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New Partnership Between Florida Hospital And Second Harvest Food Bank

Many economically disadvantaged Central Florida families often face an impossible choice: either food or shelter. In fact, according to a recent study, 70 percent of area households said they had to choose between buying food or paying their mortgage or rent at least once during the previous year.

Many of those families rely on Second Harvest Food Bank's local network of feeding partners to get the food they need to survive. And now, Florida Hospital is launching an initiative that will give thousands of pounds of food to the community each month through a partnership with Second Harvest.

From pot roast to bread to chicken, Florida Hospital prepares thousands of meals daily for patients, visitors, and employees who eat at campus cafeterias. Now, extra food is carefully packaged and stored for donation to Second Harvest, which in turn donates the fresh food to area soup kitchens and other organizations through its Second Helpings program.

Florida Hospital recently launched the program at its Orlando campus, and will eventually extend it to all its hospitals in Central Florida. An average of 1,500 pounds has been donated monthly to Second Harvest from the Orlando campus alone.

"Lack of access to healthy foods is a significant challenge in Central Florida. This has major impacts on the overall health of our community, as good nutrition is a key to good health," said Daryl Tol, president and CEO of Florida Hospital and the Central Florida Division – Adventist Health System.



Pictured above: Second Harvest Food Bank will be partnering with Florida Hospital on an initiative that will give thousands of pounds of food to the community each month.

"Florida Hospital is honored to partner with the Second Harvest Food Bank and help bring muchneeded food to those who need it most."

One in six Central Floridians turns to charitable food assistance programs that are part of the local Second Harvest Food Bank network each year. On average, that's nearly 500,000 low-income people who seek help with food more than 71,000 times per week.

They are working poor families, seniors, children, veterans, homeless and others. To make their struggles even more serious, these populations face a disproportionately high rate of preventable, food-related health challenges.

According to Second Harvest's Faces of Hunger report:





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- 27 percent of Central Florida households have at least one member with diabetes
- 53 percent have a member with high blood pressure
- 51 percent have members who are uninsured

Continued on page 7



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FROM THE PUBLISHER The Park Press | AUGUST 2017

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Publisher's Message



The summer break of 2017 is winding down, yet we still find ourselves in the middle of hurricane season. July had me thinking we might need to change the state slogan of the "Sunshine State" to the "Rainy State," as we've certainly had more than a fair share of rain. Our

community has not been in the direct path of a hurricane for years, but this streak of good luck can make us all a little complacent in being prepared. Now would be a perfect time to check your emergency supplies and restock if necessary. The stores are stocked, and prices are fair, and you

won't find yourself scrambling in chaos that transpires when the weatherman shows that we might be in the direct path of disaster. You know the drill, they lead in with

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quick commercial spots that say, severe weather is headed our way. Tune in at 5:00. And a wave of people head straight to the stores. Batteries, duct tape, tarps, and bottled water are quickly SOLD OUT! The stores do a great job of restocking important items, but a little advance planning will have you better safe than sorry, and avoiding the supply that at some point can't keep up with demand until the storm passes. A great reference regarding being prepared for a hurricane can be

found by visiting http://www.stateofflorida. com/articles/hurricane-preparedness-guide.

The first day of school in Orange County is August 14. Please be aware of the school zones and their times of enforcement. One of the great things about our community is that we have many children who walk and bike to school, so please use caution while driving and keep in mind they might need extra concessions with their right-ofway. They'll look like they are carrying all of their worldly possessions in their backpacks at least for the first few weeks. The students don't have lockers at school and will be trying to establish their routines with what they can leave at home and what they need to bring daily. I'm most concerned for those who look a bit like ninja turtles on two wheels. Yes, those on bikes. I'm

> amazed that many are balancing on a bike with a pack that outweighs them, and I think they are only able to see straight ahead, or they run the risk of whipping out

around their peers. So please use extra caution when they are around.

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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of enforcement.

Orange County is August 14.

school zones and their times



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Home By Tricia Cable

While having dinner with a friend one night this month, I was re-introduced to a young woman who I had not seen in years, ten years to be exact. The last mental image I had of her was from when she was one of the cool and sweet upper classmen at Brookshire Elementary School that my thenthird grader admired.

She was home from college and working at a local restaurant after having just completed her freshman year. She had grown into a beautiful young woman, very polite, well spoken, and extremely candid about her life experiences; going off to college and being forced to manage her finances, academics, and athletics on her own...or at least take a much more active role.

She had a tremendous amount of pride in her school of choice and the work that she had accomplished in her first year. She beamed as she shared her experiences and the brief time we spent together left me with a warm and enthusiastic impression of her and even more so for her future.

I have so loved being a part of this community and watching these kids grow up and venture out into the world. I especially love it when they come back home and share their stories. The highs, the lows, the challenges and accomplishments, the successes and the failures. They start, make adjustments and restart. To witness their journey from playground to workplace into the real world is exceptional.

Bonds are established early on in life. Whether

your circle is comprised of school or work friends or those who you have met through the years playing competitive sports on the field, court, or in the pool...the confidence that our youth establishes plays out in one of these arenas and will stick with them for a lifetime.

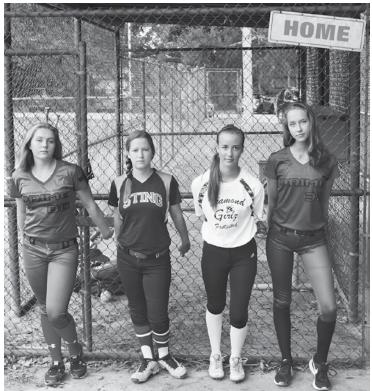


Photo by Tricia Cable.

When we talk about genetic or environmental impact, I speak from experience when I say that early on, my success in youth sports played a key role in my development. As a female, in what still tends to be a very male-dominated industry, the confidence that I bring into every situation still

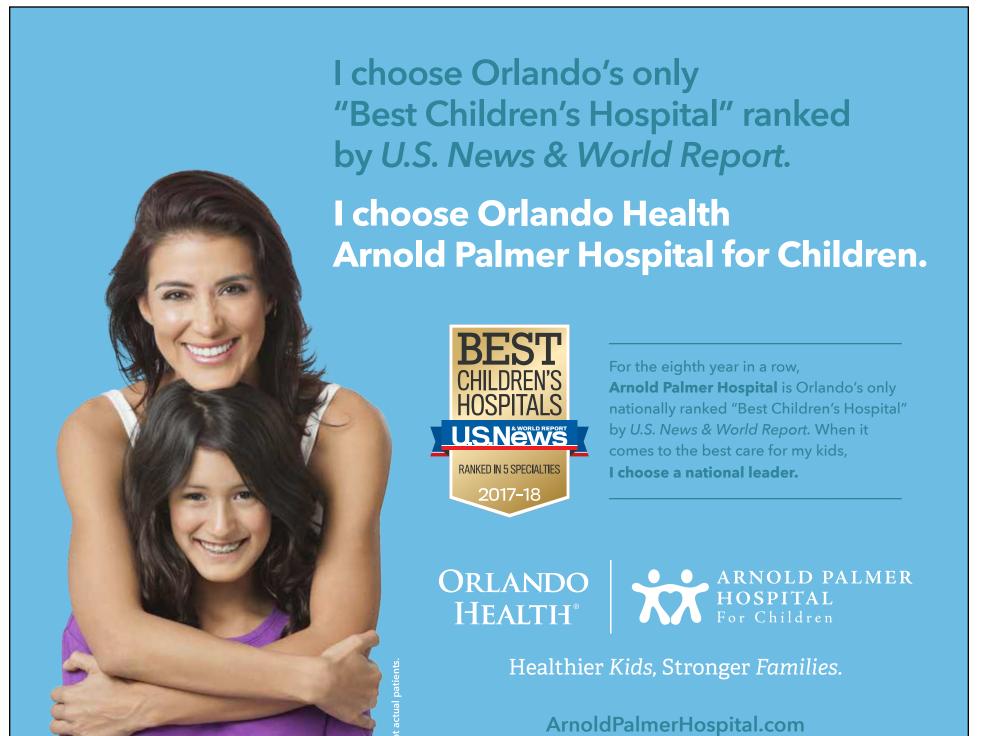
stems from a foundation built decades ago excelling in athletics. Whether your pride and confidence is derived from the classroom, the boardroom, or the ball field, we each require a place to shine in order to build on our own self-esteem and usually those who guide us in that journey

can be found pretty close to home.

