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RUTH HILL YEILDING, MD YeildingMD.com



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

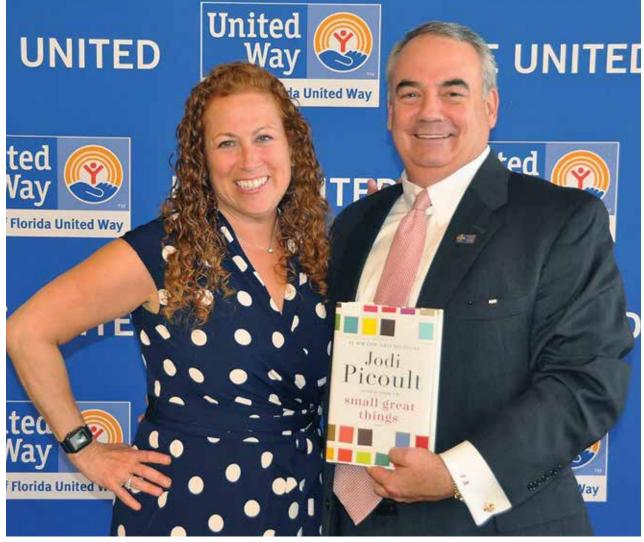
Central Florida Leaders Unite To Advocate For Health, Education **And Financial Stability**

Heart of Florida United Way's milestone 10th annual Women's Leadership Luncheon, hosted by the Women's Leadership Council, successfully raised \$197,345 for in-school literacy programs. The event also served as an announcement of the Women's Leadership Council's new name: Women United.

Women United will continue Heart of Florida United Way's mission to increase literacy in Central Florida schools. Funds will be used to bring digital literacy programs into classrooms, giving students greater access to age-appropriate reading materials. Composed of a global network of female leaders with more than 70,000 members, Women United focuses on combating the most critical issues facing more than 165 communities in six countries.

This year's luncheon featured keynote speaker Jodi Picoult, the international-bestselling author of 23 novels, including My Sister's Keeper and the new highly acclaimed Small Great Things.

"We were overwhelmed by the attendance and support from our local leaders and the com-



Pictured above: Author Jodi Picoult with Jeffery Hayward, Heart of Florida United Way's president and CEO.

munity," said Jill Schwartz, managing partner of Jill S. Schwartz & Associates, P.A. and Women United chair. "We're looking forward to creating brighter futures under a new name and with a reinvigorated passion to strengthen literacy in Central Florida."

This year's luncheon was presented by Winnie Palmer Hospital for Women and Babies. Tupperware Brands Corporation was the gold sponsor.

For more information about Women's Leadership Luncheon and Women United, visit www. hfuw.org/womenunited.

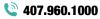


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The Park Press | JULY 2017 FROM THE PUBLISHER

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Publisher's Message



Summer is always an interesting time for me, and I can admit now, as an adult and a parent, that I totally took them for granted when I was a child. I never recognized how much time, money, and organization went into our summertime

activities. My parents' schedules must have been ridiculously impacted and as a parent now myself, I realize that it takes great planning each summer to pull everything together.

As the oldest, nine years separated me from my youngest brother. I vividly remember my mom juggling my baby brother, stroller, and diaper bag in the stands at a ballgame while my dad was coaching me on one ball field and my little brother on a different field. I'm still trying to figure out how he managed to be in two different places at the same time.

As we all know, summer breaks are not necessarily breaks for parents. School is out and parents are challenged with implementing the summer plan that was mapped out a few months earlier. If you have more than one child then you are most likely going in different directions at different times. Planning is critical and thankfully I married a great planner.

As for us, our summer calendar is full of softball tournaments and dive meets. Every weekend it's either one, or the other, or both.



Like most families with more than one child, this means the parents must pick a child, and divide and conquer. Did I mention, I'm married to a great planner. This means I'm the person who likes to take very clear direction. Just set me up and tell me which direction to run. This is how good she is. If it gets too crazy, and I start thinking this is ridiculous, she knows I'll just circle everyone up and we're headed to the beach. So far, we haven't seen the beach this summer.

Many summer activities have a cost associated with them, however there are many in our community that are free, and some are listed in our calendar of events. Regardless of the direction you are going during the summer of 2017, I hope that you can plan and do something to create a memory that will last a lifetime.

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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Little Miss Independence!

I can see it now, that intense cross-examination scene between the inexperienced United States Naval lawyer played by Tom Cruise and the highly-decorated United States Marine officer, Colonel Nathan Jessup, portrayed brilliantly by Jack Nicholson. "You don't want the truth. Because deep down, in places you don't talk about at parties, you want me on that wall. You need me on that wall."

