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12



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United Way



Studies show that, in middle-income neighborhoods, there are 13 books for every child. However, in low-income neighborhoods, there is just one book for every 300 children. To improve this statistic, Heart of Florida United Way is inviting local businesses, community groups and individuals to collect new and gently-used books to benefit low-income K-12 students for its 9th annual Day of Action. Book drives can be held at offices, churches or other organizations through May 26.

On the Day of Action, June 21, volunteers will be needed to help distribute the books to children at several Heart of Florida United Way partner agencies, including Boys & Girls Clubs of Central Florida, Orlando Day

Join The United Way Book Drive

Nursery, Together for Tomorrow schools, and more.

United Way's Day of Action is a community-wide volunteer event that aims to reduce summer reading loss, which is the gradual decline of reading proficiency while children are away from the classroom. By providing low-income students with access to books, the nonprofit hopes to encourage reading and enhance literacy over the summer months. Last year, United Way distributed more than 20,000 books to 2,300 children in Central Florida.

For more information on hosting a book drive or to learn about volunteer opportunities at Day of Action, visit www.hfuw.org/event/day-of-action or email Volunteer.Center@hfuw.org.

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INSIDE THE PARK PRESS

Editor's Message.....	3	In The Garden	11
News	4	Real Estate	12
Business	8	Planned Giving	13
Arts & Entertainment.....	9	Schools.....	14
Health	10	Calendar of Events	16

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Publisher's Message



Rick Cable

With this issue, I'm thrilled to share that The Park Press is celebrating our 10th anniversary! As I stop to reflect, I find myself feeling blessed and honored by the role we play within our community. We have remained steadfast to focusing on "the positive news that matters" and we greatly appreciate your loyal readership and following.

Sure, I started this venture, but it has always been a team/family effort.

First, I cannot express how grateful we are to our advertisers! It all started with a cold call to John Psomas and Jim Ackerman at State Farm in Baldwin Park. They were seriously my first call to sell an ad in the April 2007 issue of *The Park Press*. They signed on and have been in every issue since! Several others such as Florida Hospital, Mayflower Retirement, Dr. Danna with Physician Associates, and David Holbrook and Waterstone Mortgage (they've changed names a few times) have been running for over nine and a half years. All of the advertisers within each issue are key members to *The Park Press* family, and I'm honored that we

are an important part of their marketing strategy and a valued member of their team. I encourage you to consider doing business with or referring our advertiser's products and services to your neighbors, family, and friends whenever possible.

Second, I believe our team rivals some of the most talented individuals you would find in any publication. From our elected officials, featured writers, proofers, art director, and sales, I feel humbled by their passion and dedication that they have for our publication.

I recall thinking, when the first issue (pictured here) came out, I wonder what it will be like once we reach our 10th anniversary. How many people will we reach, how many families and businesses will we help? With this 120th issue in hand, I have answers to these questions, and will now seek expand our impact in the future of sharing the positive news that matters.

As always, thank you for reading *The Park Press* and we look forward to the great things to come.

Rick

Rick Cable
Founder/Owner

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All Work And No Play Makes Jack A Dull Boy... By Tricia Cable

I am guilty of playing the role of a martyr at times in my life. I take on too much and then complain about how I have no time for myself or stress about the number of plates I have spinning in the air. One would think that after all these years on the planet, I would channel my inner intelligence committee and learn to say "no" more frequently, but apparently I have something to prove to myself that prevents me from instant recall and therefore I continue to take on too much and attempt to amend the end result. Sadly, I am not learning from my mistakes quickly enough.

However, all that being said, I take pride in the fact that at least I am not in denial...I know this to be a valid area of opportunity with room to improve. So, I write about it in hopes that the admission in print will encourage and motivate and promote change. Stay tuned...

All clichés and puns aside, I am looking to make changes in hopes of preventing the inevitable run around of stress. Herein lies the challenge of the day, week, month, and year....what to remove from my plate and how do I prioritize what matters most. In a perfect world, I have a sidekick who pokes me with a cattle prod each time I get sidetracked or sucked into projects or volunteer opportunities that I have no business raising my hand for. But, as of yet, that hasn't happened. So, I have to rely on my own internal realist to cover my mouth and hold me back before I, without thinking things through, shout..."Pick me, I'm in!" or "Sure, no problem!"

So, as I close out the first quarter of 2017 and



move forward, I must be more diligent with my commitment to scaling back. I know what to do, I just need to stay focused and put myself first. I need to be honest with myself and understand what I need in order to be the most productive employee, the most organized mom, the most supportive wife, and most importantly- the most happy me. In all the minutia I have never lost my ability to recognize beauty when I see it; even in the most stressful moments, I have never noticed the kindness offered up to me

by a friend, I have never lost sight of the amazing colors in the sky as the sun sets on the day, nor do I miss out on the chance to accept the blessings of the day as the sun rises across the lake each morning.

Here's to downsizing, under-scheduling, minimizing, and slowing the pace. May the focus on quality not quantity render a calmer exterior and a great deal of inner peace. Work smarter not harder; have fun; enjoy the journey; live, love, and most importantly, laugh...have some fun today!

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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

As the time change provides us all with more daylight in which to enjoy the great outdoors, I wanted to give you an update about much that is happening in our City.

Last month we celebrated the historic opening of our new state-of-the-art, 96,000 square foot Orlando Police Headquarters located on South Street in the Parramore Neighborhood.

The building itself is designed to provide new ways to interact and continue to build relationships between the department and the community while enhancing operations to further protect residents, businesses and visitors.

There are multiple amenities, both inside and outside the headquarter building, including a 5,000 square-foot multi-purpose room dedicated for community events and meetings; easier access to public parking; and more parking spaces for visitors, including two new "online exchange" parking spaces which allow online buyers and sellers a safe place to exchange goods and payment. There is also an outdoor public plaza which includes a beautiful art piece entitled, Wings of Protection, by artist Linda Howard. The lobby is much more open and there is ADA accessibility on all sides of the building. Most importantly, the new facility is home to 760 sworn officers and more than 230 civilian personnel who work tirelessly every day to not only keep us safe, but to make our community a better place. Please come and see this great new space for yourself and meet many of our officers at the community open house taking place on Saturday, April 15th from 11 a.m. to 2 p.m.

Also on April 15th at 9:30 a.m. Mayor Dyer, Com-

missioner Sheehan, and Commissioner Stuart will join the community for a ribbon cutting of the new multi-use path that was constructed as part of the Bumby Avenue public works project. The ribbon cutting will take place on the path at North Bumby Avenue and Oregon Street. We encourage you to join us at this location on your bikes (or on your own two feet) and travel with us along the path to the Audubon Park Garden District. If you plan to drive to this event, please park at Lake Druid Park and bike with the mayor and commissioners to the ribbon-cutting location. Juice Bike Share bikes will be available on a first-come-first-served basis at Lake Druid Park. The opening of the new path and the reopening of Bumby Avenue marks an exciting time as the City

to the Cady Way Trail.

Thank you for your patience and cooperation throughout what I know was a long and, at times, frustrating project for area residents. I hope to see you on April 15 so we can celebrate this new community amenity.

From Bumby, we move to Corrine Drive where MetroPlan Orlando is leading an independent evaluation and study of the corridor, which will lead to the creation of a vision plan that will be presented to all the adjacent local governments, which include Orange County, who owns this stretch of road; the City of Orlando, who maintains it; and the City of Winter Park, adjacent to much of it. The study, which includes a comprehensive community outreach plan, is expected to continue for about 18 months, through Spring 2018.

While the study will include much technical work and data analysis by MetroPlan, community input is integral to the study. With that in mind, please visit their webpage, corrinestudy.org; follow them on Twitter @MetroPlan_Orl; or if you are part of a group, invite the study partners to present at one of your meetings.

Many of you may have read the Orlando Sentinel article last month about the expansion of the City's Solid Waste Weekly Collection Pilot Program. Baldwin Park was al-



The Orlando Police Headquarters opened on South Street in the Parramore neighborhood in March.

continues to make investments in our infrastructure and enhance the safety of our cyclists and pedestrians.