I guess you just never know where or when you will find your mentors in life; whether it is a parent, teacher, friend, boss, or coach. Great examples of humanity can be found in many places. But a strong foundation at a young age is key in my opinion and tends to explain why involvement in youth athletics has been such a priority in our house.

Whether you are just starting a family or on the tail end like us, readying your kids for college, there really is no place like home. And whether home to you means the house you grew up in, the pool you learned to swim in, the ball field you hit your first out of the park home run on, or the classroom still occupied by your favorite teacher, I encourage you to live your life large! Go out into the world knowing that you have the support of the members of this commu-

nity. We are here to support and guide you on your way. But, come home and come home often; share your lessons learned with others, give back to those who have made it their priority to contribute to you and pay it forward to the generation of tomorrow.



The Park Press | AUGUST 2017 **NEWS**

City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



As our city and residents gear up for back to school, I am glad to give an update on what is happening in Orlando.

 We had our budget workshops in July and our city is very healthy financially. While the final vote on next year's budget will be Septem-

ber 25th, I can report that the mayor has asked that the Council vote to keep our city's tax rate the same at 6.65 mils. For more information, please visit cityoforlando.net/budget or feel free to attend one of the two budget public hearings taking place at 5 p.m. Wednesday, September 6th and Monday, September 25th in the City Council Chambers.

 The mayor gave his State of the City address on July 21st and while he touted the many amazing accomplishments that have occurred during the last 10 years, he also outlined a blueprint to address the challenges that have come with the transformation of our city...he called this our "inflection point," the point where we have truly transitioned from a place where people always want to visit into a place where so many people also want to live and do business. But as Mayor Dyer pointed out, with these incredible opportunities come growing pains around public safety, quality housing, multi-modal transportation, economic diversification, and enhancing amenities for all. I was heartened that the mayor has heard the advocacy from our council and is supporting the hiring of 15 new police officers this year and 15 new officers next year to make sure our public safety resources keep up with our growth. The City is also working on obtaining a grant that would be earmarked to fund 15 more officers specifically to work in the Downtown Bike Patrol Unit as we celebrate the opening of the UCF/ Valencia downtown campus in 2019.

Mayor Dyer also discussed the often tedious, behind-the-scenes work of our planners... while one development project gets media attention as if in a vacuum, it is truly a piece of an intricate puzzle that may take years to be realized and fulfilled. He used the example that Mayor Hood's idea to turn the Navy Base into Baldwin Park was highly criticized at the time; but now almost 20 years later, Baldwin Park is a thriving, highly desirable, walkable, urban neighborhood. I highly encourage you to read or watch the mayor's speech in its entirety at cityoforlando.net/mayor

• As a father of two and grandfather of five, all who live right here in the City of Orlando, there is nothing more important to me than public safety. With that in mind, I am excited to once again partner with the Orlando Police and Fire Departments for our annual District 3 National Night Out kickoff celebration. Please come and join us on August 9th from 6-9 p.m. at the College Park Community Center (2393 Elizabeth Avenue) as we make learning about public safety fun for the whole family with the District 3 "Safety Splash." The pool will be open for evening swimming and OPD and OFD will be out in full force. Additionally, OFD has been gracious enough to open Fire Station 3, conveniently located across the street for fire truck exploration and fire station tours. This will be a great night to learn about how to keep our families safe in a fun learning environment.

Our Orlando Main Street districts are hosting their third annual Orlando Main Streets Restaurant Week August 4 - 12, 2017 to promote our culinary diversity. Restaurant Week encourages restaurant members to offer a select prix fixe menu with established price points. No tickets or passes are required. Foodies can try something new at their old favorite or try a great new restaurant. Visit orlandomainstreets.com for participating restaurants and more detailed information.

- As a lifetime Orlando resident, I get so enthralled talking about Orlando's history. We really do have a unique story to tell, not only about our past, but about our wonderful City of today and the one of the future as well. With that in mind, Mayor Dyer recently announced that like other major cities, he wants us to have our own Poet Laureate to be our official storyteller, promoting poetry, literature and literacy in our community and in our schools. If you or someone you know are interested in the position, applications will be taken through August 7th. For information on the process and the panelists, visit unitedarts.cc/poet-laureate
- August means back to school for many youth and families in our community. I want to congratulate all of our District 3 schools for continuing their high standards of student achievement. Part of what makes all of these schools special is their high level of community involvement. Please consider learning more about what each of these schools does and getting personally involved by visiting ocps.net or cityoforlando.net.volunteer.



Winter Park Mayor's Message Mayor Steve Leary

Library. Events Center. Martin Luther King, Jr. Master Plan. Orange Avenue. Downtown parking. Whether it is building a new facility, adding to existing amenities, or improving city infrastructure and assets, each of these items are being explored to make

Winter Park better. Knowing that each of these topics impact our lives in different ways, the city has gone to extraordinary efforts to offer opportunities for public input and feedback.

We all lead busy lives that limit our availability to participate in government. Many of us are unable to attend City Commission meetings or board meetings, but your input is still very important. For the past few months, the city has offered a number of public meetings, hosted open houses, and held targeted focus groups in an effort to gather as much input as possible from our diverse residents.

Depending on the topic, we have held meetings that filled a ballroom and others that were more

intimate with a handful of attendees conversing around a table. It was great to see a mom and her son talking directly with our architectural team for the library & events center. Or watching a young resident talk directly to Sir David Adjaye, one of world's most internationally acclaimed architects.

Regardless of the resident's age or the size and location of the meetings, everyone had something important to share and more importantly, had an opportunity to share. If you

follow the city on Facebook® or Twitter®, subscribe to its citEnews email service, use cityofwinterpark.org or simply check your mail, you would have read about one of the public meetings in one or more of our tools.

Your feedback is one of the main resources the City Commission uses to make sound decisions on the future of our city. It is our job to listen to all the feedback we receive. It is our job to listen to both the critics and supporters. Although we may not agree on every topic, we do listen and care just as much as you do about our city.

With each of these projects still in progress, and some in its very infancy stages, as we move forward, there will be many more opportunities to participate

and tell us what you want offered at your library and events center; what amenities you want to enjoy at Martin Luther King, Jr. Park; what types of multi-

modal access do you want to use on Orange Avenue; or where the secret parking spaces are.

I encourage you to keep updated on the public meetings and process by subscribing to at least one of the city's communication tools and participate. It's your feedback that helps guide your elected officials in doing what are trying to do - making our city better for our families and future generations to enjoy.





The Park Press | AUGUST 2017

Collaborative Program Links Creativity, **Performance And Wellness**

There are countless youth programs all across the state for a variety of interests, yet there's an ever-growing need for programs to support the active senior community. Arts in Action is geared to engage seniors with affordable eight-week-long courses that foster creativity, artistry, and community for aging adults.

"Social engagement and creativity were the key drivers behind this program," said Diana Silvey, program director at Winter Park Health Foundation. "We provided Joshua Vickery's team at CF-CArts with a planning grant to survey local older adults and review practices of other programs around the country before this program."

CFCArts founder and executive director, Joshua Vickery, conducted research for Arts in Action by visiting Stagebridge, a performing arts organization geared towards older adults in Oakland, California, as well as the National Center for Creative Aging's international conference in Washington, D.C. With the help of NCCA, visits to organizations in Washington D.C. and New York City were arranged, providing vital insight into the world of creative programming for older adults, resulting in a National Leadership Council.

Arts in Action offers a variety of eight-week courses with 90-minute classes each week, which encourages mastery of the skill, as well as creates more opportunities for individuals to create longlasting bonds. The courses offered in 2017 will highlight the areas of acting (Play It Out), singing (Just Sing), storytelling (Pass It On) and dancing (Feel It, Move It). At the conclusion of each program, participants may showcase or perform for their peers, friends and families.



"The performance can be an important validation for the artist," Silvey says. "But it's also an opportunity for the community to see the talent of our older adults; to better appreciate how vital they are and how much they have to offer."

CFCArts' mission is to create opportunities for artists of any age to connect, serve, and perform. With dues at \$30 for each eight-week program, these courses are affordable and accessible thanks to a sponsorship by the Winter Park Health Foundation. Those who are unable to pay may apply for scholarships.