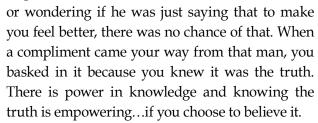
And sadly, it's true. And, I am not just referring to military operations. In general, we not only can't handle the truth, but until we are really ready to accept it- and in doing so, make changes we may very well not be looking forward to making- we avoid it. Shoot, avoid it, run from it, and consciously or subconsciously surround ourselves with those in our circle who will gladly guide us down the river of denial in the name of friendship.

I had the benefit of being raised by a very critical father. I know some of you may think that I am joking when I use the word "benefit," but I am serious. He called it like he saw it. No sugar coating or softening the blow, just the facts as he saw them... plain and simple. He could have given Colonel Jessup a run for his money! If I got a poor grade on a test, I didn't study enough. If I had a bad game, "It was not your day, kid." I grew up with encouraging statements like "Yes, I'm mad and disappointed," and "What on earth were you thinking, you're smarter than that!" And again, when I use the word encouraging, I am serious. Those oftentimes critical comments and brutally honest observations, balanced with love and compassion, have served me well.

By Tricia Cable

The good news with that type of figurehead at the helm, you put forth your very best effort up front, you take pride in everything that you do,

and you always know where you stand, no questions asked. And frustrating and infuriating as that was while growing up, there was a tremendous sense of trust and overwhelming (often times unwelcomed) honesty in that relationship. No doubts



Let's face it; we all really know the truth. We know when, as much as it hurts, a relationship needs to end. We know when, as hard as it is, we need to ask for help. We know when a pair of jeans makes our butt look big and we know when it's not the jeans... And yet, we think that if someone loves us enough, they give us the excuses we need to keep denying our own truths. We gladly accept



their lip service and move on... no conflict, path of least resistance, all sunshine and butterflies. Yet in reality,

when someone truly loves us and cares about us enough to call us on our own crap, then praise God and Hallelujah we have growth! If not for self-discovery and re-invention, what do we have?

So, in honor of my dad this Independence Day, I say thank you for your confidence in me. For knowing that I was strong enough to handle the honesty that you offered up. Thank you for loving me enough to challenge my reality at every turn and respecting me enough to keep me constantly striving to be a better person. I am very independent because of his guidance and I am incredibly proud to be raising a couple of little Miss Independents myself!



NEWS The Park Press | JULY 2017

City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



July is synonymous with Independence Day. While we all enjoy friends, family and fireworks this month, from Lake Eola to Baldwin Park, we can all remind ourselves of the core values on which our great country was founded and remember that our differing opinions give our country strength.

Other events are happening this month that allow our residents to enjoy our Great City while staying indoors and cool. The Mennello Museum (mennellomuseum.org) is hosting their Free Family Fun Day on July 9th. This is a perfect way to enjoy the current exhibitions in the museum. The Orlando Science Center (osc.org) has extended summer hours on Friday and Saturday evenings for extended fun! The

center has four floors full of exhibits, educational and Hollywood films, laser shows and more to help the community gain inspiration and curiosity. This is a great place to "sneak" in some educational enrichment with your kids.

The Orlando Repertory Theater (orlandorep.com) is hosting the Chitty Chitty Bang Bang musical presented by The Rep Youth Academy. The show will run from July 14th

through July 30th and is based on the 1968 film ver- East End Market and Bikes, Beans sion of Ian Fleming's book and features the score by

the Sherman Brothers. Watching this musical is a great way to support the community and enjoy family time.

Also in the Loch Haven Park area is the

At right, East End Market will have a Vive la France Party on Friday, July 15. Photo from www.eastendmkt.com



Randall R. Tuten Orlando Fire Museum. The building that houses the museum was moved there after serving as College Park's fire station, located on Orlando Avenue from 1926-1978. The museum is full of cool history and is open to the public on Fridays and Saturdays and other days for group tours. Visit cityoforlando.net/fire for details.

Another great way to celebrate this month

is to stop by the Audubon Park Garden District's 10th annual Bastille Day Celebration July 14th and 15th. It is a district-wide event that starts with a Vive la France Party at East End Market on Friday night followed by free events throughout the District on Saturday July 15. There will ORLANDO MAYOR BUDDY DYER'S

be live music at

and Bordeaux throughout the day.

Visit audubonparkgardens.com for details.

Then please join us Downtown on Friday, July 21 for Mayor Dyer's annual State of the City Address. This year, he will be giving his State of the City address along with his Budget Address, so residents can learn about plans for our city along with our fiscal outlook for next year.