The scope of the North Bumby Avenue Improvement Project was significant and included reconstructing the road, installing a new stormwater collection system to improve drainage and reduce flooding, planting more than 125 trees, constructing a new 10-foot wide multi-use path, adding new sidewalks and crosswalks, enhancing pedestrian signals with audible countdowns, installing new bike repair stations and wayfinding signage, plus expanding our trail system to connect our Orlando Urban Trail

ready one of the neighborhoods in the pilot, which meant they received recycling pick up once a week rather than every other week, and garbage pick-up once a week rather than twice a week. In order to get all of the information, I encourage you to watch the March 20th City Council Workshop, presented by Mike Carroll, the director of Solid Waste Management for the City of Orlando. It's a great presentation and provides background information on this entire process. I welcome your thoughts as we continue to evaluate this pilot program. Please write me at robert.stuart@cityoforlando.net with your comments.

Robert F. Stuart, Commissioner, District 3, City of Orlando • 400 S. Orange Avenue, Orlando, Florida, 32801 • 407-246-1003 • Robert.Stuart@CityOfOrlando.net

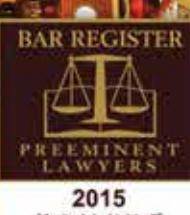
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Winter Park Mayor's Message

Mayor Steve Leary



Steve Leary



Congratulations! Each year the city awards its top three employees with an Employee of the Year recognition. I am proud to introduce the city's 2016 award recipients.

— Mayor Steve Leary

EMPLOYEE OF THE YEAR Ed Batcheller, Golf Course Superintendent

Ed Batcheller was recognized as the 2016 Employee of the Year for overseeing the demolition and reconstruction of the Winter Park Golf Course, working directly with course designers and city staff. During the 31-week renovation process, he worked many extra hours, saved the city a great deal of money by keeping the work in-house, and continued to welcome and respond to all guests, residents, golf course colleagues, and professionals who were interested in the renovation and its impact to the industry. These efforts along with his leadership, humility, dedication and professionalism



Ed Batcheller

enabled him to do a superior job while continually enhancing the city's image. Congratulations Ed!

FIREFIGHTER OF THE YEAR John Bonnell, Firefighter/Paramedic

John Bonnell was honored as the 2016 Firefighter of the Year. John began his career with Winter Park Fire-Rescue Department (WPFD) in 2009. Almost immediately thereafter, he turned his attention to advanced training and worked diligently to become a state-certified paramedic. When the job of public educator within the department was reassigned, John began teaching our youngest residents how to live safely. Most recently, John has been instrumental in helping establish the new Community Para-



John Bonnell

medicine program, which allows highly trained paramedics to work with residents that experience chronic conditions to prevent future emergencies. John's attitude exemplifies the department's motto "Be safe, be nice, do your best," and he continues to help make WPFD shine. Congratulations John!

OFFICER OF THE YEAR

Edwin Santos, Jr., Officer, Uniform Patrol Division

Edwin Santos, Jr. was awarded the 2016 Officer of the Year. On June 12, 2016, Officer Santos, who has 20+ years of experience on the force, was one of the officers who responded to the Pulse Nightclub tragedy. At great personal risk, Officer Santos entered the nightclub while the shooter was still inside and assisted in removing victims who had been shot so they could receive emergency medical treatment. Officer Santos also took a perimeter position inside the club to cover the door behind which the suspect had retreated. His presence and assistance resulted in numerous victims being rescued and saved. Officer Santos' actions were clearly representative of exceptional bravery and professionalism in the face of extreme danger. Congratulations Officer Santos!



Edwin Santos, Jr.

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Mayor Jacobs' Sixth Annual Youth Leadership Conference

Nearly 250 Orange County Public Schools students from 24 local high schools attended the sixth annual Youth Leadership Conference (YLC) at Valencia College's west campus. Students attended a series of workshops, including a Government 101 tutorial, as well as mock code enforcement and land use and zoning hearings.

Students from Apopka and Oak Ridge High School participated in a mock rezoning hearing on whether to approve or deny a 40,000-seat major league baseball stadium near a residential neighborhood in the Dr. Phillips area. Students served as citizens who either opposed or supported the project. Some touted the economic development and job creation benefits, while the opposing side cited noise pollution and wetland endangerment.

"I learned that it is very hard to be a commissioner because there are so many sides to an issue," said Dayjan Lee, an Oak Ridge High School student who served as the District 1 commissioner. "Ultimately, I didn't support the project because I care about the wetlands and I think that commissioners should and do listen to their constituents – and a lot of neighbors did not want a Major League Baseball stadium in their backyards."

Students also participated in a Youth Issues Forum led by Mayor Jacobs of Orange County; Dr. Barbara



Pictured above: Orange County Mayor Teresa Jacobs greets student leader from Winter Park High School at her sixth annual Youth Leadership Conference.

Jenkins, Superintendent of Orange County Public Schools; Bill Sublette, Orange County School Board chairman; and President Dr. Sanford "Sandy" Shugart of Valencia College. They discussed issues of concern including school testing, drugs, bullying, and job readiness skills.

The goal of the YLC is to teach the next generation of leaders about county government, how best to participate in community initiatives and how to strengthen their leadership skills. Mayor Jacobs created the program for student leaders when she

took office in 2011 to connect students with their local government. About 1,200 local student leaders have participated in the program since its inception.

"In a few short years, we'll be turning over the reins of leadership to you," Mayor Jacobs told the students during the event. "That's why we want your feedback to know that we're going down the right path – and to prepare you for leadership. I look forward to going to the polls in the future and voting for you."

President Shugart of Valencia Col-

lege addressed the students regarding the different avenues for higher education options and Valencia's role in the community. "The real measure of a college isn't what accolades it has received, but what impact it has on students and the community," Dr. Shugart said. "This is why Valencia College is so pleased to partner with leaders like Mayor Jacobs to invest in the future leaders of our community. We believe identifying and developing leadership potential early and in every corner of the community is vital to our future."

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Rollins College Names Sam Stark Associate Vice President Of Strategic Partnerships

Sam Stark has been named associate vice president of strategic partnerships for Rollins College, joining the College on April 3, 2017. He currently serves as the president and CEO of Moxe, a full-service integrated marketing agency in Orlando. Stark, a Rollins graduate who earned his B.A. in Political Science from Rollins in 1991, will serve as the College's chief community relations officer, stewarding strategic partnerships throughout Central Florida to advance Rollins' mission and market.



Sam Stark

of our opportunities for collaboration and partnership forward."

Prior to Moxe, Stark held numerous leadership roles in Central Florida, including president and CEO of the Winter Park Chamber of Commerce, and president and CEO of the Central Florida Sports Commission. He was also executive director of the Chicago Sports Commission. Stark's community service includes board memberships at Orlando City Soccer Foundation, Winter Park Health Foundation, Athena PowerLink, and Florida Citrus Sports. He has provided leadership to the College over the years through volunteerism and acts of service including as Alumni Trustee, Alumni Association Board President, and Anchor Club Executive Committee. He also received the Alumni Service Award in 2016.

"I am honored and excited to return to Rollins in this role," said Stark. "The institution means so much to me, and to be in a position to help with strategic partnerships and community engagement is overly compelling. I look forward to working with the Winter Park and Central Florida communities to make our college and our home a better place to live and work."

"Since coming to Rollins about two years ago, I have been struck by the incredibly rich and complex ecosystem of Winter Park and Central Florida," said Rollins President Grant H. Cornwell. "Everywhere I look I see opportunities for partnership and collaboration, and we need just the right individual to help us steward those promising relationships. I am confident that Sam is the right person to work closely with me to move all

City Of Winter Park Receives Recognition For Trees

The City of Winter Park has recently received its 37th Tree City USA, 27th Tree City USA Growth, and third Tree Line USA Utility recognition by the National Arbor Day Foundation.