This program is presented by Central Florida Community Arts, sponsored by the Winter Park Health Foundation, and is in partnership with AARP, Winter Park Public Library, Cornell Fine Arts Museum, Winter Park Chamber of Commerce, Performing Arts of Maitland, Crealdé School of Art, Art & History Museums Maitland, The Holocaust Memorial Resource and Education Center of Florida, Winter Park Community Center, Maitland Senior Center, and First Congregational Church of Winter Park.

To register and learn more, visit CFCArts.com/ ArtsinAction or call 407-937-1800 x720. Space is very limited and offered on a first-come, firstserved basis.

More Job Opportunities For Homeless

Homeless Central Floridians will have more job opportunities in the coming months, as Goodwill Industries of Central Florida expands a key partnership with the City of Orlando.

Goodwill screens, evaluates, and places homeless job-seekers with the city through the nonprofit's GoodSource Staffing Services, a temporary staffing program. Partici-

pants receive pre-employment training and begin working immediately.



Building Lives That Work.

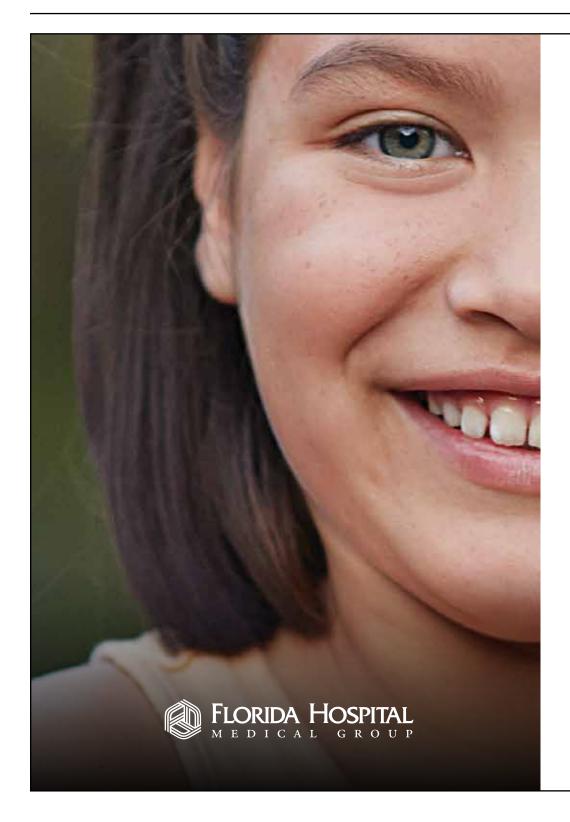
Goodwill

and the city launched a pilot program in July 2016, placing workers in the Public Works department to pick up litter. The department staff now includes nine Good-Source employees. About 25 people have completed their stints, with several moving on to permanent employment with the city.

Due to the success of the pilot, Good-Source participants are now eligible to be placed in positions city-wide, such as fleet maintenance, facility maintenance, and water treatment. Since its launch in 2015, GoodSource has placed more than 600 people with local employers.

"Our GoodSource employees have helped us bring the city back to 'The City

Continued on page 7



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With tailored nutrition plans to establish healthy eating habits for the whole family. With health coaching to motivate kids to reach long-term goals. With personalized care to build each child's self-esteem. Good news: It starts today with Florida Hospital Medical Group's pediatric obesity specialists. backed by the world-class Florida Hospital network of care. Learn more at YourHealthyChildren.com.

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6 NEWS The Park Press | AUGUST 2017

OCPS Academic Center For Excellence Opens

As Orange County Public Schools prepares for a new school year there are some exciting details to reveal about one of the brand new schools opening in downtown Orlando.

You may recall the groundbreaking ceremony back in January of 2015. The school is now named OCPS Academic Center for Excellence (OCPS ACE). It's a first-of-itskind preschool through eighth-grade school serving students on one campus. It is also a unique Community Partnership School.

A Community Partnership School relies on four core community partners – a school district, university or college, nonprofit, and health care provider – to secure resources that support student success and community well-being. Orange County Public Schools formed the partnerships with the University of Central Florida, Valencia College, Children's Home Society of Florida, Orange Blossom Family Health, Boys & Girls Clubs of Central Florida, and Rosen Foundation.

Students will receive a high-quality academic experience as well as:

- Tutoring and mentoring programs
- Before and after school services
- Athletic and arts programs
- Education and counseling on nutrition, exercise and healthy lifestyle choices
- All-day summer programs
- On-site dental and health services

- On-site counseling services
- A parent resource center

The school will provide a highquality Rosen Preschool program for two and three-year-old children funded by local hotelier and philanthropist Harris Rosen. Through the Harris Rosen Foundation, every student who attended OCPS ACE and graduates from Jones High School will receive a scholarship to attend a two or four-year public college or university or technical/vocational school in Florida. The scholarship includes room, board, tuition, books and travel. This mirrors the successful program Rosen started in Orlando's Tangelo Park neighborhood more than 25 years ago. For more information please contact Mary Deatrick, 407.718.4640, mary@deatrickpr.com.

The University of Central Florida is also helping to lead the development OCPS ACE as a Community Partnership School. UCF is assisting OCPS ACE with strategic planning and coordinating efforts to engage talented students, faculty, and staff members in the life of the school. In addition, UCF has secured state legislative funding to help support OCPS ACE. UCF cofounded the Community Partnership School model, which was first implemented in 2010 at Evans High School in Orlando and is now a na-



Pictured above, ground-breaking taking place on the OCPS Academic Center for Excellence school.

tionally-recognized school model. Please contact karen.guin@ucf.edu for further information.

Valencia College will support students and families in the school and community in the following ways:

- A teacher internship program where college students serve as mentors and work with OCPS ACE students on projects
- Workshops for parents and families on resume building, interview skills, applying for college and financial aid, and other topics
- College prep days for 6th, 7th and 8th graders
- Priority invitations to summer camps at Valencia

For more information, please contact Carol Traynor at ctraynor@ valenciacollege.edu.

Children's Home Society of Florida, the state's leading provider of solutions for children and families, has a vision of world where children realize their full potential. Delivering solutions that turn this vision into reality, CHS is a founding partner of the Community Partnership School model in Florida and a core partner in nine Community Partnership Schools – more than any other organization in the state. Please contact Andrea Dezso at andrea.dezso@chsfl.org for more information.

Orange Blossom Pediatrics will provide students with on-site prima-

ry and preventative healthcare which includes: medical, dental, vision and behavioral health services. Orange Blossom Pediatrics accepts Medicaid, most private insurances and uses a sliding fee scale for uninsured patients. Please contact Bakari Burns at 407-428-5751 ext. 344 or bburns@hcch.org for more information.

In addition to the kindergarten through middle-school curriculum, an on-site Boys & Girls Club program for six to 18-year-olds will provide children with after-school youth development programs. Boys & Girls Clubs of Central Florida's Hughes Branch is committed to providing a safe place to learn and grow. They will provide quality after-school and summer programming, including academic support, arts, music and sports programs, mentoring and life skills. Their mission is to inspire young people to realize their full potential as productive, responsible and caring citizens. Please contact Tasha Robinson-Banks at trobinson-banks@bgccf. org for more information

"We are grateful to the community for making this a reality," said Dr. Barbara Jenkins, OCPS superintendent. "From the voters who approved the half-cent sales tax to build this school, to the community philanthropists whose donations will provide valuable experiences on this campus, we are so lucky to live in a community that truly values and supports public education."





From Page 1.

"When you consider the sheer numbers of people who are facing food insecurity, it's not hard to see the potential impact that access to healthy food can have on overall community health," said Dave Krepcho, president and CEO of Second Harvest Food Bank. "In fact, food and nutrition are one of the relatively few things that actually could be a game-changer when it comes to prevention and effective management of disease."

From Page 5.

Beautiful,' and they've done it with a smile," said Richard Suggs, right-of-way supervisor with the City of Orlando Public Works. "When they transfer to permanent jobs, they're well-trained and approach their work professionally. They've done an awesome job."

Yvette Hernandez, VP of staffing for GoodSource Staffing Services, added: "Our job-seekers want to work, have self-worth, and feel the pride that comes from providing for their families. The City of Orlando is setting an outstanding example by giving people opportunities to better themselves through employment."

Goodwill is also marking the second anniversary of its Operation GoodJobs for Homeless Veterans program, which has provided jobs and supportive services to more than 200 local veterans. The nonprofit recently won a \$287,604 grant from the U.S. Department of Labor to continue the program for a third year.

