMI (or weight-for-length measurement), age, and health, the doctor may refer you to a registered dietitian and, possibly, recommend a comprehensive weight management program.

The Effects of Obesity

Obesity increases the risk for serious health conditions (once considered exclusively adult diseases) which affect present and future health and quality of life, including:

- High blood pressure, high cholesterol and abnormal blood lipid levels, insulin resistance, and Type 2 diabetes
- Bone and joint problems
- Shortness of breath that makes exercise, sports, or any physical activity more difficult and may aggravate the symptoms or increase the chances of developing asthma
- Restless or disordered sleep patterns, such as obstructive sleep apnea
- Tendency to mature earlier (overweight kids may be taller and more sexually mature than their peers, raising expectations that they should act as old as they look, not as old as they are; overweight girls may have irregular menstrual cycles and fertility problems in adulthood)
- Liver and gallbladder disease



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Kids who are unhappy with their weight may also be more likely to:

- Be prone to low self-esteem that stems from being teased, bullied, or rejected by their peers
- Develop unhealthy dieting habits and eating disorders, such as anorexia nervosa and bulimia
- Be prone to depression
- Be at risk for substance abuse

In addition, cardiovascular risk factors present in childhood can lead to heart disease, heart failure, and stroke in adulthood. Conversely, preventing or treating overweight/obesity in children may reduce the risk of developing cardiovascular diseases when they get older.

Causes of Overweight

A number of factors contribute to becoming overweight: genetics, lifestyle, or a combination of both. In some instances, endocrine problems, genetic syndromes, and medications can be associated with excessive weight gain.

Much of what today's busy families eat is quick and easy — from fast food to prepackaged meals. Daily schedules are so jam-packed that there's little time to prepare healthier meals or to squeeze in some exercise. Portion sizes, in the home and out, have grown greatly. Plus, now more than ever, life is sedentary — kids spend more time playing with electronic devices than actively playing outside.

Screen time is a major culprit! Kids younger than 6 spend an average of 2 hours a day in front of a screen, mostly watching TV, DVDs, or videos; while older kids and teens average 4.5 hours a day. When computer use and video games are included, screen time increases to over 7 hours a day! Kids who watch a screen for more than 4 hours a day are more likely to be overweight than those who watch 2 hours or less. Not surprisingly, having a TV in the bedroom is linked to increased likelihood of being overweight. For many kids, once they get home from school, all of their free time is spent viewing a screen of some sort. The American Academy of Pediatrics (AAP) recommends that kids (over 2) not spend more than 1-2 hours a day in front of a screen and discourages any screen time for children younger than 2.

Most kids don't get enough physical activity as many schools are eliminating physical education programs or cutting down the time spent on fitness-building activities. One study showed that gym classes offered third-graders just 25 minutes of vigorous activity each week. Current guidelines recommend that kids get at least 60 minutes of moderate to vigorous physical activity on most, preferably all, days of the week. Babies and toddlers should be active for 15 minutes every hour (a total of 3 hours for every 12 waking hours) each day.

Genetics play a role as well since genes help determine body type and how your body stores and burns fat. Genes alone, however, cannot explain the current obesity crisis. Because both genes and habits are passed down from one generation to the next, multiple members of a family

may struggle with weight control. People in the same family tend to have similar eating patterns, maintain the same levels of physical activity, and adopt the same attitudes toward being overweight. Studies have shown that a child's risk of obesity greatly increases if one or both parents are overweight/obese.

Preventing Overweight and Obesity

The key to keeping kids at a healthy weight is taking a whole-family approach... the "practice what you preach" mentality. Make healthy eating and exercise a family affair. Get your kids involved by letting them help plan and prepare healthy meals, and practice making healthy choices while grocery shopping together. Avoid falling into these common food/eating behavior traps:

- Don't reward kids for good behavior or try to stop bad behavior with sweet treats. Come up with other behavior modification solutions.
- Don't maintain a clean-plate policy. Be aware of kids' hunger cues. Even babies who turn away from the bottle or breast are signaling that they're full. If kids are satisfied, don't force them to continue eating. Reinforce the idea that they should only eat when hungry.
- Don't talk about "bad foods" or completely eliminate all sweets and snacks from kids' diets. Kids may rebel and overeat these forbidden foods outside of the home or sneak them on their own.

Additional Recommendations by Age


Birth to age 1: In addition to its many health benefits, breastfeeding may help prevent excessive weight gain. Though the exact mechanism is not known, breastfed babies are more able to control their own intake and follow internal hunger cues.

Ages 1 to 5: Start good habits early. Help shape food preferences by offering a variety of healthy foods. Encourage kids' natural tendency to be active and help them build on developing skills.

Ages 6 to 12: Encourage kids to be physically active every day, whether through an organized sports team or a casual game during recess. Keep your kids active at home too through daily activities, such as walking and playing in the yard. Let them be involved in making good choices, such as packing a balanced lunch.

Ages 13 to 18: Teens like fast food, but try to steer them toward healthier options like grilled chicken, salads, and smaller sizes. Teach them how to prepare healthy choices at home. Encourage teens to be active every day.

All ages: Cut down on TV, computer, and video game time and discourage eating while watching the tube. Serve a variety of healthy foods and eat meals together when possible. Encourage kids to have at least 5 servings of fruits & vegetables a day, limit sugar-sweetened beverages, and eat breakfast.

If you eat well, exercise regularly, and incorporate healthy habits into your family's daily life, you are modeling a lifestyle for your kids that will last. Talk to them about the importance of eating well and being active, but make it a family affair that will become second nature for everyone. Let your kids know you love them — no matter what their weight — and that you want to help them be happy and healthy. 



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Pre-Race Tips

- Register early.** You'll receive the best entry price (savings of \$3-\$10). Plus, you'll train more regularly with added focus once you've committed to a race.
- Ask friends to join you.** It's fun to train and compete with like-minded workout buddies – you'll motivate each other.
- Consider a training group.** Coaches and fellow runners can help you achieve fitness goals through *Zero to Fit*, a walk-run program; *Five & Dime*, a 5k & 10k program; and *MarathonFest*, a marathon and half marathon program.
- Review your race packet.** If possible, pick up your packet prior to race day to obtain your bib (race number), pins, and instructions such as parking and course info.
- Choose clothes wisely.** Never wear brand new garments; fabric or seams may rub you the wrong way - ouch!