The Tree City USA program recognizes communities which meet specified criteria including an official tree preservation board, forestry program with an annual budget of at least \$2 per capita, and observation of Arbor Day with a mayoral proclamation.

The Tree City USA Growth program recognizes communities that implement higher levels of tree care and demonstrate innovative programs/projects focused on increased commitment to its tree canopy.

The Tree Line USA program exists to recognize best practices in public and private utility arboriculture,

demonstrating how trees and utilities can co-exist for the benefit of communities and citizens. Winter Park has again met the five requirements for protection and enhancement of community trees including quality tree care, annual worker training, community tree planting and public education, tree-based energy conservation program, and official observance of Arbor Day. The program benefits utility companies by providing lower line clearance costs, improved rights of way management, lower peak energy demand, collaborative urban forest management opportunities, and more trees to help absorb carbon monoxide.

For more information regarding the Tree City USA, Tree City USA Growth, and Tree Line USA programs, please visit arborday.org/ programs.



 [Arbor Day Foundation](http://ArborDayFoundation.org)



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Ron Frechette

cybersecurity awareness

by Ron Frechette, The Cyber Guy

Let's Not Be Fooled In April

For those who read our article last month, March Madness and Hacking,

we discussed the history of hacking and how cybercriminals are beginning to stray away from large enterprise organizations and focusing attacks on small-midsize businesses (SMBs) and individuals where the majority of the population lacks the basic cybersecurity know-how to prevent their business and personal data from being compromised.

Let's face it, if we decided to get into the burglary business, are we going to target the house where the large German Shepherd and "Protected by ADT" signs can be seen in the front yard, or would we have more success targeting the houses that have no signs of security in sight? Whether it's home or your business, implementing the eight Cybersecurity Hygiene Tips we

provided in last month's article will serve as your "German Shepherd and ADT signs."

Once we have security controls around the cyberspace where our business & personal data resides, the cyber thugs will most likely drive by (via phishing, scanning and/or sniffing tools) and choose to move on to targets with little or no signs of security. Unfortunately, that makes up most of the global population today.

So, for April, as we continue our journey to become more aware of how cyber criminals can wreak havoc in our lives, let's turn our attention to learning how not to be fooled by what are known as Social Engineering and Phishing attacks.

Social Engineering

Social Engineering is the art of manipulating people into performing certain actions that result in divulging confidential information to be used

for criminal purposes. Any security professional will tell you that people are the weakest link in the security chain. No amount of ADT security signs or guard dogs will matter if we trust the person who says they are with the pest control company and we let them in without first confirming if they are legitimate. At that point, we become vulnerable to whatever risks that person or other threat may introduce to our environment.

Phishing Attacks

Phishing is a form of Social Engineering. Phishing attacks fall into three major categories:

- 1. Pretext Calling** - This is a prefabricated criminal calling campaign that targets company employees. A common scenario is a person claiming to be the Help Desk/IT department needing to verify an employee's credentials.

Once access to the network has been achieved, criminals can elevate privileges and find their way to the valuable information within the network.

- 2. Phishing Emails** - These email attempts appear to come from legitimate sources such as within your own company, a popular company, bank, school, or institution. Most common email scams are Ransomware, Spear Phishing, Consumer Phishing, Data Breaches and Business Email Compromises. We will cover this in further detail in future articles.

- 3. Tailgating** - Also known as piggybacking, tailgating involves someone who lacks the proper authentication following an

Continued on page 14

Sources: <https://arxiv.org/ftp/arxiv/papers/1302/1302.5392.pdf>; <https://www.us-cert.gov/ncas/tips/ST04-014>; <https://www.webroot.com/us/en/home/resources/tips/online-shopping-banking/secure-what-is-social-engineering>; <https://www.tripwire.com/state-of-security/security-awareness/5-social-engineering-attacks-to-watch-out-for/>

Ron Frechette is the co-founder and managing partner at GoldSky Security, a full service SMB cyber security solutions firm and the creators of CSOaaS.

family business perspective

by Kendall Rawls

Environment Of Change

The only thing that we can rely on to be constant is change. The political environment is forcing rapid change like we've never seen before. No question, technology continues to evolve in a way that forces us to embrace it or simply get left behind. Demographics are changing with a record number of Boomers who are set to retire in the next few years, causing anxiety for many about who may be their future leader.

A change in leadership brings with it a distinct change in style. Everyone is unique with their own personality type that impacts inter-office relationship dynamics, how departments operate as well as how the organization goes to market. There are differences in tastes, motivators, expectations of employees, and even what one views as success or failure.

These changes in styles and leadership are going to become more abundant as newer generations develop and move into leadership roles in the workplace.

Consider our current political environment as a great example. Like it or not, we are seeing drastic and dramatic change in a very short time frame of having a newly-elected president. Regardless of your political affiliation, one thing is apparent with the change of our country's president: the types of decisions being made, and the swift way they are being decided. Correlate this directly to your business and potential transitions in leadership -in every key position of your organization. Is your business prepared?

The only guaranteed way to be prepared for leadership transition

that doesn't create culture shock is through forethought and planning. You may not be able to predict the future or know immediately the impacts change in leadership will have on your business; however, you will be better-prepared to navigate change as it comes. Setting a clear goal for your financial future, as well as the future of your business, is a great way to prepare your key people for any unexpected changes. This may include defining what a leadership transition plan looks like for every key position in your organization. It

is important to outline the critical behaviors, attitudes, skills, knowledge, and experience that are essential to developing bench strength within your organization. It could also mean diversifying your customer base or service offering to ride the wave of change. It could involve a variety of other options, and therefore planning for your future is essential as any road can take you somewhere. You want to be on the road that takes you where you want to go, so set a goal, and be prepared for the never-ending and constant world of change.

Kendall Rawls knows and understands the challenges that impact the success of an entrepreneurial owned business. Her unique perspective comes not only from her educational background; but, more importantly, from her experience as a second-generation family member employee of The Rawls Group - Business Succession Planners. For more information, visit www.rawlsgroup.com or email info@rawlsgroup.com.



HUGH F. MCKEAN PUBLIC LECTURE THE DEVIL'S DIARY

The Morse Museum, in association with Rollins College, is pleased to present a public lecture by Robert K. Wittman, co-author of *The Devil's Diary: Alfred Rosenberg and the Stolen Secrets of the Third Reich*.

Tuesday, May 16, 2017

7:30 p.m.

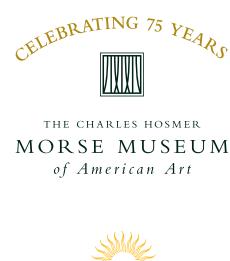
John M. Tiedtke Concert Hall
Rollins College, Winter Park, Florida

Admission is free.

Reception immediately follows the lecture.

Parking available in the SunTrust Parking Garage off of Park Avenue (accessed via Lyman or Comstock Avenues).

FOR MORE INFORMATION, CALL (407) 645-5311 OR VISIT WWW.MORSEMUSEUM.ORG



FBI special agent Robert K. Wittman is an art consultant and the author of two books, the first his best-selling 2010 memoir, *Pricelss: How I Went Undercover to Rescue the World's Stolen Treasures*. His latest book (HarperCollins, 2016, coauthored with David Kinney) chronicles this intrepid investigator's dramatic recovery of the long-lost diary of Alfred Rosenberg, the Adolf Hitler aide whose ideas set the stage for the Holocaust. Wittman will discuss his new book and his work protecting and recovering manuscripts and artwork.

pop culture detours by George McGowan

Spring Has Sprung As Has Some Great New Music

The sun streaming in my window tells me that "spring has sprung!" Newness is evident all around me in the pretty trees and shrubs all abloom. There are also several great new albums of music out there for you to blast from your stereos while you enjoy the sun. First, the newest from "the greatest indie band of the last 20 years" according to Rob Harvilla of The Ringer, Spoon. I discovered Spoon sometime after their 2005 album "Gimme Fiction" was released and saw them play an underwhelming show at Lollapalooza in 2007. Each of their releases over the years has been of good quality and their latest release "Hot Thoughts" also doesn't disappoint. Greatest indie band might be pushing it a bit but they know their hooks and the snarling singing of Britt Daniel up front is quite distinctive. Can you find the Devo lyric tucked into "Do I Have to Talk You into It" or stay still in your seat during funky guitar and hand-clapping song "Can I Sit Next to You?"