Special Olympics Florida Earns Highest Rating

Special Olympics Florida recently announced that is has received its fourth consecutive 4-star rating from Charity Navigator, America's largest independent charity evaluator.

"This rating demonstrates the organization's integrity and dedication to stewarding our supporters' donations in an efficient and responsible manner," said Sherry Wheelock, president and CEO of Special Olympics Florida. "Each year, we strive to bring the best quality programs to as many athletes as possible with the utmost transparency and accountability. We thank all our sponsors and volunteers for trusting Special Olympics Florida with their support."

Founded in 2001, Charity Navigator uses objective, data-driven analysis to rate thousands of charity organizations. Charity Navigator examines a charity's performance in two areas, financial health and accountability/transparency. The 4-star rating is only given to the most fiscally responsible organizations who are evaluated by 24 metrics.

Special Olympics Florida's sound fiscal manage-

ment, high standard of governance and ethics, and commitment to transparency have earned it a 4-star rating, the highest rating attainable, for the past four years. Only 11 percent of U.S. charities have achieved a 4-star rating for four consecutive years.

Special Olympics Florida provides year-round sports training, competition, and health services to children and adults with intellectual disabilities, at no cost to the athletes or their caregivers, as a means to achieve physical fitness, self-esteem, socialization skills, and the life skills necessary to be productive, respected, and contributing members of their communities. As an organization with more than 40,000 athletes and 27,000 volunteers that provides more than \$2 million in free health services annually, programmatic quality and fiscal responsibility are viewed as the key to expanding access to services across the state. Learn more at www.specialolympicsflorida.org.

Special Olympics Florida's rating and other information about charitable giving are available free of charge on www.charitynavigator.org.

Rollins College Named A Great Place To Work

best colleges to work for, according to a recent survey by The Chronicle of Higher Education. This is the ninth consecutive year the College has received the honor.

The results, released in *The* Chronicle's 10th annual report on The Academic Workplace, are based on a survey of 232 colleges and universities. Rollins was honored among medium-

Rollins is one of the nation's sized universities with 3,000 to responsible leaders. We are also 9,999 students.

> "Rollins College is a great place to work because we all share a single focus: our students and their success," said Rollins President Grant Cornwell. "Working together to ensure that our graduates are empowered to pursue meaningful lives and productive careers, we are proud to contribute to their development as global citizens and

proud of our commitment to a work environment that values responsiveness, respectfulness, collaboration, and competence."

In all, only 79 of the 232 institutions achieved "Great College to Work For" recognition for specific best practices and policies. Rollins was one of only 49 institutions named to the Honor Roll for achieving high marks in multiple categories. The College

Continued on page 8.





The Park Press | AUGUST 2017 **BUSINESS**

Cybersecurity awareness by Ron Frechette, The Cyber Guy

The Deep Dark Web

discussed the importance of Protecting Your PHI and why it is so valuable to cybercriminals. We mentioned the Dark Web

which sparked lots of questions. So, for the month of August, we thought it would be good for you to begin learning more about the differences between the Surface Web, Deep Web, and Dark Web. It is important for us to understand these components of the web to better protect ourselves and loved ones from becoming victims of cybercrimes.

The Internet and World Wide Web

Let's take a step back and start with a basic understanding of how the Internet and World Wide Web interact together. The Internet was built in the sixties by the Defense Advanced Research Projects Agency (DARPA). It is basically a massive group of computer networks interconnected across the world that link everyone together.

The World Wide Web was invented in 1991 in, of all places, a nuclear particle physics research lab near Geneva, Switzerland. The WWW consists of protocols used by web browsers that talk to servers that allow us share content and files over the internet. Think of your voice or other forms of data transferred via a phone line. The world wide web works very similar on the internet. Now. Let's take a look at...

The Surface Web

The Surface Web consists of any web pages a search engine like Yahoo, Google or Bing can

In last month's article, we find and index. The Surface Web represents about four percent (4%) of what is visible to the public on the web.

The Deep Web

The Deep Web consists of about 7.5 petabytes of space and makes up about 96% of the internet, about 500 times larger than the Surface Web. It encompasses all sites that are not indexed by standard search engines. We are on the Deep Web more often than we realize. For instance, logging on to any website that requires certain credentials to access your account would be considered, "on the Deep Web." Basically, the Deep Web is invisible to everyone at the Surface Web level which is why we hardly hear about it.

One of the biggest draws of the Deep Web is the ability to access an endless list of various (legal and illegal) on-line marketplaces anonymously. In order to access the Deep Web, you must download a dedicated browser from a specific website. The Onion Router (TOR) is most commonly used although there are alternative solutions. This action may send a red flag and prompt the FBI and/ or a few other law enforcement agencies to begin keeping an eye on you... especially if you decide to venture into The Dark Web!

The Dark Web

The Dark Web consists of servers that cannot be accessed by search engines. Not much of anything positive happens on the Dark Web. On the contrary, you have access to sites that promote

Surface Web Deep Web 96%

illegal drug sales, child pornography, prostitution, human trafficking, weapons trading, buying counterfeit money, watching live murders, and hiring a hitman. You name it... you can most likely find it on the Dark Web.

And let's not forget our global terrorist friends. Yes, they too have a place in the Dark Web that allows them to communicate, recruit, and transfer assets anonymously. The Dark Web is also the place where cyber criminals come to buy and sell the confidential data they steal from us.

In closing, we cannot emphasize enough how dangerous it is for anyone to be on the Dark Web. Everyone is masked in anonymity with the intention of causing people massive harm in their lives. It's about as close to hell as you can get on-line.

And rest assured, if you attempt to access the Dark Web, you will most likely be receiving a visit from the FBI, your local friendly law enforcement agency, and quite possibly a cybercriminal or two who may have uncovered your true identity.

References: https://darkwebnews.com/help-advice/access-dark-web/; https://darkwebnews.com/help-advice/access-dark-web/; https://www.cambiaresearch.com/articles/85/surface-webdeep-web-dark-web----whats-the-difference

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.

From Page 7.

was also recognized in 9 categories:

- Collaborative governance
- Confidence in senior leadership
- Job satisfaction
- Professional and career development programs
- Respect and appreciation
- Supervisor and department chair relationship
- Teaching environment
- Tenure clarity and process
- Work/life balance

The survey results are based on a two-part assessment process: an institutional audit that captured demographics and workplace policies from each institution, and a survey administered to faculty, administrators, and professional support staff. Employee feedback was visit the College's human resources website.

the primary factor in deciding whether an institution was recognized.

Great Colleges to Work For is one of the largest and most respected workplace-recognition programs in the country. For more information about Rollins' recognition and to view all survey results, visit *The Chronicle's* website.

To learn more about working at Rollins,



family business perspective by Dan losue

When You Should Consider Leaning On Experts

our new purchase roundtrip

for the first time did not present too much concern, but I knew I'd have to be on my game. Anything new and different presents learning curves. One of the things I discovered soon, after plunging in, is the need for checklists. There are a variety of procedures and processes that must be in place and carried out for the RV to run properly, and to ensure that I do not kill someone on the roadway.

For instance, some of the procedures I had to learn included hooking up to the truck, unhooking and leveling the RV, putting out the slides and awnings, loading the motorcycles, dealing with the holding tanks, and understanding black water, grey water, fresh water. There is simply too much to do without a checklist, it would be very easy to make a misstep or forget something that

My family and I recently could have a detrimental impact. In fact, if you we can figure things out on our own, however took the plunge into the world think about it, there are a lot of instances in which when we leverage the knowledge and experience of RVers. I enjoy operating all checklists help ensure positive outcomes. Exam- of an expert, we save time, money, and are able to kinds of vehicles, so towing ples that come to mind are pilots and the check- focus on what is most important. Another advanlists they use prior to flight or captains of ships before they leave port. Surgeons have checklists to ensure they have all the proper supplies and staff before surgery. I am sure you get the point. In high stakes, detail-oriented environments, without checklists there will always be something left out. It's just too easy to miss a "small detail that has significant consequences."

Checklists are not a new phenomenon, however, and with what is available over the internet, they are much more easily created, refined, and used. Using checklists, we do a couple of important things. We take advantage of a process someone more experienced than ourselves (perhaps an expert in the field) has refined. We can leverage knowledge by taking advantage of their experience and in doing so, avoid mistakes. Of course

tage in using checklists is we outsource tasks, freeing up mental capacity to focus on areas personal strengths or to even enjoy the process more because there's less stress involved in mentally keeping track of everything.