Use the provided pins to fasten the bib to your front side. A timing device may be pre-attached to the bib or provided to clasp onto your shoe.

- Eat light.** Approx. 2 hours before race, opt for bread, pancakes, or a fruit smoothie. Drink 8 - 12 ounces per hour before, during, and after the race.

- Arrive early.** Allow at least 45 minutes to use the facilities, warm-up, and line up.

Race Etiquette

- Line up correctly.** At the start line, it is of utmost importance that you align properly by pace. Your personal timing device will record your race time, rather than clock time.

- Smile!** Enjoy yourself. Plus, cameras may capture you on the course, at the finish line, or during post-race festivities.

- Stay in the middle.** Outside 'lanes' are for passing.

- Say thanks.** Volunteers give their time to make races happen. Smile, wave, or even grunt in their direction to show appreciation!

- Be aware.** It is easy to lose yourself in your thoughts. Be cautious of your surroundings to avoid collisions or tripping.

- Water stop courtesy.** Be especially cautious at water spots and do not walk directly in front of someone who is moving faster. Try to toss the used cup into a trash container.

- Clear the chute.** Cross the finish line and keep moving. It is best for your recovery and the safety of all runners.

- Run/walk no more than two abreast.** This will allow for safe passing.

Post-Race Tips

- Keep moving.** After your time chip is removed in the chute, keep walking as part of your cool-down for at least 15 minutes. Movement keeps muscles contracting and assists blood circulation to reduce soreness.

- Hydrate.** Drink water and also sport drinks to replace electrolytes and carbohydrates.

- Stretch.** After an adequate cooled-down, stretch your lower back and legs. Lay on your back and pull your knees into your chest.

- Register again!** Try a different distance, a destination race, or a trail run.

Get the Kids Involved



Witnessing a child's first steps is one of the most exciting moments in a parent's life. The uncertain balance of wobbly legs and surprised eyes is certainly a solid milestone! Then, your tot is off and running.

Track Shack running events include free kids' runs with varying distances, in addition to *Smile Mile*. This all-kids running festival will be held on Saturday, March 5, at Orlando Fashion Square Mall. *Smile Mile* is a one-mile run geared toward elementary school children (age 5-11) that gives kids an event all their own to train for, enjoy, and show some school pride. More than 200 schools have participated in the past events. Visit TrackShack.com.

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DON'T MISS A BEAT IN SEEKING TREATMENT

Do you know the warning signs of a heart attack? In a survey reported by the CDC, 92% of respondents recognized chest pain as a symptom of a heart attack. However, only 27% were aware of all major symptoms — chest pain or discomfort; upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach; shortness of breath, nausea, lightheadedness, or cold sweats — and knew to call 9-1-1.

Chances of survival are greater when emergency treatment begins quickly so don't miss a beat! Dr. Suraj Kurup, cardiologist at Health Central, explains what may occur should you arrive at the emergency department with chest pain.

IMMEDIATE TESTS

Electrocardiogram (ECG or EKG) records the electrical activity of the heart through electrodes attached to the skin. Because injured heart muscle doesn't

conduct electrical impulses normally, the EKG may show that a heart attack has occurred or is in progress.

Blood tests check for increased levels of certain enzymes normally found in heart muscle. Damage to cells from a heart attack may allow enzymes to leak into your blood.

Chest X-ray checks the condition of lungs and the size/shape of the heart and major blood vessels.

Computerized tomography (CT scan) is used to look for blood clots in the lungs (pulmonary embolism) or an aortic dissection.

Cardiac diagnostic measures are executed in a timely manner. For example, according to Rita Lewis, RN, Clinical Program Coordinator, patients who are brought to the Health Central ER with chest pain will complete an EKG within 10 minutes and blood work within 60 minutes of arrival. If the EKG is abnormal, treatment immediately follows.

POSSIBLE FOLLOW-UP TESTING

Echocardiogram uses sound waves to produce a video image of the heart in motion. A small device may be passed down the throat to obtain better views of the heart.

Computerized tomography (CT scan) can be used to check arteries for signs of calcium, which indicate areas where plaque blockages have accumulated. Scans can also be done with dye to check for blockages and other problems.

Stress tests measure how the heart and blood vessels respond to exertion, which may indicate if chest pain is related to the heart. You may be asked to walk on a treadmill or pedal a stationary bike while hooked up to an EKG. Or, you may be given a drug intravenously to stimulate your heart in a way similar to exercise.

Coronary catheterization (angiogram) helps doctors identify individual arteries to the heart that may be narrowed or blocked. A liquid dye (which becomes visible on X-ray) is injected into the arteries through a catheter — a thin tube that's fed through the wrist or groin to the heart.

TREATMENT

Certain treatments are usually initiated right away if a heart attack is suspected, even before the diagnosis is confirmed, such as aspirin (to prevent further blood clotting), nitroglycerin (to reduce heart's workload and improve blood flow), and oxygen therapy.

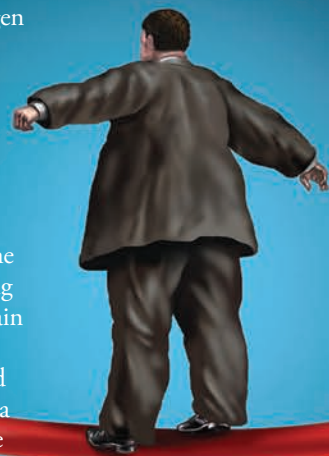
Once a diagnosis of heart attack is confirmed, doctors begin to try to restore blood flow through the blood vessels supplying the heart. The two main treatments are clot-busting medicines and coronary angioplasty, a nonsurgical procedure that opens blocked or narrowed coronary arteries using a catheter with a balloon that is inflated to compress the plaque against the artery wall. During the procedure, a small mesh tube (stent) may be placed to keep the vessel open.

Other treatments following a heart attack may include medicines (ACE inhibitors, anticlotting medicines, anticoagulants, beta blockers, statin medicines); medical procedures (bypass); heart-healthy lifestyle changes (diet, exercise, smoking cessation, stress and weight management, etc.), and cardiac rehabilitation.

