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WINTER PARK

Neighbors

An exclusive magazine serving neighborhoods in Winter Park 32789



For the Yeilding-Frey Family
It's About **ADVENTURE AND**
SUPPORTING the Community



Best Version Media

Photo Submitted by the Yeilding-Frey Family

FOR THE YEILDING-FREY FAMILY

IT'S ABOUT ADVENTURE AND SUPPORTING THE COMMUNITY

BY CAROLINE MALONE

PHOTOS SUPPLIED BY YEILDING-FREY FAMILY



Dr. Ruth Hill Yeilding and Randy Frey's journey began 12 years ago when Dr. Yeilding adventured off again to another city for one of her research projects during her medical training which previously included HIV research in Zambia and a Washington, DC, healthcare project with Senator Bill Frist.

“I met Randy during my fourth year in medical school during a research project with Randy's startup medical laser company, LENSAR, in Winter Park,” said Dr. Yeilding. “We began to date and our relationship grew as we shared medical interests and the outdoor lifestyle that Florida offers.”

After the project in Winter Park, the couple embarked on a long-distance relationship for five years as Dr. Yeilding completed her surgical internship in Austin, Texas, then an Ophthalmology residency in Nashville, Tennessee, and finally a Facial Cosmetic Surgery Fellowship in Sarasota, Florida. Despite the distance they grew even closer.

Dr. Yeilding and Randy got married in a backyard ceremony on the lake in their Winter Park home in 2011. They reside on Greentree Drive on Lake Osceola and selected the location because they love lakeside living and can easily bike or walk into downtown Winter Park. Their wedding activities included a bike riding tour for more than 40 friends and family members who came from out of town for the wedding. Today, weekend adventures with their two children still include bicycle rides into the Farmer's Market, kayaking, boating or running after the kids on their scooters while they race each other around the neighborhood.

“We are so grateful to have such good neighbors on our

Rudy and Scarlett at the family's lakeside home in Winter Park.



2016 Disney Cruise swimming with the Stingrays on Grand Cayman Island.



The Yeilding-Frey children enjoying the outdoors at their home.

“ We are so grateful to have such good neighbors on our block that we have come to know, enjoy and love. Our family especially likes that our neighborhood represents all generations,” said Dr. Yeilding.

block that we have come to know, enjoy and love. Our family especially likes that our neighborhood represents all generations,” said Dr. Yeilding. “We see everyone quite frequently as they walk their dogs and are out and about. There is a strong sense of community and support, and we appreciate that very much.”

During their time off, the couple enjoy, most of all, to spend time with their children Rudy, age 5, and Scarlett, age 3. Both children have a great passion for life and seek adventure. They love swimming in the lake or pool and going to the ocean during the summer when the family visits their condo on Cocoa Beach.

Randy is an electrical engineer, serial entrepreneur and

board member of the Rollins Center for Entrepreneurship. He relaxes by playing saxophone and flute and more recently has started to learn guitar. Randy encourages his kids musically and sometimes the kids will entertain their mom with spontaneous jam sessions.

The family attends All Saints Episcopal Church in Winter Park where Rudy and Scarlett initially attended school as toddlers. Now Rudy is finishing Pre-K at Lake Highland Prep and is learning to play piano while there. One of his favorite hobbies is building things whether with LEGO® blocks or with sand to make sand castles. Scarlett loves her brother and will share in his building adventures, but also loves her girly things including ballet and playing princess – complete



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Rudy and Scarlett enjoying
Cocoa Beach.

The Yeilding-Frey family at their lakeside home.



with dressing the part.

They find Winter Park beautiful with its large oak trees and wildlife including owls, exotic birds, fish and turtles, plus the beautiful architecture of the buildings and all that Park Avenue offers such as shopping, dining and entertainment. The family strongly believes in supporting local businesses. A few of their favorite restaurants include Thai Orchid, The Ravenous Pig, Luma and Prato. Winter Park shopping trips include stores like The Grove, Arabella, Tuni's and Be on Park. Entertainment includes movies at the Enzian Theater and performances at the Dr. Phillips Center for the Performing Arts where they recently saw *The Nutcracker* and *The Lion King*.

Dr. Yeilding is a morning person and her day starts before dawn when she gets up to do yoga and pilates at Ultimate Fitness by Yatska on Park Avenue. On the days she isn't working out, the couple make breakfast together. Randy loves to grill on the barbeque for dinner.

As busy working parents, they have found Nourish meals to be a great resource for family dinners. The simple process of ordering online and having meals delivered means there's more time to do other things, like reading.

Dr. Yeilding recently read, *Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent and Lead*, a number one New York Times bestseller book by Dr. Brené Brown that is about the power of vulnerability and how to accept uncertainty, risks, emotional exposure and

ultimately gain courage.

"After a recent injury and having heel bone surgery and being told I couldn't drive or walk for three months, I started reading more," shares Dr. Yeilding. "Being an independent person, the books taught me more about acceptance which resulted in accepting help from others."

Dr. Yeilding believes disconnecting from life's stressors is not only fun, but critical. Originally from Alabama, she enjoys visiting family in Birmingham. "I love to visit the family lake I grew up on as a child. Rudy and Scarlett get to play outside with cousins and water ski, hike, fish or play tennis." She enjoys watching her children thrive in their activities.

Since 2011, Dr. Yeilding has performed thousands of facial surgeries while growing her solo boutique facial plastic surgery practice, YMD Eye & Face in Winter Park. It's their family business adventure and Randy is the YMD Practice Manager.

From eyelid surgery, laser resurfacing, and facelift surgery, to Botox and filler injections as well as medical grade skin care and treatments, Dr. Yeilding strives for a lifetime of happy patients by providing an extraordinary patient experience.


Dr. Yeilding is an author and lecturer on facial plastic surgery and has conducted advanced clinical research in Botulinum Toxin A and ophthalmic laser surgery. Double board-certified by the American Board of Facial Cosmetic

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Surgery and the American Board of Ophthalmology, she earned her B.S. degree in Biology from Washington and Lee University magna cum laude and her Medical Doctorate degree magna cum laude from the University of Alabama at Birmingham. She completed an Ophthalmology residency at Vanderbilt University where she conducted advanced research in oculoplastics and also completed an intensive specialized surgical fellowship in Oculoplastic and Facial Cosmetic Surgery in Sarasota, Florida, with John P. Fezza, MD, one of the most highly regarded facial plastic surgeons in America.

Her passion and belief is in helping patients look their best version of themselves. She gains great satisfaction in helping patient's gain back their confidence despite the aging process.

With long hours, Dr. Yeilding and Randy are grateful to have found hobbies that help them refocus and relax. Sifting through and aligning all these amazing opportunities to have spontaneous quality time together is the true essence of family.

LET THE ADVENTURE CONTINUE.



*Do you know a neighbor who has a story to share?
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upcoming issues!*

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