It took purchasing a very complicated RV for me to realize that leveraging an experienced source to implement strategies and tried and true processes and procedures is critical to everyday business. This is more critical to privately-owned businesses that may not realize the need for outsourcing or trusting an expert to guide them through something new and different. Gaining help from those who have been there before will greatly increase our likelihood of success. Can one do it on their own? Possibly. Will it take a process of trial and error that costs money and time? Definitely.

protection and service by Winter Park Police Department



Ask A Cop

Often times when out on patrol, officers encounter citizens with questions about the

law, recent events both national and local, and general information subjects. If in a public place, passersby will often stop and join in the conversation as they too have had the question or they have heard bits and pieces about the topic and want clarity. In an effort to provide the opportunity to have your question(s) answered or to just satisfy some idle curiosity, we are introducing, "Ask A Cop."

AskACop@cityofwinterpark.org is the email address to which you can submit your question. You can remain anonymous if you choose, or if you would like to have your name published along with your question, please indicate if we may use your first name in your email. We ask that you always include the city in which you live. Not all questions submitted will be published.

Questions specific to a particular incident will not be answered, as this format is intended to provide information that would be of interest to the general public. Goodguyinblue from Winter Park asked, "Who has the right-of-way at an intersection where the traffic signals have no power?"

Intersections where the traffic signals have no power are to be treated as a four-way stop. The order in which to proceed at a four-way stop: if two vehicles reach the intersection simultaneously, the vehicle on the left must yield the right-of-way to the vehicle on the right. Just be sure to double-check that all traffic has stopped, prior to entering the intersection.

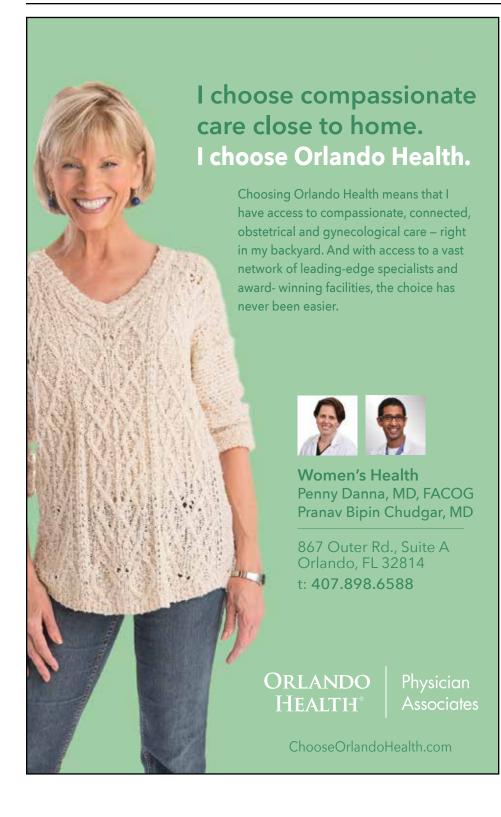
We are excited to be able to have access to this forum and look forward to your questions.

Crime Prevention Goes Viral

The Winter Park Police Department, in an effort to reach as many people as possible, has begun producing PSAs (Public Service Announcements). These PSAs can be found on the department's website (WPPD.org) as well as on the department's Facebook Page (Winter Park Police Department). The most recent PSA, featuring the "Ambush Patrol," takes a humorous look at the results of having an effective residential security system.

The PSA was filmed in a Winter Park neighborhood utilizing a resident's home and police officers and a fellow City employee who volunteered to be in the video. The message of having technology help defend your home is conveyed from the opening scenes and again reiterated at the very end. The actual video recording/acting was accomplished in just one day and the editing process took approximately 20 hours. Keep your eyes out for the next production!







State Ferm Bank, F.S.B., Bloomington, IL

10 REAL ESTATE The Park Press | AUGUST 2017

real estate in the parks by Scott Hillman and Sam Hillman

Should You Be Your Own Realtor?

Deciding to sell your home is a major decision. Many people weigh the pros and cons of moving, even if the move is only a few blocks away. What is surprising, though, is that many wrestle with the idea of hiring a real estate professional. The main reason people cite, for wrestling with this decision, is money. However, what people may be interested to know is that hiring a professional real estate agent could be advantageous, as agents are constantly watching and monitoring the real estate market. They are educated professionals who specialize in the field of real estate; their experience and knowledge combined is better for your bottom line.

Important elements to consider when deciding to hire a real estate professional:

Paperwork & Connections. Agents are familiar with and understand the paperwork that is necessary when negotiating the sale of a home. Additionally, professional real estate agents are closely connected to local mortgage lenders, real estate attorneys, title companies, and inspectors; this is beneficial as the agent is keenly aware of which ones are the best to work alongside.

Access to Buyers. When a home is listed with a real estate agent, they have access to a vast network of agents and buyers looking for a home like yours.

They are well connected and have marketing power beyond what you can accomplish on your own.

Understanding the Market. Every day, real estate agents are studying the market to know and understand how area homes are selling; this includes the price point. A good agent will know how much you can realistically get out of your house. If a sale is done without a professional agent, then a significant amount of money could be left on the table by the seller, due to their lack of market knowledge.

Time lost. Professional real estate agents live, breathe, and sleep the industry; it is a full-time job to sell a home. Many people, in general, don't have that sort of time or energy, and can quickly begin to feel overwhelmed. A professional will show your home, keep track of who is coming and going,

YOWNER

and conduct the necessary follow-up related to interest in the home.

The Art of Negotiation. Price negotiation is a tedious process. It is during this time that sellers and buyers, who represented,

can let their emotions get the better of them, and a sale can quickly go south. An agent will guide you through every aspect of the price negotiation. They maintain the business side of it and represent your interests as such. Again, their working knowledge of the real estate market is key, as they will advise on how to properly respond to an offer. This is where the rubber meets the pavement for a professional agent.

Professional real estate agents are the most powerful tool that sellers and buyers have in a real estate transaction. Deciding to hire a real estate professional to sell a home is similar in deciding to hire an electrician for electrical work; a roofing specialist to replace or repair a home's roof; or even a pool company to build

a pool in the backyard. Professional real estate agents are just that, professionals.

> Real estate is their job; they will ensure that your sale process done correctly.

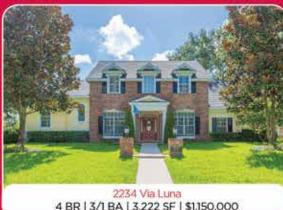
Scott Hillman is president of Fannie Hillman + Associates, a 36-year-old Winter Park-based real estate company specializing in residential real estate sales. Sam Hillman is a Realtor and Market Analyst at Fannie Hillman + Associates. Together, they produce Hillman Homes, a customized quarterly publication 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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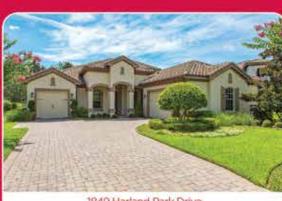
Hillman *Fannie* Hillman



4 BR | 3/1 BA | 3,222 SF | \$1,150,000



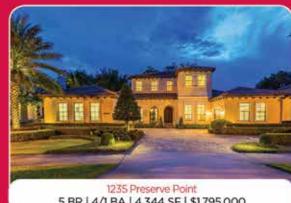
5 BR | 4/2 BA | 4,233 SF | \$1,199,000



1849 Harland Park Drive 4 BR | 3/1 BA | 3,197 SF | \$925,000



5 BR | 4/1 BA | 5,429 SF | \$1,350,000



5 BR | 4/1 BA | 4,344 SF | \$1,795,000



Improving the lives of the people we serve.