NEW MEDICATION

Entresto tablets, approved this past summer by the U.S. Food and Drug Administration, have been shown to reduce the rate of cardiovascular death and hospitalization related to heart failure. Heart failure is a common condition, affecting about 5.1 million people nationwide, in which the heart can't pump enough blood to meet the body's needs.

"Heart failure is a leading cause of death and disability in adults," said Dr. Kurup. "Heart failure is typically caused by heart attacks or high blood pressure, which can damage the heart, and it generally worsens over time as the heart's pumping action grows weaker. Treatment can help people with heart failure live longer and enjoy more active lives." 🍀



Heart Attack Symptoms

- Squeezing, heavy chest pain behind breastbone, especially with:
 - Exercise or exertion
 - Emotional stress
 - Cold weather
 - A large meal
 - Quick onset
- Pain in shoulder, arm, or jaw
- Shortness of breath
- Sweating, clammy skin
- Nausea
- Weakness
- Loss of consciousness
- Anxiety, especially feeling a sense of doom or panic without apparent reason

Other symptoms

Usually more common in women:

- Stomach pain
- Back pain
- Confusion
- Fainting

Sources: Centers for Disease Control and Prevention (CDC), Health Central, Mayo Clinic

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Helping Kids Get Enough Sleep in a 24/7 World

By Carolyn Jabs



For growing children, adequate sleep may be every bit as important as nutritious food and daily exercise. Yet, ever since Edison flipped on the first electric light, experts have been worrying about whether any of us are getting enough sleep! Now researchers are warning that online amusements, especially social media, are sabotaging sleep. Not long ago, the New York Times ran an anxious story about adolescents who “vamp,” staying up all night and using cellphones to surf, text, tweet, play games, and binge-watch shows. Apparently, some teens even text in their sleep, sending messages they don’t remember the next day!

The best way to counteract these trends is to teach good sleep habits when kids are young and parents are firmly in control. Throughout elementary school, it’s a good idea to establish a clear bedtime by counting backward 10-11 hours from when a child needs to be up in the morning. [For current research about how much sleep kids need, visit ParentingScience.com/Sleep-Requirements.html.] To help kids fall asleep, guide them toward a predictable, self-soothing routine. For example: a warm bath, getting things organized for the day ahead, low lights, soft music, a bit of reading, a snuggle with a stuffed animal, etc. The specific ingredients may vary depending on the child’s age and temperament, but experts point out that learning to do something consistently in preparation for sleep has lifelong benefits.

In middle school children grow rapidly, so they still need more sleep – and less social media – than they think they do. Sleep experts recommend that bedrooms remain tech-free zones with no cellphones, video games, or televisions. Get an old-fashioned alarm clock, and insist that all devices observe a curfew in a room you can supervise. Make it a goal for everyone in the family to get an hour of tech-free time before bed!

By high school, most kids will challenge these rules, so parents may need new strategies. Talk to teens about how plenty of sleep at night

equates to being happier (and/or well rested for sports, academic challenges, etc.) during the next day. The goal is to help kids develop a genuine appreciation for the benefits of sleep so they will make healthy decisions even when you aren’t around. Here are some points worth making:

How Much is Enough? Rather than arguing about how much sleep he needs, make your teen responsible for behaviors associated with being well-rested. Can your teen get up at the right time in the morning and do what needs to be done without nagging from you? Can he stay awake and pay attention at school? Is your teen able to get through most days without being hostile, grouchy, or irritable – all common side effects of fatigue? Explain to your child that when the answer to all of these questions is yes, you’ll back off about bedtime. If you see slippage in schedules, grades, or moods, however, you’ll need to reassert control.

The Risks of Too Little. Teens should know about research showing that too little sleep has consequences for physical and mental health. In addition to the negative effects on mood and attention, sleep deprivation is also associated with high blood pressure and an increase in stress hormones. Teens may also be interested to know that researchers have connected too little sleep to increased feelings of hunger which may lead to weight gain.

Online Seductions. Teens aren’t going to want to hear this but, sleep experts are convinced that being online before bedtime makes it harder to fall asleep. For one thing, light is a stimulant that interferes with the sleep cycle. In addition, many online pastimes – competitive games, social media, streaming videos – activate emotions that thwart sleep. If your teen resists the idea of disconnecting at bedtime, talk about what’s going on. Some teens whose lives are heavily scheduled feel that their only unstructured time occurs after “lights out.” Others experience FOMO (fear of missing out) whenever they are offline. Understanding why your teen wants a phone under the pillow may help you work together to establish better boundaries and balance.

Becoming Self Aware. Teens are more likely to make sleep a priority when they are aware of their own patterns, so encourage your child to keep a sleep diary. What time did he get into bed? How long did it take to fall asleep? What was happening immediately before bedtime? Did he wake up spontaneously (a sign that sleep was adequate)? When was your child tired during the day? Did he take a nap in the afternoon? If so, how long? Did he wake up refreshed or groggy? Doing this for a week or two may help your teen make the connection between better sleep and better performance.

Finally, remember that children who lead full and complicated lives may need help with the kind of off-line relaxation that leads to restorative sleep. Depending on your family’s values, you may want to encourage your child to pray, count blessings, meditate, keep a journal, focus on deep breathing, or write down problems so they can be set aside. All of these are time-tested strategies for stepping away from the pressures of a 24/7 world and finding peace at the end of the day.



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By Samantha Rosenthal



inaugural event, tickets cost only \$35 per couple, which included catering by Swine & Sons, beer, trivia, and amazing raffle prizes. *Do Good Date Night* tickets will typically range from \$15 to \$20 per person, although Manieri has some Valentine's Day events planned that may slightly increase entry prices, but will still be a bargain for their grub and entertainment.

Doing Good

Dr. Clifford Clark and the Orlando Aesthetic Institute serve as the *Do Good Date Night* match sponsor, meaning that, for every ticket sold per event, Clark matches the ticket revenue to double the contribution to the selected charity.

"I think another key element of this event series is that we actually do work that makes a real difference. When we worked with Feeding Children Everywhere, the

couples created 9,504 meals in 45 minutes, and the money raised through the raffles and money matched by Dr. Clifford Clark funded 12,000 more," Manieri recalled. "Couples had a tangible, hands-on impact on the issue of hunger, rather than simply writing a donation check."