Alynda Lee Segarra, records under the name

Hurray for the Riff Raff, and hails from the Bronx although she has been on the road since age 17. Along the way, she discovered roots and folk music, learned a few instruments, settled in New Orleans and began to share herself through her music. Her latest album "The Navigator" is a homecoming of sorts with many Latin influences among the stories and songs about a young woman of color trying to understand the world around her. Segarra dedicated her song "Rican Beach" to protesters currently standing ground over safe water at Standing Rock, North Dakota, and in Peñuelas, Puerto Rico, where coal ash waste is contaminating the drinking supply. She does not shy away from deep subject matter but delivers her thoughts wrapped in wonderful, uplifting anthems. She just may be the next big thing in American folk music.

Two recording acts I love, Dirty Projectors and Ryan Adams, have turned their new albums into laments of lost love and pleas for understanding as

they each comes to terms with breakups. Dirty Projectors is the project of David Longstreth who has been using his instruments, collaborators, and the recording studio itself to create some very interesting sounds over the years. His latest is simply called "Dirty Projectors" as he has stripped off all his pretense of being a band and has basically made a solo album about his break-up with his previous musical collaborator and love partner, Amber Coffman. Ryan Adams' new album "Prisoner" is in the same vein - but don't let the morose subject matter throw you off - both of these albums are fun listens and provide glimmers of hope through the haze of regret.

Other music that is just out or will be soon includes the new albums from Real Estate, the Shins, Tennis, Fleet Foxes, Cold War Kids, Feist and the New Pornographers. My first listens to these artists' new material makes me happy to have them fill the spring air around me with song - I hope you will enjoy them too!

theater in the parks by Barbara Solomon

What Did I Come In Here For?

MID-LIFE! THE CRISIS MUSICAL

WRITTEN BY BOB AND JIM WALTONG, DIRECTED BY MICHAEL EDWARDS

MUSIC DIRECTION BY CHRIS LEAVY

This show starts with a long laundry list of changes you face in mid-life, and ends with a shorter list of future possibilities. Some of the crises mentioned in the first song, "Welcome to Mid-Life," are failing eyesight, failing hearing, and failing love life. The songs are hysterically funny, but not memorable.

Six mid-lifers fill the stage: Heather Alexander, Glenn Gover, Todd Allen Long, Krista Anderson, Shawn Kilgore, and Lourelene Snedeker. All can sing much better than I. But no one looks as cute as Shawn in his



BARB'S BEST BETS FOR APRIL: "HEDDA GABBLER" AT UCF, "ANTHONY AND CLEOPATRA" AT ORLANDO SHAKES, AND "THREE SISTERS" AT THE MAD COW.

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theater in the parks by Barbara Solomon

There's No Escaping Destiny

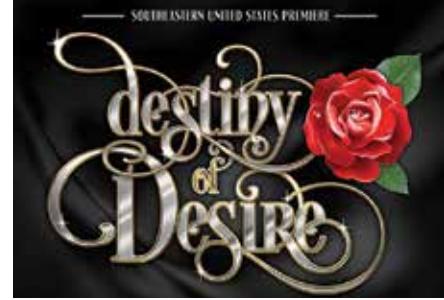
DESTINY OF DESIRE

WRITTEN BY KAREN ZACARIAS, DIRECTED BY MELISSA CRESPO

STARRING SONIA ROMAN AND ALINA ALCANTARA

And seeing this is one destiny you don't want to escape. It's certainly worth the trip from Winter Park to Winter Garden. Since I had never seen this show before, I was pleasantly surprised to find out it was a musical, my favorite genre of theatre. Besides lovely and lively songs, it is a hilarious show. The play is a takeoff on telenovelas, the Spanish soap operas. It includes everything but the kitchen sink: babies switched at birth, a wicked stepmother, illicit affairs, and a wonderful ending

And the performances were wonderful as well. The two mothers, played by Sonia Roman (who I loved already from "In The Heights" and "Avenue Q") and Alina Alcantara, were marvelous. But the two daughters, Pilar (Nadya Borno) and Victoria



Maria (Tamir Navarro), stole the show. They have a great future ahead of them. As does a new set designer in town, Alexander Whittenberg. I look forward to seeing more of his creative sets, especially since we lost the best set designer in Central Florida last year, Tom Mangieri.

There are very funny aside comments dispersed throughout the show. My favorite interchange was

between Pilar and Fabiola: "Why do you defy me?" "Because you're my mother!" And all of us mothers recognize the truth of that, don't we? So with Mother's Day on the horizon, treat yourself to this wonderful piece of theatre!

Playing through April 9 at The Garden Theatre, Winter Garden. For more information call 407-877-4736 or visit gardentheatre.org.

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live meaningfully by Ayesha G. Shenk, M.A.

Sliding Doors...

The title of an underrated 1998 Peter Howitt film featuring the darling Gwyneth Paltrow?

The kitschy new bar down the street?

The swanky interior design firm out west? Your favorite Pinterest page?

Or a term to which Dr. John Gottman refers to as one of the linchpins for true relational trust and connectedness?

I know, I'm pretty predictable that way... although I absolutely would love to discuss the first four options, I think we all probably know that I'm referring to the last.

According to John Gottman (the foremost psychological expert on relational science- if you're not familiar check him out!) 'sliding door moments' (perhaps inspired by dear Gwynnie's film) are those seemingly inconsequential split second decisions and reactions in your relationships that actually make more of an impact as a cumulative effect than the big doozies of a conversation or a fight.

These are the moments in which one partner (let's call this partner A) is trying to offer a 'bid' for connection by showing the other partner (perhaps we'll call this partner B, just to be original) the world through his/her eyes and sharing a part of his/her reality with them. These 'bids' from partner A sound like sometimes immaterial mentionings or comments or questions, and partner B has the choice to: ignore them as he/she may find them irrelevant, acknowledge them (perhaps with a non-descript grumble

or chortle), or 'turn towards' them by joining with the initiating partner (A) and choosing to connect, comment, empathize, commiserate, or otherwise acknowledge the reality in which he/she finds him/herself.

Sounds obvious or innocuous enough? I'll offer a word picture...

Consider this:

This morning over coffee your husband is reading the paper (a now somewhat outdated but nostalgic morning ritual) and, although it barely seems as though he's aware of your presence in the kitchen, he begins to read aloud an excerpt of the article he's perusing.

(This is the "Choose Your Own Adventure" part of the show)

In response, you:

A: Ignore the indiscernible mumbling and chalk it up to the old man talking to himself again.

B: Give a feeble "Uh huh" as you stifle your irritation that he's interrupting your enjoyment of Matt and Savannah's witty repartee.

C: Recognize the comment and close the conversation (considering him lucky that you're not disagreeing with him or outwardly expressing your annoyance that he has the paper strewn all over the kitchen again).

D: "Press pause" on those crazy *Today Show* antics and turn towards your husband in order to ask a clarifying or deepening question about the topic he believed was important enough to bring up.

Let's be honest, we're all guilty of A through C... maybe more often than we even realize. And, to be fair, it is usually neither out of malice nor ill intent, but rather more likely due to the mindlessness with which we become accustomed to navigating our lives, homes, relationships, and communication styles.

These simple and seemingly inconsequential opportunities to engage with our loved ones and see the world through their eyes (even if only for a moment) are some of the foundational elements of building trust and connectedness.

Really?

The overseas merger of foreign car companies can really have an impact on the happiness in my marriage or in my relationships?

Simply, yes.

Or more accurately, *turning towards* your spouse/friend/colleague/partner to better understand why the overseas auto industry matters to him/her **absolutely** has an impact on your connectedness and relational satisfaction.