For those who are interested in learning more about Metro Plan's Corrine Drive study, there is a public workshop taking place on July 27th in the Camellia Room at Leu Gardens from 6-8 p.m. The workshop will serve as the culmination of phase one of the study and the kick off of the second phase, which will include Metro Plan's development of potential designs of the area to share with the community. During the meeting, Metro Plan will discuss the results of their thorough traffic collection methods and data as well as share results of their extensive public opinion research. They were proud that they received more than 1,700 surveys from area residents with their input about this thoroughfare and its future. Please continue sharing your ideas and thoughts through #CorrineWishList.

> As always, thanks for your continued support for our great city and its events. Put on some red, white and blue this month and enjoy the all that is happening in our Great City. I

> > look forward to seeing you around our community this month as we celebrate our Independence.



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



Winter Park Mayor's Message

Mayor Steve Leary



#WPInspires

and culture since its establishment in 1882. This commitment continues today with the official formation of a hyperlocal initiative to elevate the awareness of all

cultural opportunities within the city limits.

This recent initiative is a result of Vision Winter Park, a year-long process to create a 20+ year vision for the city. This process, which began in 2015, involved focus groups of which arts and culture was one. The following city vision was developed:

"Winter Park is the city of arts and culture, cherishing its traditional scale and charm while building a healthy and sustainable future for all generations."

At the forefront of this vision is the "city of arts and culture," which prompted the City Commis-

sion to form a subcommittee of the Public Art Ad-The City of Winter Park visory Board. The Arts & Culture Subcommittee, has been committed to arts formed in September 2016, is facilitated by the city's Communications Department, involves all arts and culture non-profits within city limits, and comprised of the following members:

- 1. Albin Polasek Museum & Sculpture Gardens/ Capen Showalter House
- 2. Bach Festival Society of Winter Park
- 3. The Charles Hosmer Morse Museum of American Art
- 4. Cornell Fine Arts Museum



Winter Park is the city of arts and culture, cherishing its traditional scale and charm while building a healthy and sustainable future for all generations.

- 5. Crealdé School of Art
- 6. Public Art Advisory Board liaison
- 7. Winter Park History Museum

June 1 marked the official launch that includes the planning of an upcoming year of promotions and a special weekend devoted entirely to arts and culture in Winter Park. In addition, the city has developed an exclusive webpage cityofwinterpark. org/arts-culture that features:

- A comprehensive directory of all non-profit arts & cultural organizations within the city limits with links to each entity
- An extensive event calendar featuring all cultural experiences
- Upcoming special arts & culture communitywide events

Whether you are making plans for an afternoon, long weekend or lifetime, every day in Winter Park is a special experience. Winter Park invites you to be inspired! #WPinspires

Consolidation To Streamline Tax Collector Operations

The Orange County Tax Collector's Office consolidated its Property Tax and Business Tax departments. The Business Tax Department relocated from the County Administration Building to the Tax Collector's Administration Office, located in the SunTrust Building in Downtown Orlando. The consolidation was effective Monday, June 19.

"We're constantly looking for ways to streamline our operations, cut costs and save taxpayer dollars," said the Tax Collector, Scott Randolph. "Consolidating our two tax departments will make us a leaner, more efficient Tax Collector office."

The consolidation builds upon previous costsaving and efficiency measures, including:

• Increasing the number of motor vehicle and tax transactions completed online;

- Outsourcing back-office functions to save taxpayer dollars and move more employees to front-line positions; and
- Renegotiating several office leases that cut lease costs by 40%.

Under the consolidation, property tax and business tax employees will be cross-trained to serve all tax customers. And in an effort to better serve business tax customers, who often complete their transactions at the beginning of the day, the new Tax Department will also offer early-morning office hours. The new office hours for business taxes are:

- Monday, Tuesday, Thursday: 7:30 am 5:00 pm
- Wednesday: 8:00 am 5:00 pm
- Friday: 8:00 am 12:00 pm

Customers may complete a property tax transaction Monday through Friday 7:30 am to 5:00 pm.

The Tax Collector's Business Tax Department is responsible for collecting and administering the business tax, which is imposed by the county on most businesses operating in Orange County and its municipalities, including the City of Orlando. The business tax generated \$2.28 million in revenue to the county in 2016.

The department, which includes 6 employees, has been located in the County Administration Building for more than 25 years. Relocating to the Tax Collector's Administration Office will free up approximately 2,000 square feet of space for the county.

Winter Park Mayor Elected To Florida League Of Mayors Board Of Directors

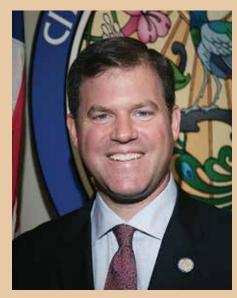
Mayor Steve Leary of Winter Park was elected to the board of directors of the Florida League of Mayors for a term ending August 2018.