Lauren Bradley attended the inaugural *Do Good Date Night* with her husband Thomas. They both work full-time jobs and have two young daughters – ages 3 and 5 – so date night isn't always an easy thing for them to arrange and pull off. "To be honest, we spend so much time with our kids and then you really have to look at the cost of a date," shared Bradley. "When you're single, it's one thing – you can go out and have a date. When you have kids, there's the additional cost of getting a babysitter."

Bradley said one of the things she loved about the *Do Good Date Night* event was that it was affordable, and it was all planned out by coordinators so she didn't have to come up with a plan. Along with that, they got to connect with a lot of like-minded couples, many of whom also had children. "It's an opportunity to spend an evening with your spouse, doing something good that gives back to the community," Bradley says, who intends to attend another *Do Good Date Night*. "You get to kind of bond with your spouse over something that is bigger than you!"

As for Manieri, the popularity of *Do Good Date Night* has quickly grown so that she plans to host monthly functions, and she also has a friend who is going to collaborate on launching *Do Good Date Night* in Asheville, NC. Ideally, Manieri would love to see this philanthropic date night concept expand across the U.S. and beyond.

"This is the gateway drug to volunteering," she says. "Once people come out and do my event, they have experience with the featured nonprofit and understand what happens behind the scenes; they've gained firsthand insight into what it actually means to

Date night? Volunteerism? Most parents have little to no time for either, despite good intentions. Could a 2-4-1 option get the ball rolling? That's the exact premise of the *Do Good Date Night* series, Orlando's fun, philanthropically-focused, couples' outings that allows romantic partners to give quality attention to each other while giving back to the community.

The volunteerism-based date night concept was created by Kristen Manieri, founder of Orlando Date Night Guide, contributor to Orlando Family Magazine, and mother of two, who understands the value of an evening out! Launched in September 2015, the event series, originally slated to host six to ten affairs per year, has partnered thus far with Feeding Children Everywhere, Second Harvest Food Bank, Heroes Holiday Toy Drive, and Goodwill Industries of Central Florida.

"Once couples make the decision to go to the *Do Good Date Night* event and they walk out the door, all of the other details are taken care of from there," Manieri says. "I know for me, on date night, not having to think too hard about what it is that we're doing is a win. Especially after a long week of work and parenting, it's nice to have something that is turn-key."

Remarkably, all events hosted thus far have sold out – a clear indication to the mindset of Orlando's couples.

Date Night 101

Do Good Date Night events start off with an hour of volunteer service work and conclude with what Manieri likes to call the "party part," where couples get to enjoy catered food, adult beverages, and interactive elements, such as trivia or a do-it-yourself dessert activity.

"A lot of local fundraisers can be \$100 or \$200 a ticket. One of the cornerstones of this concept is that our events are affordable," Manieri explains. For the





volunteer for that specific organization. My hope is that date participants will continue to support our nonprofit partners for years to come. There's a trickle effect of connecting someone with a nonprofit with which they may not have connected with otherwise." Learn more at DoGoodDateNight.com.

Upcoming Events

Thursday, February 11

Clean The World: This Orlando-based, international organization redirects hotels' toiletry waste to provide hygiene kits to those in need and, in turn, helps prevent illness. Since 2009, it has distributed 15 million bars of soap to more than 70 countries worldwide.

Sunday, February 14

Feeding Children Everywhere: This Longwood-based charity empowers and mobilizes people to assemble healthy meals for hungry children. Since it began in 2010, it has sent more than 30 million meals to hungry children across the world.

CREATING MOMENTS THAT MATTER

TALES OF A FOURTH GRADE NOTHING

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The Parent Perspective

Stroke of Genius

Two Central Florida Dads Survive & Thrive After Stroke

Lennox Flynn, pictured with wife Paul and daughter Leah, is in tune with his family life and health.

A stroke occurs when a blood vessel feeding the brain either gets clogged or ruptures. This blood and oxygen interruption impairs the brain and its bodily functions – either temporarily or permanently. Stroke is the fifth leading cause of death and the leading cause of disability in the U.S., even though most stroke incidents can be prevented through proper lifestyle choices. Stroke can happen to anyone, including children and babies in utero, though age, heredity, race, and gender increase risk. The most common symptoms include severe headache, slurred speech, numbness/weakness (especially on one side), confusion, dizziness, or blurred vision. Two local dads who each survived a stroke say that their brain attack turned out to be a stroke of genius. In their own words, Lennox Flynn and Ray Forsythe share how a new perspective on life was a no-brainer!

Lennox Flynn

In April 2007, two days after I married my wife Paula, I suffered a major stroke, resulting in slurred speech and paralysis on the right side of my body. Paula was three months pregnant at the time and her health should have been the focus. But, instead, I was hospitalized for two weeks, followed by a slow recovery.

To a musician with over 25 years of experience, the thought of never playing the organ or piano again was devastating! But the pending birth of our daughter served as great motivation to recover, including reclaiming my musical abilities. I practiced diligently and even though I missed most keys, I began to make progress. According to the American Stroke Association, music therapy can help improve balance, gait, speech, memory function, attention, and focus. Think about how music can challenge the brain to plan a task, perform the function, remember notes, and so on.

Six months after my stroke, our beautiful daughter Leah was born. As a result of my stroke, I was no longer able to work and transitioned into the role of stay-at-home dad – a wonderful blessing, as I would later learn. I continued to play (and rehabilitate) and, when Leah was about three years old, I introduced her to the piano that she so often heard. To my surprise, she quickly picked it up! Just a few years later, she learned to play the violin at an exhilarated pace and proved to be quite the prodigy.

Leah, now 8-years-old, loves to perform and uses her talents to bring people together and inspire change. For example, after witnessing televised riots following a shooting in Ferguson, Missouri, Leah volunteered to play her violin on the news to help bring peace. The kind and sincere gesture of this child inspired many.

Now I realize that my stroke was not a death sentence but, rather, a challenging stroke of genius that granted a lively bond between my daughter and me. Music has inspired Leah and, in turn, Leah inspires me – every day.

Ray Forsythe

It seemed to be a typical February morning. My son Hawke and I were greeted with a smile and handed paperwork at his scheduled eye examination, but I noticed that my

right arm would not grab the clipboard. I asked Hawke to complete the forms so my daughter, Grace, could accompany me to the car to rest. Lying in the front seat, my tongue felt heavy with an unusual facial feeling. Grace called my wife Doreen, a registered nurse, and she thankfully recognized that I was having a stroke.