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Voted "Orlando's Best Real Estate Office" 2005, 2006, 2007, 2008, 2009, 2011, 2012, 2014

Orlando Business Journal

in the garden by Stephen and Kristin Pategas

How Green Is Your Garden? Levels: Green, Brown, Or Black

Stephen & Kristin Patega

Gain one point for each these 25 accomplishments:

- Only use a renewable organic mulch such as pine bark or pine needles (no cypress!)
- Use fallen leaves for mulch
- Use all low volume irrigation
- Can confirm you have a functioning rain sensor on the irrigation system
- Have checked for irrigation leaks in the last month
- Let healthy plant trimmings add to the mulch levels
- Keep mulch levels at a 2-3 inch depth
- See lots of lady beetles in the garden
- Regularly use at least one rain barrel
- Have lawn areas irrigated on a separate zone and program
- Grow butterfly plants for nectar and larval food
- Eat something you grow
- Grow most of the herbs you use
- Have a Backyard Wildlife Habitat, Florida Friendly Yard or Florida Water Star designation
- Have a bird feeder (with feed in it right now)
- Eliminated all of your lawn
- Have a hummingbird feeder filled and cleaned regularly in spring and autumn
- Read this column every month
- Follow the seasonal irrigation watering rules
- Keep soil levels low to catch rainfall and minimize storm water run-off with debris going into the street
- Have a year-round water source for wildlife including bees and butterflies
- Grow blooming plants to attract bees and other pollinators
- Use only organic pest control
- Use hoses and watering cans for spot watering
- Use a composter for organic matter

Lose one point for each of these 16 miscues:

- Use cypress mulch (banned in Winter Park), which is a non-renewable resource and causes the destruction of wetlands
- Send every shrub trimming or grass clipping out as yard trash
- Dispose of fallen leaves as yard trash instead of using them as mulch
- Buy plants just because they look cool but don't know anything about them
- Put yard trash in with the garbage or even worse, the recycling
- Don't know where the irrigation rain sensor is located
- Don't know how to adjust the irrigation controller
- Run the whole irrigation system more often if just a few plants need more water
- Have mulch or soil piled against tree trunks or shrub stems
- Irrigate so there is irrigation water spraying on sidewalks or driveways
- Have the majority of your plants sheared
- Have old mulch removed and then freshened with new
- Grow invasive plants in your garden
- Have bare soil showing in garden beds
- Don't have the irrigation system checked at least quarterly for leaks and proper coverage
- Don't know what green gardening is

HOW DID YOU SCORE?

Green: 20 to 25 points Brown: 10 to 19 points Black: Negative to 9 points



Photos by Stephen G. Pategas/Hortus Oasis

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



With gracious hospitality and luxury accommodations, living at The Mayflower is like vacationing at a 5-Star retirement resort – with one very big perk: the guarantee of long-term care in a health center that's 5-Star, too!



THE MAYFLOWER





12 **HEALTH** The Park Press | AUGUST 2017

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



Welcome A New Dawn...

In the event you actually

choose read these meanderings on a monthly basis, you may remember that last month's entry found me in

a less-than-stellar existential moment. I apologize for the momentary 'downer' and I am happy to report that (although still crazy with work and summer and the ever-rapid pace of life) we have

taken a beat and chosen to marshal in a new era.

As I mentioned, I believe when life has you feeling questioning and disappointed, lonely or disenchanted, it may be time to look for greater

connection and become more creative in your self-soothing solutions. It may be time to take a moment, get still enough to listen to your inner voice, and find which stepping stone emerges as the next option for solid footing.

I'm not necessarily promoting the idea of 'finding the next thing' or looking for something shiny and new to distract you, but rather, getting closer and more attuned to your own Due North.

What is the thing you've

most always wanted to do? Where is the place to which you always said you'd someday travel? What kind of food have you always just avoided as it didn't suit your childhood palate? Where and with whom do you feel your most authentic self?

does not align with your needs or hopes or

There's a lot of life that has a way of taking

expect it. But when it happens, after you have a moment to steady yourself, it also offers with it the opportunity to make some big changes. Nothing like a whopping dose of pain or fear to make you step back, change your perspective, and adjust your compass.

In the middle of typing this, I got a timely phone call.

And I just finished a conversation with someone who I love very much as she wept with grief over a loss of her own. There's a sort of raw and all-consuming depth to the kind of grief that happens when you lose something you love. It's

histories and pains in the cries of another. There are only a handful of truly profound pains that can elicit that sort of cavernous grief... and I wish no one, especially those I love, to ever have to hear the cracks and edges of their own voices in those moments.

Sigh... so what's one to say about all of this that could possibly wrap it up nicely in a bow now?

I suppose the most relevant and startling truth is that no matter how hard things are at this moment, no matter how great the pain or deep the loss... this too shall pass. Life has a way

> of continuing the current downstream, whether or not you're paddling, and there is some comfort in knowing that change will come. It is the absolute.

> So, hold fast, breathe in, recognize the power and the pulse of what's happening right now and know that it will not always be this way. For better and for worse. Those painful places in which the road does not feel as though it's rising to meet

you, are as fleeting, relatively speaking, as the amazing moments in which you are bowled over by love and joy and peace and contentment. So cherish them both for their beauty and their breadth. They are our most compelling teachers and they offer a brand-new dawn on the other side of this sunset.

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



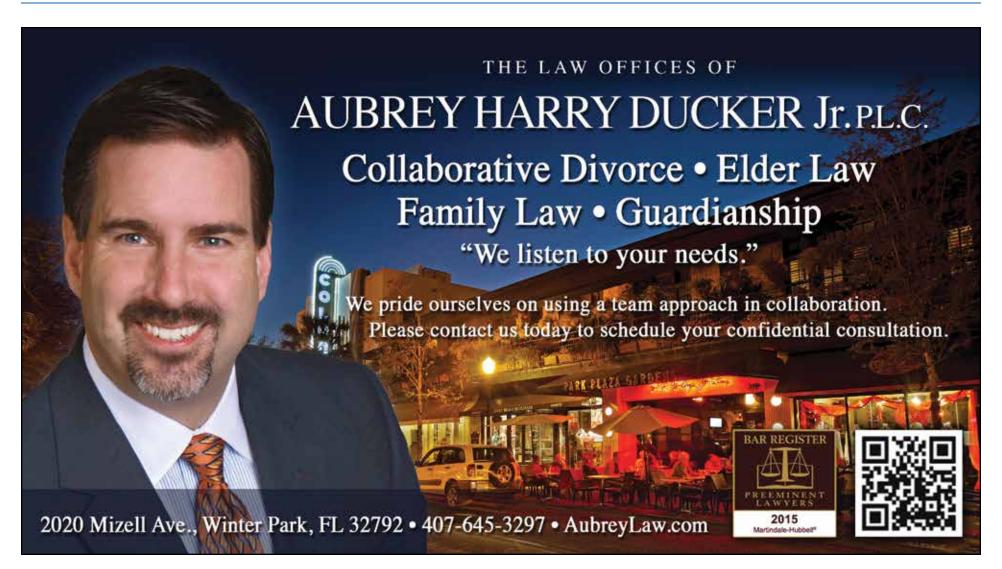
a most unforgiving free-fall into darkness...

I listened to her weep. I wept some too. I reiterated how hard it all was and how sorry I was that she was feeling this sort of pain because I wouldn't wish it on anyone - ever.

And then, eventually, I gently reassured What about your life at this red-hot moment her that sitting in this pain was 'part of it,' that time would pass (as it always does) and that it wouldn't always feel like this.

There's an unfortunate club to which you beyour legs out from under you when you least long when you can hear the echoes of your own

> Ayesha G. Shenk, 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.



planned giving by Rachel Calderon



Pachal Caldarar

Creating A Hub For Social Enterprise In Orlando

In last month's *Park Press*column, I introduced the social characteristics.

Social Enterprise Accelerator, a new avenue for empowering entrepreneurs to build viable

Togeth social characteristics.

Togeth social characteristics.

businesses that solve social issues. The Accelerator is now accepting applications for its first class, which will begin in September. First, why does our community need a resource like this? The simple reason is that we have a growing number of emerging business leaders who have a big idea for solving a social issue, but they need some direction with getting there. They need a support network, guidance, and strategy to grow to the next phase and achieve their mission.

The Accelerator helps entrepreneurs secure the connections, resources, and funding to launch their game-changing ideas. It is led by a public-private collaboration that also includes Orlando-based Clean the World, which recycles discarded hotel soaps to battle global disease; and Downtown Credo, which runs four name-your-price coffee shops.

J.P.Morgan, CNL Financial Group, Tupperware and Greenberg Traurig law firm are also key backers, as are Central Florida Foundation and Entrepreneurs in Action. The City of Orlando has also embraced the Accelerator as a tool to enhance the region's economic development and tackle its social issues.

Together, our mission is to bring about positive social change fueled by the launch of creative, profitable, and sustainable economic ventures.