"I am honored to have been asked to join the executive board of the Florida League of Mayors," said Mayor Leary. "Local elected officials are closest to their constituents, which is why local government is the most effective form of government. It is as important today as ever for local officials to stand together to defend Home Rule Authority as guaranteed by the Florida Constitution. I will work with other mayors, and indeed every elected official, that recognize, support and protect the right for local leaders to determine best practices for their individual communities."

The Florida League of Mayors is governed by a board of directors consisting of mayors from around the state representing geographical districts.

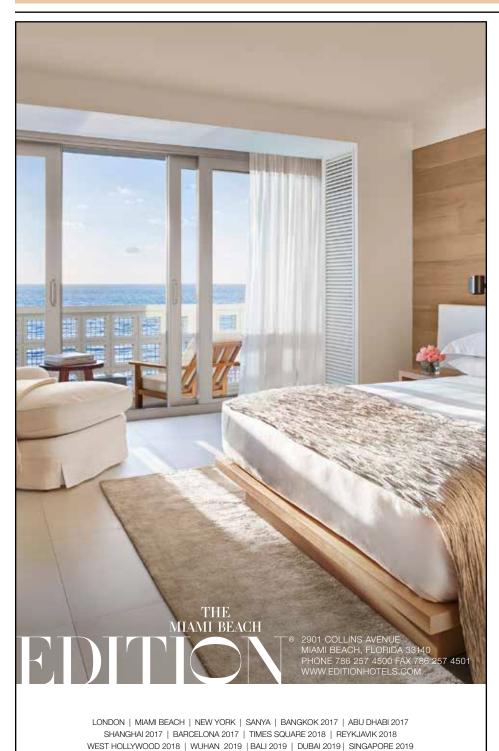
The general purpose of the League of Mayors is to provide a forum for Florida mayors to:

- Jointly study and assist each other in solutions to problems faced by Florida's municipalities
- Work cooperatively for the general improvement and efficient administration of Florida's municipalities, and
- Promote the exchange of ideas and experiences in successful methods of administration of Florida's municipalities.



Pictured above, Winter Park Mayor Steve Leary.

For more information about the League of Mayors, please visit floridamayors.org.





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Teachers And Students Benefit From Duke Energy STEM Grants



Duke Energy's Community Relations Manager, Debbie Clements, presented the Orange County School Board with a \$50,000 check during a school board meeting, June 13, 2017.

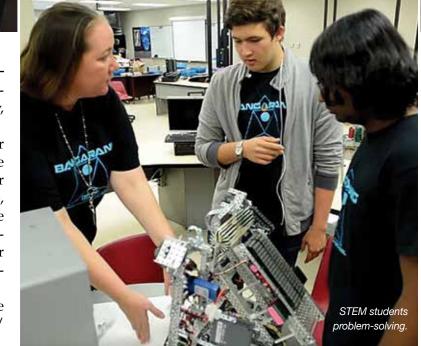
Orange County Public School students, some of our future engineers, will continue to get valuable lessons and tools in the classroom thanks to Duke Energy grants. The grants are targeted for math, science and energy education and the STEM Partnership Impact Teacher Grants Program. Duke Energy's Community Relations Manager, Debbie Clements, presented the Orange County School Board with a \$50,000 check during a school board meeting, June 13, 2017.

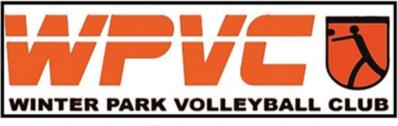
The Foundation for OCPS is offering grants up to \$5,000 to K-12 teachers to purchase equipment and/or materials for

applied learning that directly impacts student achievement in science, technology, engineering, math and energy education.

Competitive grants are awarded for innovative projects where students are problem solving, using robotic or for STEM related clubs that happen before, during or after school. Through the grants, teachers can help improve higher-level thinking and communication for students while incorporating more project-based learning.

To see how the grants are used in the classroom please visit www.youtube.com/watch?v=Brpi3GDRXgQ.





Mini Club 2017

Tryouts August 5th

Ages 8-12: Registration: 9:00-10:00 am

Tryouts: 10:00 - 12:00 pm

Ages 13-18: Registration: 1:00 - 2:00 pm

Tryouts: 2:00 - 4:00 pm

What is Mini Club?

Mini club is a short volleyball season that allows players to enjoy club volleyball in a more relaxed, fun environment. It is the perfect opportunity to learn all aspects of the game including passing, serving, hitting, setting and defense.