I was in disbelief. This couldn't be happening to me... a retired professional athlete for the NFL Cincinnati Bengals. At just 42, I was at the top of my professional business career and an All-American dad to Brynn (24), Stone (17), Hawke (15), Grace (14), and Jaxon (2), with one on the way! But it was happening... a hemorrhagic stroke in my central brain stem, resulting in significant impact to mobility on my right side, speech, memory, and ability to swallow. One thing that I didn't lose, however, was my desire to live life to the fullest and not be sidelined from my family. Hearing the grim expectations that "I would not recover the use of my arm and would only have minimal use of my leg" was my prescription to get back into the game – as the father and husband that I needed to be – despite my fierce opponent (the stroke).

So I approached rehab like football training camp. But it was much harder (and a lot less fun). I pled with my coaches (therapists) for extra drills to better train my body. After two months, I set short-term goals to reclaim normalcy, with victories to include the ability to run a football field and walk alongside a pool to support my kids in their sports. On the day of my rehab discharge, I got out of my wheelchair and walked out of the front door! This victory happened just in time for another victory – the birth of our sixth child, Harrison Brooks.

A year later, I continue to approach rehab like training camp; quitting will never be a part of my game plan. However, my goals have changed slightly. I now long for the simple moments of holding my baby boy and handling diaper duty. And, as Stone follows my footsteps, I want to walk into his collegiate football stadium to cheer him on. Thankfully, my family continues to cheer me on. 🍀

Act FAST!

Call 9-1-1 if you recognize a stroke.

Face: Is the face displaying signs of numbness? Ask the person to smile and note if mouth or eyes droop.

Arms: Are limbs weak? Ask the person to hold both arms straight out. Does one drift downward?

Speech: Has verbal communication, such as speech and/or understanding, become difficult? Ask the person to recite a simple sentence without slurring.

Time: If you observe warning signs in yourself or another, call 9-1-1 immediately. Learn more at StrokeAssociation.org.



Ray Forsythe tackles the challenges of family life and stroke recovery.

DO NOT EAT!

(this is only an image)



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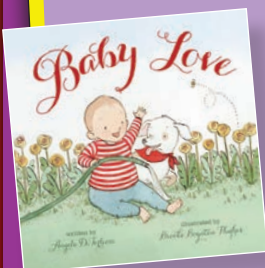



BOOK BUZZ!



RECOMMENDATIONS FROM YOUR ORANGE COUNTY PUBLIC LIBRARIANS

Looking for ways to reconnect with your loved ones? Or motivation ideas to become a healthier family? Make the library your first stop for information and resources! From events and books to DIY online tutorials and DVDs, there are hundreds of ways to learn and grow as a family with supportive OCLS aids. Discovery awaits at your local library branch or online at ocls.info.



TODDLERS (Ages 1 – 3)

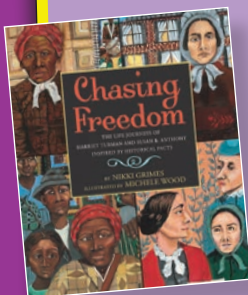
Baby Love by Angela DiTerlizzi

Filled with sweet illustrations and rhymes, this book focuses on the special bond between parent and baby.

PICTURE BOOKS (Pre K – K)

Can I Play Too? by Mo Willems

Elephant and Piggie learn to play catch with their new friend Snake.



EARLY READERS (Grades 1 – 3)

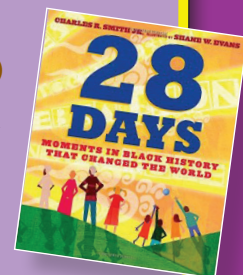
Chasing Freedom by Nikki Grimes

In this imagined tale, Harriet Tubman and Susan B. Anthony enjoy a cup of tea together and reflect upon their struggles and achievements.

CHILDREN'S FICTION (Grades 4 – 6)

28 Days by Charles R. Smith

This picture book serves as a tribute to the contributions of various African-Americans, from Madame C. J. Walker to President Barack Obama.



TEEN FICTION (Ages 12 – 18)

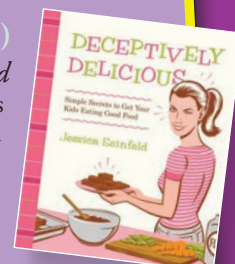
The Beast Within by Serena Valentino

The classic 'Beauty and the Beast' fairytale is retold from the perspective of a cursed prince who is transformed from a beloved and jovial ruler into a reclusive and bitter monster in search of true love.

ADULT READERS (Ages 18 & Up)

Deceptively Delicious by Jessica Seinfeld

Jessica Seinfeld, activist and wife of comedian Jerry Seinfeld, provides advice on how to encourage healthy eating with children, and shares a selection of vegetable-enhanced classic recipes, such as macaroni and cheese with puréed cauliflower and spinach brownies.



Visit your local
Orange County Library
www.ocls.info

REEL LIFE with Jane

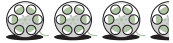


Jane's Rating System

Even the Force can't save it.
 Coulda been a contender.
 Something to talk about.
 You want the truth? Great flick!
 Wow! The stuff dreams are made of.

PRIDE AND PREJUDICE AND ZOMBIES

PG-13 for zombie violence and action, and brief suggestive material | In Theaters 2/5 | Ok for Kids 14+



A zombie outbreak has gripped the land in Jane Austen's classic tale of the tangled relationships between lovers from different social classes in 19th century England! Feisty heroine Elizabeth Bennet (Lily James) is a master of martial arts and weaponry, and the handsome Mr. Darcy (Sam Reilly) is a fierce zombie killer (but still the epitome of upper class prejudice, of course). As the outbreak intensifies, our heroes must join forces on the blood-soaked battlefield. Directed by Burr Steers, this movie also stars Lena Headey, Jack Huston, Bella Heathcote, and Matt Smith.

HAIL, CAESAR!

PG-13 for some suggestive content and smoking | In Theaters 2/5 | Ok for Kids 14+



Oscar-winning filmmakers Joel & Ethan Coen ("No Country for Old Men," "True Grit," "Fargo") wrote and directed this all-star comedy set during the latter years of Hollywood's Golden Age. Starring Josh Brolin, George Clooney, Alden Ehrenreich, Ralph Fiennes, Jonah Hill, Scarlett Johansson, Frances McDormand, Tilda Swinton, and Channing Tatum, this film follows a single day in the life of a studio fixer with no shortage of problems to fix.