Therefore, today - instead of tackling the overdue project, the albatross closet, the stack of bills, or never-ending to-dos... perhaps try to be mindful of the sliding doors instead. And recognize the incremental, but powerful, impact 'turning towards' has on your relationship and your own understanding of what matters most to you and your home life... it just may be the impact of your own merger.

Be well; Live Meaningfully.
Till the next time, Ayesha

Ayesha G. Bullock, M.A. practices at 2150 Park Avenue North

as a Licensed Mental Health Counselor and can be reached at ayesha@livemeaningfully.net or 407-796-2959.

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Image: "Sunny Knowles", Manon Sander

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Stephen & Kristin Pategas

in the garden

by Stephen and Kristin Pategas

Oh Citrus, Where Art Thou?

During most of the 1900s, a tourist or resident would be hard put to drive along any portion of Orange Blossom Trail during the winter and not catch the heavenly scent from citrus trees in flower. Built in 1956, the 22 - story Citrus Tower in Clermont overlooked tens of thousands of trees. When we arrived in Orlando in 1982, citrus trees clothed the hillsides along the Florida Turnpike from Orlando to Okeechobee.

Citrus trees were also in almost every backyard and neighbors eagerly shared their bounty. Every breakfast included fresh grapefruit and citrus worked its way into many meals and beverages. The prime juicing orange, Parson's Brown oranges that we received by the bagful from neighbors were more than our tender wrists could handle. We quickly bought the appliance everyone else had - an electric juicer.

We were transported back to those glory days of citrus when during a



However, it is the diseases that now spell the death knell for the industry and

Top: A postcard mailed from Daytona Beach in 1923. Middle photo: "Girls" on the packing row earned up to \$7.00 a day. At right: Local orange crate labels. At left: Harvesting equipment on display. All photos by Stephen G. Pategas/Hortus Oasis.

most backyard citrus. In a future article we'll explore the current status of disease issues and the best procedures for homeowners to use for growing citrus under these trying conditions. In our garden, the mature citrus trees planted by an earlier generation were damaged by the freezes and are now gone. But we continue to harvest limes from the tree we planted in 2007. During the winter there are enough blossoms to create a pleasant and wistful distraction when their scent reaches the nose.



Hortus Oasis (FL26000315) in Winter Park is a boutique garden design company specializing in residential, commercial and specialty gardens. Stephen is a registered landscape architect and Kristin is a certified landscape designer. Contact them at 407-622-4886/garden@hortusoasis.com

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real estate in the parks

by Scott Hillman and Sam Hillman

Preparing Your Home For The Market

Scott Hillman and Sam Hillman Across Central Florida, there's high demand for houses and buyers are selective about what they're purchasing for their money. Each and every one is looking for the best, so providing a "show ready" home could more quickly sell your property. A first impression is everything and below are tips to get your home ready to pique potential buyer interest:

Curb Appeal - Upon arrival, a potential buyer's first impression of a home is its curb appeal. Make sure the lawn is mowed, weeds are removed from the flowerbeds, fresh flowers are planted, bushes pruned, and driveway and sidewalk are pressure washed. Even a fresh coat of paint on the exterior could also help; and be sure to clean out the gutters.

Depersonalize and Declutter

-A potential buyer will always look to imagine their belongings in your home. It's important to keep décor simple and depersonalize every nook and cranny - remove family photos, knickknacks, extra furniture, and any other personal items. As your

home is decluttered, rent a storage space for a few months to place valuables and other personal items. This way, these items will remain protected - yet out of the way - as your home is being shown. This will also allow you to keep your closets tidy to show off ample storage space.

Deep Clean - Freshen up the interior of your house by painting the walls throughout with a subtle color so potential buyers can also envision how they would paint the walls. Clean every area and surface so that it sparkles and shines, keeping



your home looking and feeling clean upon entering. Also, make any minor repairs such as fix a leaky faucet, patch wall holes, replace worn bedspreads, etc.

If the carpets show some wear and tear, replace them with a low-end carpet. Most the time, any new owner will immediately replace the floors to their liking. This will also provide a clean, fresh smell upon entering your home.

Pet Care - Make sure to take your pets for a ride or relocate to a friend or family member to show

your home in the best light. If a pet remains in the home, a potential buyer could think they smell a specific animal which could deter them from making an offer.

Potential buyers will analyze everything. Your realtor can make referrals to contractors who they've worked with and know will perform the best work at a realistic rate. After a couple of weeks, your house will be ready to show. Follow the above tips and it will help a potential buyer say, "I can see myself living here!"

Scott Hillman is president of Fannie Hillman + Associates, a 36-year-old Winter Park-based real estate company specializing in residential real estate sales. **Sam Hillman** is a Realtor and Market Analyst at Fannie Hillman + Associates. Together, they produce Hillman Homes, a customized quarterly publication showcasing local luxury listings, editorial features, and The Hillman Report, a semiannual look at residential real estate in Orange and Seminole counties. Read the latest issue on the company's website (fanniehillman.com) or by calling (407) 644-1234.

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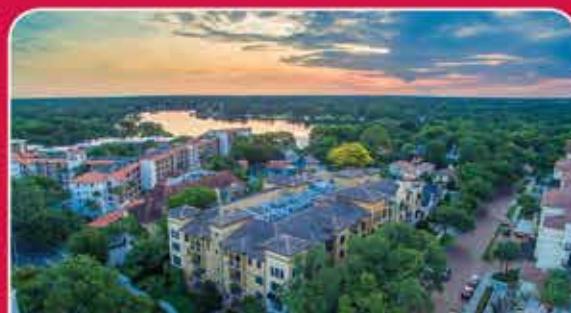
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planned giving

by Rachel Calderon and Meghan Warrick

Our Central Florida Homeless Issue - What Should You Do?

Rachel Calderon



Meghan Warrick

In last month's column, we discussed a housing-first approach that our community has adopted to end homelessness in Central Florida. This month, Meghan Warrick, our executive vice president and chief financial officer is taking a more personal approach to homelessness and how as individuals we can help...

Often times over the last several years, I have felt torn. I am torn between giving cash to the men and women we see on our street corners, and contributing to the organizations that work to help them.

While driving around Orlando recently, I saw a gentleman walking through the stopped cars at a traffic light hanging his head and holding out a hat. The driver in the car next to me pulled money out of his wallet, lowered his car window, and gave it to the man. He seemed

very happy with himself for his kind gesture. However, I did not give money to the man walking through the cars. In my mind I knew that I did not want to encourage him to hang out at that corner every day hoping to get money. But, I drove away feeling guilty.

So, I ask you, what do you do when you are faced with that choice? What should you even do? What do the people in Central Florida that are working to end homelessness want you to do? I do not know the answers to these questions, but I am motivated to find out.

My motivation stems from an experience I had with my 11-year-old son. While on a school field trip, he began to cry when he saw a group of homeless people outside of the Orange County Regional History Center. As a quick response to his tears, a parent chaperone prayed with my son and they asked for help for the homeless people that they saw. Still, my son was devastated that there was no immediate way to help.

With that, what should we do when we see someone on the streets here in Central Florida?

Many of us support organizations that provide services to homeless individuals. Is that enough? Should we give money to the person we see on the street corner, should we take them to get something to eat, or should we do nothing?

In pursuit of finding an answer, I asked a few friends and colleagues for their input and here is what I heard:

- Give cash because it costs money to stay in a shelter
- Call 2-1-1 to help connect someone to services
- Contribute to a nonprofit organization that provides services and housing
- Use Nonprofit Search (cffound.org/nonprofit_search) to find local nonprofits

Keep in mind that list does not include every possible option and you might have others to add that coincide with your lifestyle, but this is a starting point. I believe that if we work together, in big and small ways, we can end homelessness in Central Florida for good.

HOW YOU CAN HELP:

- Give cash because it costs money to stay in a shelter
- Call 2-1-1 to help connect someone to services
- Contribute to a nonprofit organization that provides services and housing
- Use Nonprofit Search (cffound.org/nonprofit_search) to find local nonprofits

Rachel Calderon is the Marketing & Communications Manager of the Central Florida Foundation.