Register for our 2017 All Skills Summer Camp



Session 2: July 10th - 14th

Session 3: July 24th - 28th

Session 4: July 31st - Aug 4th



For more information and registration visit us at: WWW.WDVC.Org

133 Atlantic Dr. Maitland, FI 32751 (321) 277-3159

PosterMyWall.com

Call For Plein Air Artists

The Albin Polasek Museum & Sculpture Gardens will host the tenth annual Winter Park Paint Out from April 22 to 28, 2018. Each year, 25 professionally-acclaimed plein air artists are selected for this prestigious Central Florida festival. The Winter Park Paint Out is a juried event which encourages all plein air artists over 18 to apply, welcoming both local and out-of-state participants. 2017 artists created 259 paintings, 108 of which sold for more than \$91,000.

Continued on Page 7



The next Winter Park Paint Out takes place April 22-28, 2018



Lunch, Dinner, Late Night 11am-2am Happy Hour every day 4pm-6pm & 11pm-1am Saturday & Sunday Brunch Buffet 10am-2:30pm

Key West * Altamonte Springs * Orlando

From Page 6.

The top revenue-generating artists from the 2017 Winter Park Paint Out are automatically invited back to the 2018 festival. Notification of results will be sent to each applicant via e-mail no later than November 16, 2017. An artist agreement form and housing information for out-of-town artists will be sent to those who have been accepted.

Artists will be selected based on the following criteria:

- Artistic merit and skill exhibited in three submitted plein air images
- Application materials
- Ability to represent the Polasek Museum, the City of Winter Park, the City of Orlando, and the State of Florida through plein air art
- Commitment to support the Winter Park Paint Out with time and involvement during the entire week of the event

To apply, download an application at winterparkpaintout.org. Please complete the application and return via email to info@winterparkpaintout.org. Artists will be required to submit three recent plein air images, an artist statement, a short bio, and a link to their website.

Applications must be received no later than Wednesday, November 1, 2017, at 5 p.m. EST. No late entries or other formats will be considered. Letters or materials sent via mail or handdelivered will not be accepted.

For more information, visit winterparkpaintout.com, polasek.org.

Local Business Leaders Recognized For Contributions To Support Critical Programs

In less than one year, hundreds of local individuals and businesses raised \$17,714,972 for Heart of Florida United Way's 2016-2017 annual workplace giving campaign.

Last year, employees from across Central Florida signed up for payroll deductions through workplace giving campaigns in order to invest in community programs supported by Heart of Florida United Way. This year, Walt Disney World, Publix Super Markets and Lockheed Martin were honored as "Million-Dollar Champions" for raising \$3.5 million, \$3.4 million and \$1 million, respectively.

"The generosity shown by local businesses, organizations and individuals in this year's campaign is the reason we're able to make such a positive collective impact in our community," said John Pisan, 2016-2017 Heart of Florida United Way campaign chair and senior VP and regional managing directorwith Wells Fargo Wealth Management. "The funds raised over the past year will be invested in critical programs aimed at education, income, health and basic needs - programs that will help improve the lives of residents in our own community which, in turn, will improve our economy as a whole."

Nearly 400 Central Florida businesses organized workplace campaigns and fundraising events to benefit United Way. Individuals and companies were recognized for their exemplary efforts in this year's campaign. Specific company and individual recognitions included:

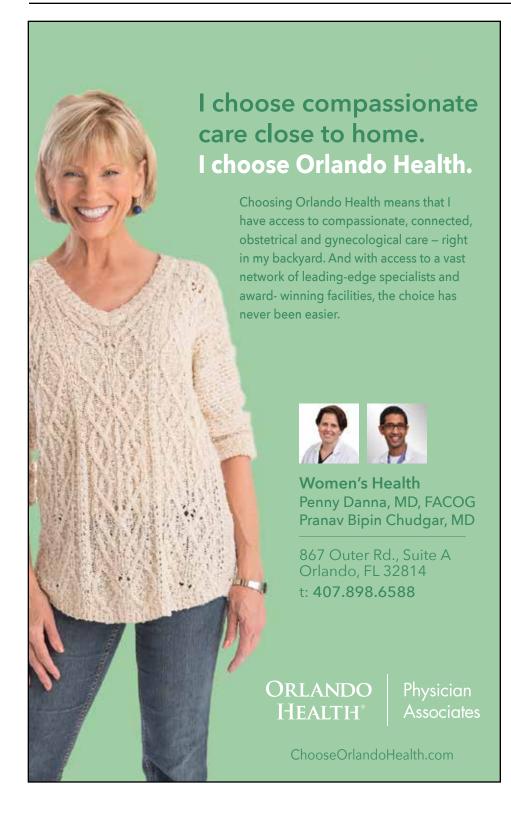
• "Chairman's Award" - Orange County Government

- "Phenomenal Executive Champion" Malcolm Barnes with Duke Energy
- "Spirit Award" Costco Wholesale
- "Exceptional Employee Campaign Managers" - Melissa Dukes with OUC - The Reliable One and Chanda Jordan with Enterprise Holdings.