THE CHOICE

PG-13 for sexual content and some thematic issues | In Theaters 2/5 | Ok for Kids 14+



Another Nicholas Sparks movie... just in time for Valentine's Day! When feisty medical student Gabby Holland (Teresa Palmer) moves next door to perennial ladies' man Travis Parker (Benjamin Walker), it sends them both on a romantic journey neither dreamed possible. After a whirlwind courtship, Gabby and Travis wed and build a family together, making every decision hand-in-hand until one of them is forced to make an important choice alone (keep the Kleenex handy). A poignant celebration of love, marriage, and family that explores the most heart-wrenching question of all: how far would you go to keep the hope of love alive? This movie also stars Maggie Grace, Tom Welling, and Tom Wilkinson.

RACE

PG-13 for thematic elements and language | In Theaters 2/19 | Ok for Kids 13+



Based on the true story of Jesse Owens (Stephan James), this movie follows the legendary athletic superstar on his quest to become the greatest track and field athlete in history. Along the way, he's thrust onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy. "Race" is an enthralling film about courage, determination, tolerance, and friendship, and an inspiring drama about one man's fight to become an Olympic legend. This film also stars Jason Sudeikis, Jeremy Irons, Carice van Houten, and William Hurt.

RISEN

PG-13 for Biblical violence, including some disturbing images | In Theaters 2/19 | Ok for Kids 14+



"Risen" is the epic Biblical story of the Resurrection, as told through the eyes of a non-believer. Clavius (Joseph Fiennes), a powerful Roman Military Tribune, and his aide Lucius (Tom Felton) are tasked with solving the mystery of what happened to Jesus in the weeks following the crucifixion, in order to disprove the rumors of a risen Messiah and prevent an uprising in Jerusalem. Also stars Cliff Curtis and Peter Firth.

By Jane Louise Boursaw

Jane Boursaw is an entertainment writer specializing in family movies and TV. For more information, email her at jboursaw@charter.net.

EDDIE THE EAGLE

Not yet rated; likely PG-13 | In Theaters 2/26 | Ok for Kids 14+



Inspired by true events, this feel-good story follows Michael "Eddie" Edwards (Taron Egerton), an unlikely but courageous British ski-jumper who never stopped believing in himself – even as an entire nation was counting him out. With the help of a rebellious and charismatic coach (Hugh Jackman), Eddie takes on the establishment and wins the hearts of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics.

GODS OF EGYPT

PG-13 for fantasy violence and action, and some sexuality | In Theaters 2/26 | Ok for Kids 13+



In this action-adventure, inspired by the classic mythology of Egypt, the survival of mankind hangs in the balance as an unexpected mortal hero Bek (Brenton Thwaites) embarks on a journey to save the world and rescue his true love. He must enlist the help of the powerful god Horus (Nikolaj Coster-Waldau) in an unlikely alliance against Set (Gerard Butler), the merciless god of darkness who has usurped Egypt's throne, plunging the once peaceful and prosperous empire into chaos and conflict.

New on DVD & Blu-Ray

KAHLIL GIBRAN'S THE PROPHET

Rated PG for thematic elements, including some violence and sensual images | On DVD & Blu-ray 2/2 | Ok for Kids 7+



From the director of "The Lion King" comes this new animated classic, based on one of the most beloved and bestselling books of all time. In a Mediterranean seaside village, Kamila (Salma Hayek) cleans house for exiled artist and poet Mustafa (Liam Neeson), but the more difficult job is keeping her free-spirited young daughter Almitra (Quvenzhané Wallis) out of trouble. The three embark on a journey meant to end with Mustafa's return home – but first they must evade authorities who fear that the truth in his words will spark rebellion.

SNOW WHITE AND THE SEVEN DWARFS

Rated G | On DVD, Blu-ray & Digital 2/12 | Ok for Kids 7+



The kind and beautiful princess Snow White wins the hearts of the Seven Dwarfs and triumphs over the evil plans of a wicked Queen. Now in High Definition Blu-ray and for the first time on Digital HD, this classic Disney film is one of the best animated films of all time.



OSCEOLA COUNTY FAIR MARKETPLACE



TOP 5 THINGS TO DO AT THE OSCEOLA COUNTY FAIR

The Osceola County Fair, held annually at Osceola Heritage Park, is a cherished, 10-day long event filled with unforgettable fun, including pig racing, a Paul Bunyan Lumberjack Show, Miss Osceola Pageant, King Arthur Flour's Baking Contest, pet shows, market animal shows, and many other critters (rabbits, chickens, buffaloes, zebras, camels, and other exotic animals from Eudora Farms). There is so much to do and see... add these five things to your must-do list!

5. Shop for a Special Valentine's Gift

With Cupid's holiday just around the corner, why not take that special someone to the Osceola County Fair Marketplace for some handcrafted jewelry, homemade honey, woodcarvings, or other artisan works to help show your affection in a unique, creative, and one-of-a-kind way? The Marketplace will be filled with over fifty vendors on both weekends of the fair, and boast events and entertainment within.

4. Truck & Tractor Pull

Want something a little high-octane, fast-paced, and fancy-free? Stop by the Truck & Tractor Pulls to experience heavyweight trucks and tractors competing to tug, drag, and grind out their full pulls to win the renowned title of biggest horsepower, toughest truck, or strongest tractor around! This high-impact fun for all ages event is slated for Saturday, February 13.

3. Movie at the Midway

Tired of going to the same restaurant every year to celebrate Valentine's Day? Well, instead, come out to the Osceola County Fair's first annual Movie at the Midway, free with entry to the fair and presented by the Enzian Theater. Sit beside the beautiful backdrop of the midway furnished by Strates Carnival Rides and, afterwards, enjoy a nighttime Ferris wheel ride to overlook the area landscape. This one-of-a-kind date night, ideal for all ages, is scheduled for Friday, February 12.

2. Get Hypnotized

Richard Barker, a world-renowned, professional hypnotist with television and website credits, has spent the last 14 years working with thousands of clients to entertain and improve lives through hypnotherapy and consultation. A must-see stage show, catch one of his dazzling performances (various times)! Will you volunteer to be hypnotized?