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schools

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The Alliance Française was founded in 1883 in Paris "to propagate the French language abroad."

Today, the Alliance Française worldwide is present in 132 countries, with about 500,000 students.

There are more than 100 chapters in the US, 76 of which have a language school, with one around the corner in our community.

The Alliance Française of Greater Orlando (AFGO) covers Central Florida. It was founded in 1959 and is a not-for-profit organization. It has two main activities: a language school, and a source for a variety of social events (about 30 per year).

The Alliance school primarily teaches French, but also English, Spanish and Portuguese. The school has taught thousands of students of all ages over the years. These language courses are taught to children ages 4 to 16, and adults, in the offices at 1516 E. Colonial Dr., suite 120, Orlando, FL 32803.

AFGO languages courses include private, semi-private and small group classes, at all levels from absolute beginners to very advanced learners. These courses are taking place all year 'round. Classes are formed based on the candidate's availability. The school offers flexible schedule (including night classes for adults) and tries to accommodate the time constraints of the candidates. All students are automatically members of AFGO and have access to their extensive French library. Please consult the Web site www.aforlando.org, page "School," for more details, including price.

In addition to language courses, AFGO offers each month a variety of social events such as movie nights, conferences, various parties (Wine and Cheese, Christmas, Crêpes, Bastille Day); and monthly picnics at Mead Botanical Garden. For more details and photos of these activities, go to the website and look on the "Events" page.

From Page 8.

employee into a restricted area within a physical office building. Once in the office, they can gain access to laptops or workstations.

What Are They After?

The type of information cyber criminals seek varies, but most common are passwords, bank and credit card information. Protected health information (PHI), is by far the most valuable type of data cybercriminals seek due to the diversity of fraud schemes they can set up and data shelf life.



Brookshire Elementary PRINCIPAL SUSAN MULCHRONE

Brookshire is coming up on its annual spring carnival. The carnival will have a different look and feel this year as the carnival has been moved from the fall to the spring and is to take place in the evening as opposed to the daytime. The Brookshire PTA is excited to present "A Night at the Carnival" which will take place on April 1st from 5-9 p.m. at Showalter Field East. The carnival will have free admission, food from local food trucks, games, and prizes. It's going to be a fun evening for all our Bulldog families and the community.



Dommerich Elementary PRINCIPAL KAREN VERANO

Dommerich Elementary School has been committed to STEM education for many years, however, three years ago the school decided to start a designated STEM Lab program for all students—kindergarten through fifth grade. This program allows students even more opportunities to be problem-solvers, risk-takers, critical thinkers, and innovators by taking positions on real-world problems.

If you walked into our STEM Lab, you would see students creating, problem solving, asking and answering questions, discovering, making mistakes, and then learning from those mistakes. All four fields (Science, Technology, Engineering and Mathematics) are integrated into student-centered learning activities to provide authentic learning experiences that parallel the work force.

Students visit our STEM Lab for a multiple-day rotation six times throughout the school year, where they work collaboratively on a specific design challenge that takes them through the Engineering Design Process where they ASK, IMAGINE, PLAN, CREATE and IMPROVE! Since our program started, we have added multiple resources and technologies

including various robotics. In addition, this year we are implementing modules from the Project Lead the Way (PLTW) Launch program.

During the last week in February some of our third, fourth and fifth grade students participated in an Engineers Week 2017 event. A group of engineers from General Dynamics visited Dommerich to share information about an engineer's role in society and how many different engineering disciplines help make the world a better place. Finally, they worked with our students on a "Wiggle Bot" design challenge.

The Dommerich Community has taken great pride in watching all of our students become adept problem-solvers through their experiences in STEM.



Lake Highland Prep

PRESIDENT WARREN HUDSON,
CAPTAIN, USN (RETired)

Lake Highland Preparatory School named Ocoee head football coach Ben Bullock as its new head varsity football coach, beginning May 19.

"Coach Bullock brings 15 years' experience including college and high school coaching," said Frank Prendergast, the Lake Highland Prep athletic director. "His experience and

unique, relational approach to coaching aligns with our mission to develop student-athletes who achieve success in their sport while becoming young people of strong character."

At the collegiate level, Bullock coached 17 All-Conference selections, four All-Region selections, and two All-Americans at multiple NCAA institutions. At Ocoee High School, Bullock led players to the first state playoff appearance and the first back-to-back winning seasons in school history. He also coached Mount Dora High School players to achieve an 8-2 season record and made a 5A Florida State Playoff appearance.

Creating an atmosphere of respect is foundational to Bullock's leadership style. By teaching accountability and leadership, every player has the opportunity to develop strong character and transferable skills, such as self-discipline, fortitude, strength, determination, and work ethic.

"My family and I are looking forward to being Highlanders," said Bullock. "Lake Highland Prep has a strong, storied football program, dedicated coaches, and hard-working, talented players. It will be a privilege to lead the Highlanders into the 2017-18 season and beyond."



Lakemont Elementary

PRINCIPAL DR. BRENDA CUNNINGHAM

Lakemont students made us proud on February 22 in the Future Problem Solving Competition at the Orlando Science Center. Teams competed against over one hundred district area 4th-6th graders using a six-step problem solving process on the topic of 3-D printing. Two teams are headed to the State Competition in March – one fifth-grade team (Delaney Brinton, Ethan Guille, Josh



Fifth grade winners

Hoeckendorf, and Mackenzie McDaniel) and one fourth-grade team (Charlotte Batten, Jackson Kracht, Dahlia Larson, and Nikolas Polsinelli). Also receiving award ribbons in the Presentation of Action Plans were first-place team Charlotte Batten, Jackson Kracht, Dahlia Larson, and Nikolas Polsinelli; fourth-place team Calleigh Bellmany, Rayyan Chehab, Lorena Daily, and Hailey Kelsey; and fifth-place team Claire Clark, Coleman Preisser, and Daniel VanValkenburgh. Well done, Leopards!



Fourth grade winners

How Not To Be Fooled...

1. Think Before You Act.

Cybercriminals want you to act first and think later. Never let urgency influence you.

2. Research the facts.

If the email looks like it is from a company you use, do your research.

3. Curiosity leads to careless clicking.

If you don't know what the email is about, do not click any links.

4. Beware of downloads.

If you

don't know the sender personally and are not expecting a file from them, downloading is a mistake.

5. Set Email Filters to High.

Look under settings options and set to high. Remember to check junk folder periodically.

6. Secure all Computer Devices.

Install endpoint security software on all devices and keep these up-to-date.

Cybersecurity Is A Journey, Not A Destination

There are approximately 10 to 12 million new malware variants released every month. Just when we have a fix for one, cybercriminals are launching scores of new strands. As we embark further into the Digital Age, we must view cybersecurity as an ongoing journey that will require us to change course to stay safe in cyberspace. Wishing all a safe and secure journey!

schools



St. Charles Borromeo Catholic School

PRINCIPAL NATHAN NADEAU

St. Charles Borromeo Catholic School Wins Diocese Cup

SCBCS Bulldogs had an amazing sports session. The Bulldogs fielded a Girls Varsity Soccer team, a J JV Boys Basketball team, and a JV Boys Basketball team in the Catholic Youth Sports (CYS) league in the Diocese of Orlando. All three teams were true to the school's motto of "Work Hard, Play Hard, Pray Hard."

The J JV Boys Basketball team headed into the playoffs with a 3-5 record and lost in the first round in an extremely close game. The JV Boys Basketball team had a season of 4-3 and headed into the playoffs with a limited squad. Despite only having five players for some of the playoffs games, they made it into the final four and brought home the 4th place trophy.

The Varsity Girls Soccer team ended their season with a 1-2-5 re-



The Varsity Girls Soccer team ended their season with a 1-2-5 record. The team earned a spot to play in the Orlando Championship game against St. John Vianney. Both teams played their hearts out. In the end, the Lady Bulldogs pulled off another victory and won the championship.

cord. The team earned a spot to play in the Orlando Championship game against St. John Vianney. Both teams played their hearts out. In the end, the Lady Bulldogs pulled off another victory and won the championship. After winning the Orlando Cham-

pionship game, the Lady Bulldogs played for the Diocese Cup which included schools from Brevard and Volusia County. The girls ended up winning against Ascension Catholic School. It was a great season and ending to the 8th graders middle

school soccer careers.