Top corporate partners include Orange County Government with more than \$500,000; UPS Florida, SunTrust Bank of Central Florida, City of Orlando, Florida Hospital and AT&T all raising more than \$400,000 each; Tupperware Brands Corporation and Wells Fargo raising more than \$300,000 each; Enterprise Holdings Inc., Darden Foundation, Adventist Health System, CNL Financial Group, Duke Energy and OUC - The Reliable One each raising more than \$200,000; and Bank of America, University of Central Florida, FedEx Corporation, CenturyLink, PCL Construction Services, Orlando Health, Costco Wholesale, Siemens Energy, Target Corporation and Lowndes, Drosdick, Doster, Kantor & Reed, PA raising more than \$100,000.

"For the past 77 years, United Way's annual giving campaigns have impacted the lives of hundreds of thousands of Central Floridians," said Jeff Hayward, president and CEO of Heart of Florida United Way. "Thanks to the generosity exemplified by everyone involved in this year's workplace giving campaign, millions of dollars will help our neighbors in need."

For more information, please visit www.HFUW. org or call (407) 835-0900.





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cybersecurity awareness by Ron Frechette, The Cyber Guy

Protect Your PHI...Physician Practices Targeted For Cyber-Attacks In 2017



There have been a record number of data breaches by cyber criminals targeting

small-midsize healthcare practices in 2017 and we are seeing the trend continue to grow. Why are cyber criminals so interested in our personal healthcare information and how can we reduce the risk having it stolen?

Every man, woman, and child who has been seen by a healthcare provider in America on the very first visit knows the drill. We are required to provide full name, address, phone number, date of birth, SSN, insurance policy details, prescription drugs we take, list of all specific medical conditions we have or had in the past, payment information for copays, and much more.

Once they have collected all that information and we are seen by the healthcare provider, we will most likely be asked to visit a lab or specialist for further examination, bloodwork, urine, MRI, x-rays, you name it, depending on the medical issue. Those visits prompt additional questions and all the information and results from those tests are added to our medical records.

How many trips have we made to the doctor's office over the years and how much would someone know about us if they had all that personal and highly confidential information? Can you see why this type of detailed information about a single person being collected over time would be considered "gold" to cyber criminals? The federal government refers to this type of data as protected health information, or PHI.

THINGS WE SHOULD KNOW ABOUT PHI:

Why PHI is Valuable to Cyber Criminals:

Average stolen PHI sells for \$10.00 to \$50.00

per record on the Dark Web

- Child Patient records sell for \$500 to \$1,200 per record on the Dark Web depending on detail
- Longer Shelf Life often unable to detect PHI theft until several claims are processed

Most Common Scams:

- Illegal and Bogus Treatment bill health plans for fake or inflated treatment claims
- Buy Addictive Drugs Obtain prescription drugs to resell or feed own addictions
- Obtaining Free Treatment Uninsured that require hi-cost healthcare treatments
- Resell to other cybercriminal groups various purposes (i.e. identity theft, fraud)

Consequences to Victims:

- Ruined Credit unable to pay large hospital bills
- Loss of Health Coverage fraudulent claims max out health policy limits
- Inaccurate Records False claims can follow a person through life
- Higher Health Premiums false claims can raise premiums

Consequences to Healthcare Providers:

- Criminal and Civil Lawsuits
- Fines and Penalties for non-compliance
- Government Mandated Corrective Action Plans
- Defamation, Brand Damage, Loss of Human Capital

As custodians of our protected healthcare information (PHI), we trust healthcare providers will uphold their professional and

moral obligations to protect our medical records from getting into the wrong hands. The challenge many physician offices face in today's Digital Age is how fast the world has transitioned to electronic record systems. We see it not only in healthcare, but in every industry, and it has totally transformed the way in which we conduct business. As a result, healthcare records are stored on one or more Electronic Health Records (EHR) systems in cyber space and cyber criminals are easily gaining access into the systems due to having poor security controls in place.

Questions you should ask your healthcare provider:

- 1. How are you protecting my medical records?
- 2. Is your EHR System HIPAA Compliant?
- 3. Do you have formal cybersecurity policies and procedures in place?
- 4. Do you perform annual third-party HIPAA security risk assessments? (required by federal law under the HIPAA Security Rule)
- 5. Do you have a disaster recovery and back-up plan in place in case of a data breach?