1. Ride the Rides

James E. Strates Shows has been a midway staple of the Osceola County Fair for years and returns in a big way. A locally-based company, Strates often uses the Osceola County Fair to reveal its newest and most exciting rides, so you do not want to miss exploring the over eighty rides and games at this year's event. Purchase a discounted Unlimited Ride Armband through February 12 at your local Walgreen's; \$15 for weekdays and \$25 for weekends (not valid Friday, February 19).

WHEN:
February 12th - 21st

WHERE:
Osceola Heritage Park
1911 Kissimmee Valley Lane,
Kissimmee, FL 34744

OPENING HOURS:
MON 12 pm; TUE - THU 5 pm;
FRI, SAT, & SUN 12 pm

Daily Admission:

(Subject to Change):
Adults \$5.00; Children (5-11) \$3.00
Children (4 & under) FREE
Seniors (60+) \$3.00

Parking:
FREE



EVENTS

FEBRUARY



Please visit OrlandoFamilyMagazine.com for a complete list of daily fun activities for the entire family.



TALES OF A FOURTH GRADE NOTHING

THRU FEB 21st

terror that gets away with everything, and Peter has had about all he can take. *Tales of a Fourth Grade Nothing* is a humorous look at family life and the troubles that can only be caused by a younger sibling. OrlandoRep.com



Oh, brother! Attention-stealing little brother, Fudge, makes Peter feel like a fourth grade nothing! In this story by Judy Blume, adapted for the stage by Bruce Mason, Fudge is a toddler

CHARACTER BREAKFAST

Share a table with some of your favorite theme park characters in the kitchen of the Hard Rock Hotel. Breakfast is served with characters every Tuesday morning from 8 - 11 am! Price: \$19.50 adult, \$12.50 (tween 10-14), \$5 (child 3-9). HardRockHotels.com



FEB 2nd - 23rd



FLORIDA STATE FAIR

FEB 4th - 15th

4800 Hwy. 301 North, Tampa

Featuring free entertainment, agriculture exhibits, competitive exhibits, a historical village, crafts, food, and one of the largest midways in the United States. FloridaStateFair.com

Festival Park

Spice up family fun by tasting chili samples from over 80 different chili booths, from 12 - 5 pm! Plus, savor the flavors of live music, raffles, and kids zone. For those who like it hot, check out The World Chili Eating Challenge. Price: \$5 kids, \$10 pre-sale adults, \$14.99 day-of adults, \$40 VIP. OrlandoChiliCookoff.com



FEB 6th



FEB 13th

I ♥ THE EASTERN INDIGO SNAKE DAY

Help the Zoo and the Orianne Center for Indigo Conservation (OCIC) celebrate the threatened eastern indigo snake! The OCIC had a very successful year in 2015, with many indigos hatched at the 25-acre facility in Eustis. Learn all about the eastern indigo snake and see how you can help make 2016 an even better year! CentralFloridaZoo.org



Downtown Mount Dora

New England architecture and breathtaking views of Lake Dora are the backdrop for this event. In addition to the endless rows of fine art, including oil paintings, watercolors, acrylics, clay, sculpture, and photography, the festival features local and regional musical entertainment at a main stage in Donnelly Park. Festival food will be available in food courts and local downtown restaurants will offer a wide variety of cuisine. Pets are not permitted. MountDoraCenterForTheArts.org/Arts-Festival

Mount Dora



Arts Festival FEBRUARY 6 AND 7, 2016

81st Bach Festival Society

A variety of high quality solo and group performances can be enjoyed during the festival, including Ken Cowan, organ; Concertos by Candlelight; Beethoven's *Triple Concerto*; Jaime Laredo, violin, and Sharon Robinson, cello; Rossini's *Stabat Mater*; and J.S. Bach's *St. Matthew Passion*. BachFestivalFlorida.org



FEB 13th



The Flavor Run 5k Orlando

The Flavor Run brings local flavor, vendors, and staff to the most delicious run that Orlando will ever experience - this is not just another "color run." This brand new family fun run, 10 am - 12 pm, supports local communities and businesses through a unique experience that engages all the senses: sight, smell, touch, hearing and, of course, taste. Give your taste buds a workout with strawberry, blueberry, watermelon, banana, grape, and orange. FlavorRun.com



FEB 19th

America's got Talent

ORANGE COUNTY CONVENTION CENTER

"America's Got Talent" has been a top-rated show on NBC for the last decade and, in advance of the next season, auditions will be held nationwide for new talent. Those interested in auditioning can register for open call cities, including Orlando. Online auditions are also available through March 2016. AmericasGotTalentAuditions.com



FEB 20th

SCIENCE NIGHT LIVE

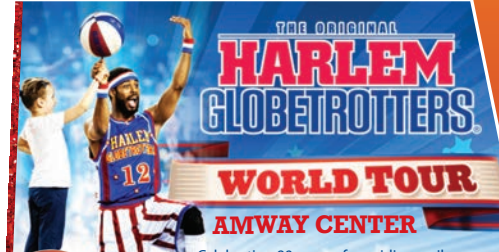
Orlando Science Center is reserved strictly for adults for this 8 pm - 11 pm event, with grown-up-inspired programming and hands-on challenges. Guests can enjoy a beautiful view of the night sky through the giant refractor telescope in the Crosby Observatory, conduct lab experiments in Dr. Dare's Laboratory, and delight in food, beer, and wine available for purchase. OSC.org/SNL

Kinky Boots

FEB 23rd - FEB 28th

Dr. Phillips Center for the Performing Arts

Experience Broadway's huge-hearted, high-heeled hit. With songs by pop icon Cyndi Lauper and inspired by true events, this joyous musical celebration is about the friendships we discover, and the belief that you can change the world when you change your mind. OrlandoBroadway.com



FEB 27th

HARLEM GLOBETROTTERS

Celebrating 90 years of providing smiles, sportsmanship, and service to millions of people worldwide, the world-famous Harlem Globetrotters once again will bring their unrivaled family show to Orlando.