Coming up, the Bulldogs will compete in CYS Girls J JV Volleyball, Varsity Girls Volleyball, JV Boys Volleyball, Varsity Boys Volleyball and JV Flag Football. Best of luck to our teams.

Winter Park High School

PRINCIPAL TIM SMITH

Winter Park High School is proud to highlight the general manager, Jordan Klarfeld, and the staff at Publix Baldwin Park for its profound community involvement with our exceptional student education program. Throughout the year, students with special needs go to Publix for Community-Based Vocational Education where they learn job expectations and procedures while working in a real-life setting of employment. Publix has offered the opportunity for training and experience as the students work different department jobs each semester. This employee/student relationship has helped create a community bond that impacts the students for years to come and has offered employment opportunities to many of our graduates. On top of that, Publix, Mr. Klarfeld, and his staff have established a holiday and an end-of-year tradition

with food, drink, and fellowship as they celebrate success with the ESE students. We salute our Partners in Education, Publix Baldwin and Publix Aloma, for all their support.

Winter Park Presbyterian PreSchool

Our annual Spring Fling is an exciting family fun day for all ages, and is open to the public. The event includes bounce houses, face painting, balloon artist, cupcake walk, popcorn, outdoor games, and much, much more. We will host activities in the classrooms such as arts and crafts to make and take, a knights and princesses fantasy experience, and super fun STEM and sensory projects. Chick-fil-A will be there serving lunch. We will also be holding a silent auction with many lovely themed baskets, gift cards to local businesses, and tickets to local attractions.

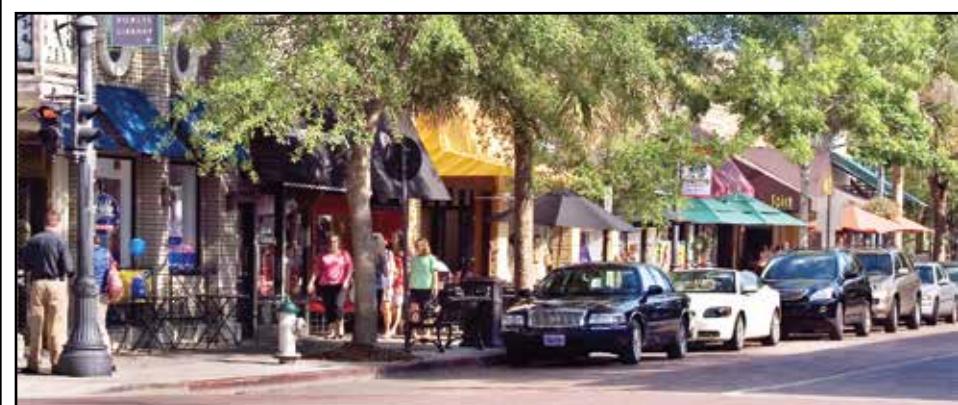
Winter Park Presbyterian Pre-school's Spring Fling and Silent Auction is being held Saturday,

April 8 from 11:00 a.m. to 2:00 p.m. We are located at 400 S. Lakemont Ave, Winter Park. Wristbands will be for sale at the door for \$15 per family. Cash and checks will be accepted. Invite your friends and family to this amazing event!

We are thrilled to announce plans for a Nature Center to be located next to our Art Room. The children will have the opportunity to plant flowers,

vegetable plants and seeds, and do a variety of art projects and other activities that will connect them to nature. The school will have a ribbon cutting in the near future.

We're currently accepting registration for summer camp and the 2017/2018 school year. Please call us at (407) 629-0727 if you'd like information about our programs or to schedule a campus tour.



**For updated news, events and more, please visit
www.TheParkPress.com**

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AUDUBON'S RAPTOR CAMP



Join Audubon for an exciting week of Raptor Camp! Connect with nature through activities, art and experiments. Explore the features Birds of Prey use to survive and thrive in nature.

Session 1: June 5-9, for campers entering 1st-3rd grade

Session 2: June 19-23, for campers entering 4th-6th grade

Registration now open. Cost: \$175; 9am-2pm.

<http://fl.audubon.org/raptor-camp>

auduboncbop@audubon.org or 407-644-0190 for questions.



Audubon
CENTER FOR BIRDS OF PREY
Located in Maitland, FL

COMMUNITY CALENDAR

Audubon Park Garden District Events

Ongoing Events

Every Monday night Community Market – 6:00 to 10:00 p.m. at Stardust Coffee parking lot located at 1842 E. Winter Park Rd. For information call 407-590-8776.

Baldwin Park, College Park and Orlando Area Events

Ongoing Events

Every Monday and Thursday through April 17 AARP Income Tax Assistance - 10:00 a.m. at the Orange County Public Library Herndon Branch located at 4324 E. Colonial Dr. AARP volunteers will provide free income tax assistance. Attendees will need to have a valid ID, Social Security card and tax forms and annual benefits statements (if necessary.) Attendees will be seen on a first come, first served basis. For more information, please visit aarp.org/taxaide.

Every Monday Smarty Pants - 10:15 a.m. storytime for children ages birth-5 years at the Edgewater Branch Library located at 5049 Edgewater Dr. For more information call 407-835-7323.

Every Wednesday Mills50 MidWeek Group Runs – 6:00 p.m. at Track Shack located at 1104 N. Mills Avenue. This event is free to runners of all abilities. For more information, please visit www.TrackShack.com.

Every Wednesday Belles and Beaus Dance Club has dances every Wednesday (except November 23) from 7:00 to 9:30 p.m. at the Marks Street Recreation Complex located at 99 E. Marks Street. Join in for an evening of fun and dancing to music by the Soft Touch band. Refreshments are available. Singles and couples are welcome. Cost: \$5.00 per person. For more information please call 407-277-7008.

Every Thursday College Park Farmers' Market – 5:00 to 9:00 p.m. located at 1600 Edgewater Dr. For information call 407-999-5251.

Every Friday Your Adult Club Socials (Y.A.C.S.) Dance – 7:00 p.m. to 9:30 p.m. at the Marks Street Recreation Center, 99 E. Marks St., Orlando, FL. Admission is \$4.00 for members and \$5.00 for guests. Dress code of no jeans, tennis shoes, or tee-shirts. Singles and couples are welcome. For more information, please call Joan at 407-339-5393.

Every Sunday Downtown Orlando Farmers' Market – 10:00 a.m. to 4:00 p.m. at Lake Eola. For more information call 407-246-3625.

Monday - Friday Each Week Seniors' Program in College Park – 9:00 a.m. to 1:00 p.m. at the College Park Community Center located at 2393 Elizabeth St. For information call 407-246-4361.

First Friday of Each Month (January - June 2017) Baldwin Park First Fridays - 5:30 to 9:30 p.m. along New Broad Street. This monthly sidewalk art stroll and festival is free and open to the public.

First Friday of Each Month The Art Stroll of Ivanhoe Village – 6:00 to 9:00 p.m. on Orange Ave. between Princeton and New Hampshire.

Now - April 30, 2017 Dinosaur Invasion – The exhibit will feature 13 life-size dinosaurs ranging in size from 14 inches to a massive 33 feet at Harry P. Leu Gardens located at 1920 N. Forest Ave. For more information, please call 407-246-2620, or visit www.leugardens.org.

Now - May 5 Bo Bartlett: American Artist Exhibit - Opening Reception Friday, January 27 at 6:30 p.m. at The Mennello Museum of American Art located at 900 E. Princeton St. For more information, please visit www.mennellomuseum.com

April 4 Tarflower Chapter of the Florida Native Plant Society Meeting

– 7:00 p.m. at Harry P. Leu Gardens located at 1920 N. Forest Avenue. This meeting is free and open to the public. For more information, please call 407-647-5233.