In closing, we expect that, as more breaches are reported in the media, awareness will increase and the security posture for small-midsize healthcare practices will follow. Until that time, we highly recommend you take matters into your own hands to protect your PHI and keep yourself safe in cyber.

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.



Dan losu

family business perspective by Dan losue

Hitting The Apex

In all aspects of life, it is not about the destination, it is about the journey. Racing is a great analogy to this, as well as to the longevity and sustain-

ability of your business. Like a racer, every race brings with it a different set of challenges, but all races have the same expectation. Winning. Not just winning one race, but winning as many as you can so your reputation is strong to garner sponsorships

In all aspects of life, it is and your team is committed to helping you win.

A business owner is very much like a racer. You take special care to ensure your business performs well. This means building the foundation of the business, as well as establishing a team to support growth efforts to help your business thrive. How you invest in your team impacts how the business performs and defines how you are able to support your family, your team, and your community.

Like that racer, you've spent many long days

making improvements, and working relentlessly to be the best and to bring out the best in others. Fine tuning things to win, thrive, and sustain. Not without sacrifice, your family has felt the struggle while sharing in the successes and failures. Still, there are risks present that, whether you are on the racetrack or running the business, being prepared for what is critical to protecting all you have worked so

and sleepless nights

hard for. As the business owner, this means not just looking at where you are today, but also looking forward, just as a racer does going in a turn, to ensure you have built a business that will not only be successful today, but for years to come, even if you are no longer involved.

Following the lead of the racer, focusing on what's happening right in front of you is not as important as what's happening as far down the track as you can see; looking for the next corner as you exit the one that you're in. Essential to a strong team is the development of the next generation team leader who is prepared to take on the risk of representing the team on the track. Just like that racer, you cannot stay on the track your entire life, but you can build a legacy to ensure that the time you have spent there follows you into your future.

Many things must continue to go right for you to finish the race, or to stay in the game. But things must go perfectly for you to win. Racers have to hit every apex and just like in business, there is no room for error. No easing up as you enter areas of challenge and no giving up on the drive to succeed. In business, the market, family, key leadership, vendors etc. can throw you curve balls, but it is the commitment to strategic planning – looking forward and investing in your "machine" - that allows you to capitalize on opportunities.

real estate in the parks by Scott Hillman and Sam Hillman



Off To A Good Start In 2017

Central Florida's residential real estate market continues to show substantial growth in 2017. While the number of new listings remains strong, inventory is relatively low due to the

high number of closings. Even with a low inventory of homes on the market, prices continue to rise. This is good news for those who bought at the height of the housing boom and have been waiting for their equity situations to improve. Sales are ahead of where we were one year ago, which is in line with the fast pace that homes are coming off the market.

While home prices have been steadily rising over the past few years, they appear to align with where we would anticipate them to be when examining long-term appreciation trends. According to Forbes, Orlando ranks third among the top five hottest home markets in the country, offering affordability and growth. Builder constraint and job growth has

boosted the value of our existing homes.

In April, the overall median home price rose

12% year-over-year to \$215,000. According to the Orlando Regional Realtor Association, median home prices have now experienced year-overyear increases for the past 69 consecutive months.



Orlando's affordability index still ranks lower than the national average, which makes the area prime for first-time buyers.

During the first quarter of 2017, single family home prices increased by 10.3% over the same time last year with the days on the market decreasing by 25 percent. In Winter Park, the number of single family home active listings remained fairly steady as home prices slowly rose by 10.9% over the same time last year. Time on the market, from listing to closing, has remained consistent over the last two months.

Currently, it appears that market conditions continue to favor the seller. There continues to be a strong demand for residential homes and ample room for additional inventory to come on the market. Overall, the central Florida real estate market remains quite strong and by all indications this will remain the case throughout 2017.

According to Forbes, Orlando ranks third among the top five hottest home markets in the country, offering affordability and growth.

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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4 BR | 3 BA | 3,297 SF | \$950,000



1691 Oakhurst Avenue 5 BR | 4 BA | 4,112 SF | \$1,149,999



3 BR | 3 BA | 2,507 SF | \$799,000



5 BR | 4/1 BA | 5,967 SF | \$2,199,000



5 BR | 5/1 BA | 4,404 SF | \$1,350,000



5 BR | 4/2 BA | 5,398 SF | \$2,250,000

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

planned giving by Rachel Calderon and Meghan Warrick

How "Giving Back" Gets Down To Business

Ever since smart phones entered our lives just over ten years ago, the world as we knew it began to change. The phenomena of social me-

CENTRAL FLORIDA FOUNDATION

dia had begun a few years prior with the launch of Facebook, and the rest is history. We carry the world in our pockets and at our fingertips.