FEB 13th THRU MAR 6th

This annual event, included in general admission, returns with sizzling, live concerts and delicious BBQ favorites from SeaWorld's restaurants. Add a splash of country and rock to your SeaWorld experience! In partnership with the USO of Central Florida, this seasonal celebration also salutes America's military. SeaworldParks.com



Executive Expose: Fascinating & Fun Facts about our Presidents

By Janeen Lewis



The Presidential race is heating up with candidates eager to share their views. It's up to voters to gather the facts in order to cast an educated vote at the polls. One

presidential hopeful will soon make history. For now, in honor of President's Day (February 15, 2016), we're reflecting back on some rather intriguing facts about our past presidents.

1. Chew on this... Our nation's 1st president, **George Washington**, had teeth made from hippopotamus ivory and other humans' bone and teeth. It is possible the human teeth were purchased from enslaved workers on his plantation.
2. **Thomas Jefferson**, the 3rd president, designed his own tombstone. While the epitaph reads that Jefferson was "The author of the American Declaration of Independence," it makes no mention of his presidency.
3. **John Quincy Adams**, the 6th president, frequently skinny-dipped in the Potomac River during the early morning hours. He was also one of the first presidents to be photographed, thankfully, while he was fully clothed!
4. **Andrew Jackson**, the 7th president, once killed a man in a duel that was provoked when the man insulted Jackson's wife, Rachel.
5. **Martin Van Buren**, the 8th president, was the first to be born a U.S. citizen. The presidents before him were considered British subjects.
6. **William Henry Harrison**, the 9th president, died only a month after taking office – the shortest presidency in history. In rainy weather, he gave the lengthiest inaugural speech in history, then developed pneumonia and died.
7. The 10th president, **John Tyler**, was born in 1790 while George Washington was still alive. Unbelievably, two of Tyler's grandsons are still alive today.
8. Hot for teacher? **Millard Fillmore**, the 13th president, married his teacher, Abigail Powers.

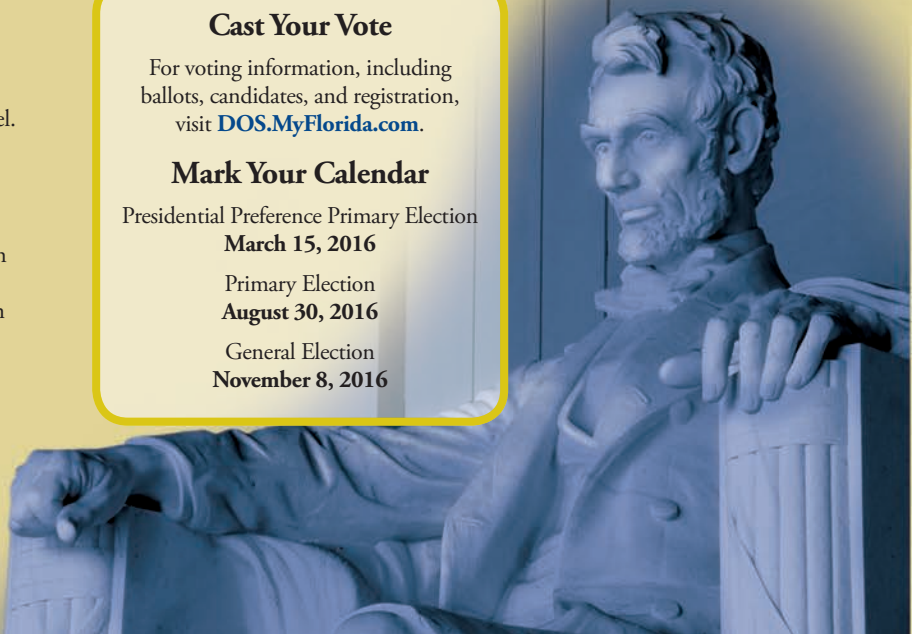
9. **James Buchanan**, the 15th president, bought slaves in Washington D.C. and set them free in Pennsylvania.
10. In 1860 **Abraham Lincoln** grew a beard when an 11-year-old girl, Grace Bedell, wrote to him and told him he would stand a better chance of being elected president if he grew "whiskers." He followed her advice and soon after became the 16th president.
11. **Andrew Johnson**, the 17th president, was the first commander to be impeached and then acquitted. 130 years passed before another leader, William Jefferson "Bill" Clinton, the 42nd president, was impeached and acquitted.
12. **Rutherford B. Hayes**, the 19th president, was first to install a phone at the White House. Who was the first person he called? Alexander Graham Bell, the man who invented the telephone.
13. Multilingual and ambidextrous, **James Garfield**, the 20th president, could write Latin with one hand while writing in Greek with the other!
14. **Chester Arthur**, the 21st president, was a clothes horse. He reportedly owned 80 pairs of pants.
15. Teddy Bears are named after **Theodore Roosevelt**, the 26th president, because he once refused to shoot a bear that his hunting companions had tied to a tree.
16. **Woodrow Wilson**, the 28th president, loved golf so much that he painted golf balls black so he could see them while playing in the snow.
17. **Herbert Hoover**, the 31st president, was known to let his son Allan's two pet alligators roam around the grounds.
18. **Franklin Delano Roosevelt**, the 32nd president, was related to 11 other presidents by either blood or marriage.
19. **John F. Kennedy**, the 35th president, donated his presidential salary to charity.
20. **Gerald Ford**, the 38th president, posed for Look Magazine while he was a college student at Yale. It is widely believed that he also posed for the cover of Cosmopolitan Magazine in 1942.
21. **James Earl "Jimmy" Carter**, the 39th president, was the first president born at a hospital.
22. **Ronald Reagan**, the 40th president, is credited with saving 77 lives during the seven summers he worked as a lifeguard.
23. Despite his doctor's orders, **George Herbert Walker Bush**, the 41st president, attended an important dinner with the Japanese Prime Minister. Because of the flu, he vomited and fainted at the dining table.
24. **George W. Bush**, the 43rd president, acted as head cheerleader for the football team when he was in high school.
25. **Barack Obama**, the 44th and current president, won Grammys in 2005 and 2007 in the Spoken Word Album category for his books, *Dreams From My Father* and *The Audacity of Hope: Thoughts on Reclaiming the American Dream*. 📖

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Last month, the hidden bagpipes were in the Quinoa Shrimp Salad on page 8.

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A young girl with curly hair is sitting on the floor, painting a rainbow on a piece of paper. She is wearing a blue tank top and grey pants. There is a watercolor palette and a jar of water nearby. The background is a bright, colorful room with shelves and toys.

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