Here's how the program works:

The Accelerator is free to selected applicants, and six to eight teams will compete for a minimum \$25,000 investment. They'll take part in a six-month, customized program with proven

curriculum designed by Rollins College – one of the nation's leading colleges for social entrepreneurship – and enjoy access to a team of mentors, faculty and student interns, as well as legal, accounting and marketing professionals.

Regardless of who wins, each participant will graduate from the Accelerator with a more

detailed business plan, enhanced professional network, and clearer roadmap to both business and social impact success.

Already, the concept is taking hold. Two young entrepreneurs from Orlando were about to move to California to grow their company, a social-benefit app called Snapgood. When they heard about the Accelerator, they scrapped those plans and decided to apply to the program.

As word gets out, we think enthusiasm will start to snowball, generating interest from

entrepreneurs and investors alike.

By their very nature, social enterprises – whether focused on local or international issues – are deeply attached to their communities. They are owned and operated by higher percentages of women and minorities than the traditional "tech" start up.

Just as importantly, these businesses attract millennials looking to get involved, and give



back, in a personal way. Millennials are predicted to take over the workforce by 2030, comprising 75 percent of employees. In addition, Millennials are 60 percent more likely to buy from socially-conscious brands, and represent \$2.45 trillion in spending power.

As our region seeks to broaden its economy, imagine the possibilities that will emerge from accelerating our commitment to social enterprise. Let's come together to turn dreams into reality – creating jobs while making the world a better place.

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



WITH PURPOSEFUL GIVING, YOU CAN BUILD COMMUNITY BY BUILDING PHILANTHROPY. When we come together, we can tackle our community's most pressing issues through bold, proactive action. Creating collective impact starts with *your* individual decision to contribute. The Central Florida Foundation can help you make the right gift at the right time to yield maximum results. In the process, you'll leave a lasting legacy for your loved ones. As a new year begins, make it your resolution to make a difference and "give on purpose." And, there's still time to achieve tax benefits, further leveraging your philanthropy.

CALL US TODAY AT 407.872.3050 OR VISIT CFFOUND.ORG.

pop culture detours by George McGowan

Back To School And Back To Music

August means back to school for our young people. I suggest that it also include a visit to the time machine which good music provides us. That time machine is put to wonderful use in the new movie, Baby Driver. The movie's title character uses music to soundtrack his day, from work to play. It takes us from old school R&B of Martha and the Vandellas to classic rock of Queen, from the quirky beats of Beck and back again to timeless classics like "Harlem Shuffle" and "Tequila."

Once you get in the groove provided by the Baby Driver soundtrack, and if you can bear switching it off, there is some new music informed by the old school that you should try. First, if you

love the country

music of old, Chris Stapleton is your man. Chris exudes his influences, from classic country of Dolly, Willie, Waylon and Merle to southern rock of Skynyrd and the Allman Brothers. His latest album, "From a Room, Vol. 1" was made in the cradle of classic country, RCA Studio A in Nashville, and exudes its influences without regret or explanation. Check out the song "Second One to Know" which Paste magazine calls "a bar-band ripper with a swaggering chorus and a scalding guitar solo."

For those of us who appreciate the mixture of punk and politics, try the debut album from the DC-based "Priests." The band declines the monikers of punk or riot-grrl,

but you can't deny the influences of both genres.

> "assigned" their album to my daughter to listen to, because of the attitude and lyrical depth they supply. My favorite song is "II" but I can't not also recommend "No Big Bang" as a possible

anthem for the disillusioned who still like to bang their heads once in a while.

My final three recommendations should get you onto the dance floor, even

if it is only in your head (like mine). For a modern take on classic R&B, you can't beat SZA (born Solana Imani Rowe in November 1990). SZA is the first female act signed by the California-based hip hop label, Top Dawg Entertainment, which boasts the best rapper of the day, Kendrick Lamar. However, Lamar guests on the weakest of the songs

> on her latest album "Ctrl," quite literally dragging it into the gutter. For a better introduction to her quality, listen to



"Prom" and sail along with her groove.

A contender for the "Album of the which boasts

some great songs from beginning to end is from producer/DJ Calvin Harris, and is interestingly named "Funk Wav Bounces Vol 1." Harris gets vocal help from many well-known charttoppers of the day. I recommend the album opener "Slide" which rides on the great vocals of Frank Ocean and the short and not-so-sweet raps of Migos. Finally, try some Portugal. The Man. While many of the reviews of their latest mention the words "sell out" - to me that only means they want to deliver hooks that will catch our ears and get us moving. "Feel It Still" stands out as such a song. There is nothing wrong with homages to our musical past! These connections are important and help keep the generations connected. Old School, New School, whatever! Good music is good music!

> Pictured at far left, the soundtrack from the film Baby Driver, SZA (Solana Imani Rowe), and Frank Ocean are summertime favorites

theater in the parks by Barbara Solomon

Never Give Up

SEMINAR

WRITTEN BY THERESA REBECK. DIRECTED BY JULIA LISTGARDEN, STARRING ALEXANDRA PICA AND EARL D. WEAVER

Although billed as a comedy, I set of Vandy Wood was fabulous, found Seminar to be extremely dramatic. Set in an ultramodern Manhattan apartment, we meet four aspiring writers and the "expert" they hired to teach them. He berates rather than teaches, driven by his own demons. Each of the four young writers has a different background, hence a different take on life. Kate (Alexandra Pica), who lives in the apartment, is a feminist, and resents Leonard's (Earl D. Weaver) chauvinistic attitude. Izzy (Eranthis Rose Quigley) tries to be a success by sleeping with anyone she thinks can help her. Douglas (Sebastian Gonzalez) is riding on his uncle's coattails and looks like he'll be published. Last but not least is Martin homeless, poor, and afraid to read his novel to the group.

This play was extremely well acted. I did find Alexandra outstanding, her acting flawless for her persona. I thought Earl D. Weaver was over the top as the angry professor, accused of plagiarism. The

one of the best UCF has ever done, although all their sets are incompa-

I see this play as a lesson to never give up. To that end, I'm going to tell my readers a personal story. My husband and I were both drama teachers in Brooklyn putting on classic musicals. He had a student, Ben, who was a good actor and singer, but could not memorize his lines. Keeping Ben after school, he found out he never learned to read, and so my husband taught him how to read on his own time. We ran into Ben in Greenwich Village when he was eighteen, and he told us he was taking dancing lessons in hopes of making it on Broadway. Well, readers, he did, in a big way! Ben Harney won the Tony for Best Actor in a musical for "Dreamgirls" and he got us tickets to see him on Broadway!

Playing through August 27 at UCF. For more information call 407-823-

The Winter Park Playhouse presents the 1st Annual Florida Festival of New Musicals, a 4-day event that will showcase 6 brand new musicals, from around the country! August 24 - 27, 2017 The first act of each musical will be fully read and sung concert-style, without staging, by varying casts of professional actors and musicians. Limited Seating! \$10.00 per show **NEVER GIVE UP!** 407-645-0145 | winterparkplayhouse.org 1500 or visit www.theatre.ucf.edu. 711 Orange Ave Suite C, Winter Park, FL 32789 A Professional Musical Theatre & 501(c)(3) Non-Profit Charitable Organization

BARB'S BEST BETS FOR AUGUST: "SOME ENCHANTED EVENING" AT THE WINTER PARK PLAYHOUSE, AND "FENCES" AT MAD COW, AND "MEMPHIS" AT THE BAY STREET PLAYERS IN EUSTIS.

SCHOOLS The Park Press | AUGUST 2017 15

schools



Temperatures continue to rise while vacations are coming to an end and everyone starts thinking about going back to school. The Audubon Park staff has been working hard to prepare for your return to make this year the best yet! The custodians have put their all into cleaning the school to make it extra shiny, while the administration is gearing up with plans to lead our students to success alongside the teachers. Our teachers have had some time to plan together this summer to ensure rigorous teaching is happening every day.

As families prepare to return to school, a few things are important to remember. Meet Your Teacher will take place on Friday, August 11, 2017 from 11:00 a.m.-1:00 p.m. Families can visit at any time during this time block. You will get to see the classroom, meet your teacher, and you can bring your school supplies in. Students will get to visit with their friends also which is always the highlight! School supply lists are available at the front office so you can get all your shopping done early.

We can't wait to see everyone very soon!



We have many plans for a great start to our 2017-2018 school year. We know that each teacher, parent, and community member will help us as we guide our Lakemont Leopards into another successful year. Our school theme this year is "Get In the SWIM of Things" and we plan a particular emphasis on helping students find "Success WithIn Me"!