April 6 The Orange County Retired Educators Meeting

- 10:00 a.m. at the College Park United Methodist Church, 644 W. Princeton St. Anyone who has worked in education is invited to join. For more information, please call 407-677-0446.

April 22 12 Annual Tees & Ties Gala – 6:00 to 9:00 p.m. at The Pub at Pointe Orlando located at 9101 International Dr., Suite 1103. This event is to help break the generational cycle of poverty. For more information and tickets, please visit www.teesandties.org.

May 4 The Orange County Retired Educators Meeting – 12 noon at the College Park United Methodist Church, 644 W. Princeton Street. Spring luncheon at \$14 per person, and reservations are necessary. Anyone who has worked in education is invited to join. For more information, please call 407-677-0446.

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily.

Every Thursday Healthy Maitland Walk 6:30 a.m.; **Babysitter** 10:30 to 11:30 a.m. and **Adventures w/Books Club** 2:30 to 4:30 p.m. at the Maitland Public Library.

Winter Park Events

Ongoing Events

Every Tuesday, Wednesday and Thursday through April 14 Free Tax Assistance **Free Tax Assistance** – 11:30 a.m. to 3:30 p.m. at the Winter Park Library.

Every Tuesday and Thursday "Hands-on Gardening"

Noon at the Albin Polasek Museum and Sculpture Gardens. For more information regarding this free year-round event please call 407-647-6294.

Every Tuesday, Friday and Saturday Winter Park Benefit Shop

The shop is located at 140 West Lyman Avenue and is open from 9:30 a.m. - 1:00 p.m. on Tuesdays and Fridays, and from 10:00 a.m. - 1:00 p.m. on Saturdays. Donate or purchase clothing, bedding, jewelry, kitchenware and more. Proceeds benefit various children's programs and the local branch of Orlando Blind. For more information please call 407-647-8276.

Every Tuesday and Thursday Curator Tours of Louis Comfort Tiffany's Laurelton Hall

Curator tours of Louis Comfort Tiffany's Laurelton Hall at 11:00 a.m. and 2:30 p.m. at the Charles Hosmer Morse Museum of American Art located at 445 N. Park Ave. Space is limited and free with museum admission. To learn more about this event with Curator Donna Climenhage please call 407-645-5311 or visit www.morse museum.org.

Every Thursday "Walk With A Doc" – Enjoy a rejuvenating 45-minute walk with Florida Hospital physicians. This free event is held at 6:00 p.m. at the Crosby YMCA. For more information, or to reserve your spot, please call 407-644-2300.

Every Friday (November - April) Free Friday Nights At The Morse

– 4:00 to 8:00 p.m. at the Morse Museum located at 445 N. Park Avenue. This event includes live music, curator tours and art demonstrations. For more information, please call 407-645-5311, or visit www.morse museum.org.

Every Saturday Winter Park Farmers' Market

– 7:00 a.m. to 1:00 p.m.

Every Saturday (March 4 through April 29) Winter Park Blooms

– Keep Winter Park Beautiful and Sustainable, will once again be selling a wide assortment of caladium bulbs at the Winter Park Farmers' Market during months of March and April. The funds are used for Winter Park beautification projects and to host the America in Bloom judges that will evaluate Winter Park in late April for the fourth consecutive year. For more information, please call 407-622-4886.

Every Saturday and Sunday Line Dance Class

– 10:00 a.m. Saturday for experienced dancers, and 3:00 p.m. Sunday for beginners at the Winter Park Community Center located at 721 W. New England Avenue. Enjoy music, make new friends, and get some fun exercise at the same time! For more information please call 407-592-7835.

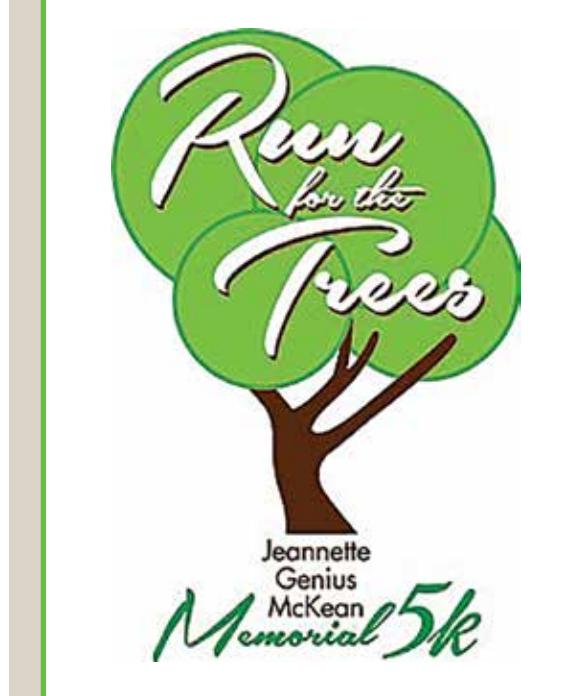
Every Sunday Winter Park Running Group – 7:00 at Park Avenue and Welbourne. New participants are welcome to join. For more information, please email jackgallagher@gmail.com.

Every Sunday Music at the Casa

– This free event featuring professional musicians and performers is hosted at Casa Feliz every Sunday from noon – 3:00 p.m. For more information call 407-628-8200 ext. 3 or visit www.casafeliz.us.

April 9 Earth Day In The Park – 11:00 a.m. to 3:00 p.m. in Central Park. For more information, please visit www.cityofwinterpark.org.

APRIL HIGHLIGHT



Run For The Trees Jeannette Genius McKean Memorial 5k takes place on Saturday, April 29 at 7:30 a.m. at Showalter Field. Location is 2525 Cady Way. All finishers receive a young tree. For more information or to register, please visit www.trackshack.com.

April 4 Alliance Francaise Of Greater Orlando Spring Grand Picnic – 12:30 p.m. at Mead Botanical Gardens located at 1300 S. Denning Avenue. Event includes a raffle, Petanque tournament, and a free book fair. For tickets and information, please call 407-895-1300.

April 13 Free Community Forum On Compassion And Wellbeing: A Mindful Way Of Living And Dying – 7:00 p.m. - 8:30 p.m. at the Broad Auditorium at Rollins College. Guest speaker is Barry Kerzin, MD, Personal Physician to the Dalai Lama. No R.S.V.P. or ticket required. For more information, please call 407-646-2192.

April 15 63rd Annual Easter Egg Hunt – 9:30 a.m. in Central Park West Meadow. For more information, please visit www.cityofwinterpark.org.

April 18 AARP Winter Park Chapter #1047 Meeting – 1:30 p.m. at the Winter Park Community Center located at 721 New England Ave. For more information, please call 407-671-8393.

April 22 Household Hazardous Waste Drop Off – 8:00 a.m. to noon at the Public Works Compound located at 1409 Howell Branch Road. For more information, please visit www.cityofwinterpark.org.

April 22 The Great Duck Derby – 10:00 a.m. to 2:00 p.m. at Mead Botanical Gardens located at 1500 S. Denning Drive. For more information, please visit www.cityofwinterpark.org.

April 22 8th Annual Hannibal Square Heritage Center Folk & Urban Art Festival – 10:00 a.m. to 4:00 p.m. in Hannibal Square located at 425 W. New England Avenue. For more information, please visit www.cityofwinterpark.org.

April 29 Run For The Trees Jeannette Genius McKean Memorial 5k – 7:30 a.m. at Showalter Field located at 2525 Cady Way. The last mile is on the tree-canopied, wilderness dirt road of Genius Drive. This privately-owned glimpse of old Florida is opened to the public only once a year, for this event. All finishers receive a young tree! For more information or to register, please visit www.trackshack.com.

April 30 Handel's Messiah Sing Along – 2:00 p.m. at the First Congregational Church located at 225 S. Interlachen Avenue. For more information, please call messiahchoirsociety.org.

May 6-7 Inaugural Winter Park Amateur Golf Championship – To register to play, please contact the Winter Park Golf Course at 407-599-3419. Registration will close at 5:00 p.m. on Friday, April 28.