We are continuing with an event we began a few years ago, specifically designed for our entering kindergarteners and other new students. Our New Student Orientation will take place on August 1, 2017, from 6:00- 7:00 p.m. Our kindergarten teachers will be on hand to meet the students and we will give a brief overview of important topics such as parking, bus riders, lunch, special events, field trips, and much more! Some of our community partners will be present too, to answer questions. If you have a new student entering Lakemont Elementary, please plan on attending this event!

Our Meet the Teacher event is scheduled for August 11, 2017, from 9 a.m. - 11a.m. Parents and students can come in to see their classroom and

briefly meet their teacher. Students may bring their classroom supplies with them on that day.

Our school office is open for registration Monday through Thursday from 7:30 a.m. to 4:30 p.m. Early registration is encouraged so everything will be ready to go for the first day of school, August 14. I look forward to seeing everyone back at school for another wonderful year of learning!

St. Charles Borromeo Catholic School

PRINCIPAL NATHAN NADEAU

What Happens At St. Charles Over The Summer?

St. Charles Borromeo Catholic School is always a busy place, not just during the school year. The school does not shut down over the summer but quite the opposite. As enrollment continues to rise, the administrative staff is working with new families on admissions, preparing high-quality education, and continuing with facility upgrades.

Here is just a small sample of the many things that are happening:

- K-2 teachers are attending the Next Steps training on Superkids
- Administrative staff attended diocesan-sponsored marketing training
- Kindergarten classroom has been refreshed with new flooring, paint, air-conditioning system, technology, and furniture
- The cafeteria kitchen and social hall have been painted as well as new kitchen flooring
- Three smart boards were installed for classroom instruction
- Chromebook and iPad carts for student use
- Purchase of an additional preschool playground structure

There are many other improvements taking place and preparation happening for the return of students. If you are looking for an environment that is safe, nurturing, and supportive of learning and exploration, come check out St. Charles Borromeo Catholic School.

Winter Park Presbyterian PreSchool

What fun we had at summer camp! Our preschool age campers enjoyed two splash days per week, and could be heard exclaiming "Goodbye, water day!" as they returned to their classrooms to dry off.

Each summer session had a themed exploration room that the children used to make crafts, play and use their imaginations. The themes included Medieval Times with castles, Blast into Space with rocket ships, and Prehistoric Times with exploding volcanoes and dinosaurs.

Our campers in K-5th grades could choose from four art camps: Travels with Noah, Open Book, It Came from Outer Space, and Create-a-thon! Their creativity was amazing!

While it's still going to feel like summer for a long time, we are turning our attention to the 2017-2018 school year. Meet Your Teacher open house is being held Friday, August 11 from 10:00 a.m.-noon. Our parents will get to spend time in the classroom with their child and get acquainted with not only their teacher, but other students in the class and their parents.

The first day of school is August 14, and we follow the Orange County school calendar. It's going to be an exciting year! We have big plans, and can't wait to get started.



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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 Friday Plant Clinics - 8:00 a.m. to noon; and 1:00 to 5:00 p.m. at the UF/IFAS Extension Orange County, located at 6021 S. Conway Rd. For more information, please call 407-254-9200 or visit http://orange.ifas.ufl.edu/res_hort/.

Every Monday and Friday Plant Clinics - 8:00 a.m. to noon; and 1:00 to 5:00 p.m. at the UF/IFAS Extension Orange County, located at 6021 S. Conway Rd. Master Gardeners are available. Please stop by with your plant problem or soil for pH soil testing. Call 407-254-9200 or visit http://orange.ifas.ufl.edu/res_hort/ for more information.

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 Monday and Wednesday Body Pump Express - noon at Florida Hospital Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Free for Health Village Fitness Center members. Call 407-303-2552 for more information.

Every Tuesday and Thursday X-Fit - 4:30 p.m. at Florida Hospital Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Free for Health Village Fitness Center members. Call 407-303-2552 for more information.

Every Tuesday and Friday Tai Chi - 10:00 a.m. at Florida Hospital Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Free for Health Village Fitness Center members. Call 407-303-2552 for more information.

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 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 Senior Stretch (Yoga Gold) – 10:00 a.m. at Florida Hospital Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Free for Health Village Fitness Center members. Call 407-303-2552 for more information.

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

Every Thursday (August 10 - September 28) Take Charge of Your Diabetes Program – 8:30-10:00 a.m. at the UF/IFAS Extension Orange County 6021 S Conway Rd. Orlando, FL 32812. Cost \$20 per person pre-paid registration to enroll. To qualify you must be 18 or older, diagnosed with diabetes, not attended a program in the past 12-months, and provide recent lab work. For details email Lizette.reyes@ocfl.net or call 407-254-9218.

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,

Every Saturday Tribe H.I.I.T.: A Total Body Boot-Camp Style Workout – Combining H.I.I.T. techniques

please call Joan at 407-339-5393.

AUGUST HIGHLIGHT

FLORIDA FESTIVAL
OF NEW MUSICALS
AUGUST 24-27
WINTER PARK PLAYHOUSE

Thursday and Friday 2:00 pm to 8:00 pm; Saturday 10:00 am to 8:00 pm; and Sunday 12:00 pm to 6:00 pm at the Winter Park Playhouse. For more information and tickets, please call 407-645-0145 or visit www.winterparkplayhouse.org.



with brief recovery periods to give participants maximum fitness results. Class is every Saturday at Florida Hospital Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Free for Health Village Fitness Center members. Call 407-303-2552 for more information.

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

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily.

Every Thursday Healthy Maitland Walk 6:30 a.m.; **Babytime** 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 and Thursday "Hands-on Gardening" 9:30 a.m. - 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.morsemuseum.org.

Every Wednesday Plant Clinic – 3:00 to 5:00 p.m. at Harry P. Leu Gardens, 1920 N. Forest Ave. For more information, please call 407-254-9200 or visit http://orange.ifas.ufl.edu/res_hort/.

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 Saturday Winter Park Farmers' Market – 7:00 a.m. to 1:00 p.m.

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.

August 9-10 Recording Artist DeeJay Young at the Winter Park Playhouse – Mr. Young will be debuting his first cabaret-style performance, Waving Through A Window, and will include popular songs from his musical roots in traditional Musical Theatre, Gospel, Contemporary R&B, and Jazz styles along with some original material. For more information and tickets, please call 407-645-0145 or visit www.winterparkplayhouse.org.

August 10 Downtown Winter Park Summit Overview – 6:00 to 8:00 p.m. at the Winter Park Community Center located at W. New England Ave. City consultants, Kimley-Horn, are working with the city to develop a downtown parking strategy to more effectively manage mode of transportation choices and parking. RSVPs are not required but recommended to kbreland@cityofwinterpark.org or 407-599-3324 by Wednesday, August 9.

August 10 Popcorn Flicks in the Park – 8:00 p.m. in Central Park featuring the showing of "Harry Potter and the Prisoner of Azkaban." For more information, please call 407-629-0054 or visit www.cityofwinterpark.org.

August 12 Annual Luau by the Pool – 1:00 to 4:00 p.m. at the Winter Park Community Center located at 721 W. New England Ave. For more information, please visit visit www.cityofwinterpark.org.

August 19 Cornhole Classic – 10:00 a.m. at Miller's Ale House located at 251 Lee Road. Teams of two will compete for the grand prize of \$500 to be donated to the college chosen by the team. Cost is \$50 per team and this event is hosted by The Winter Park Breakfast Rotary. For more information, please call 321-439-1007.

August 24-27 Florida Festival of New Musicals – Thursday and Friday 2:00 p.m. to 8:00 p.m., Saturday 10:00 a.m. to 8:00 p.m. and Sunday 12:00 p.m. to 6:00 p.m. at the Winter Park Playhouse. For more information and tickets, please call 407-645-0145 or visit www.winterparkplayhouse.org.

August 26-27 Winter Park Volleyball Club U15 and U16 Tryouts – Registration is from 9:00 a.m. to 10:00 a.m. Evaluations are from 10:00 a.m. to noon. For more information, please visit www.wpvc.org.

August 26-27 Winter Park Volleyball Club U17 and U18 Tryouts – Registration is from 1:00 p.m. to 2:00 p.m. Evaluations are from 2:00 p.m. to 4:00 p.m. For more information, please visit www.wpvc.org.