Along with how the way we shop, eat, and communicate has changed, so has the way we gave back. Now more than ever, we want to know that the money we spend serves a greater purpose than just making a purchase - we want to ensure that it does good, too. We want to do more than just write a check to an organization - we want our actions to have meaning and impact.

This concept inspired local social entrepreneur Ben Hoyer, founder and director of Downtown Credo, a donation-based coffee shop in Orlando. Back in 2010 after relocating to Orlando, Ben felt a calling that the community ought to be better because he is here. One thing led to another; and once he traveled to Guatemala with a friend to visit a coffee farm and meet its growers, a new relationship was formed.

From that trip, the concept of Downtown Credo came to be - if you reject apathy and despair and engage in your city to make an impact for good, you might actually like who you are becoming. Downtown Credo reaffirms that idea with every cup of coffee it serves, because every guest names their own price based on what they think it's worth. With that, you're buying coffee that supports local business, the local community, and the international coffee industry. Your choices are bigger than just that purchase and affect more than just yourself.

Then there is Clean the World, a local social enterprise with a global reach that collects and recycles soap and hygiene products discarded in hotels, and instead puts these products into the hands of impoverished people.

With concepts such as Downtown Credo and Clean the World in mind, the social entrepreneurship movement in Central Florida is growing. Social entrepreneurs develop a business that has a double bottom line - profits and doing good. This is the new way of doing business that goes beyond traditional corporate social responsibility.

It's not only social good, but

economic good too. Social enterprise also creates a way for underserved entrepreneur populations like women and minorities to have the opportunity to take their idea to the next level.

Last month, the Central Florida Social Enterprise Accelerator was launched in our area. It's a way to help entrepreneurs overcome the obstacles and barriers they face, like a lack of mentorship, resources, and connections. It's a way to give back to the community by investing in businesses that do more than earn a profit. Their solutions address social, environmental and economic societal challenges. It inspires solutions to our community's most pressing issues, provides a new way to give

> back, and develops businesses that create jobs to further develop Central Florida. Social enterprise - it's the new way of doing business and



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.

in the garden by Stephen and Kristin Pategas



Stephen & Kristin Pategas

The Small Garden Space

Find a small space to create a garden and it increases the challenge to design it properly. One would think such a design would be easy. Heck, you can't fit much in a tiny area! However, every object and

plant as well as colors and patterns take on greater visual significance. The small space eliminates choices - no live oaks, bald cypress trees, huge water features or enormous sculptures. If there is a large object it has to be spectacular, worth the space it uses, and not visually overwhelming.

The design process starts with a thorough analysis of the site. Note utilities (including hose bibbs) and take measurements for door and window sill heights, distances to the overhead eaves, and the depth of the overhangs. If rain water drains into this area, plan for gutters with downspouts piped out of the area. Determine what areas will be shady or sunny through the seasons. There is a distinctive difference between the summer solstice in mid-June, the winter solstice in mid-December, and the areas that receive sunlight. Shade-loving plants could burn and sun-loving ones

could languish. The winter sun may be welcomed and the summer sun may need to be filtered. Pay attention to the views to the garden from inside the house. Perhaps a nice focal point can be visible from a dining area or the window over the kitchen sink.

In small spaces it is critical to understand the circulation for how someone enters and leavesa the garden and whether an entertaining area or bench space is needed. When selecting the hard-scape materials and plants note that smaller patterns and leaf sizes will make the space appear

larger. However, larger patterns can add drama. Screening the boundaries can also make a space seem larger. Climbing vines can be kept close to the fence so they take up less space than a hedge so use vines on trellises to screen fences. If you need a bamboo to screen neighboring buildings, select one that does not arch and thus arch over and overwhelm the space.

Plants more diminutive in habit should be chosen so that they do not outgrow the space. Be aware that the word dwarf when attached to a plant name doesn't mean small. It just means smaller than the parent plant. They along with the other elements should be in proportion with each other and in proper scale with the space.

However, the most important aspect of the small garden is that it feels comfortable to you with enough space to meet your needs.



Above left: Foxtail fern, a boulder and Mexican beach pebbles are scaled to fit the space. Above right: A drainage system lies beneath the pavers. At near left: Carefully select ornaments based on scale, style and color.

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



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THE MAYFLOWER





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

God, The Couch, And A Heating Blanket...

Ayesha G. Bullock

So, I have to be honest. It hasn't been the greatest month. As I was gearing up to write this article, I told my husband that I wasn't feeling all that in-

spirational. And, as he is wont to do, he challenged my inertia by encouraging me to write about the authenticity of just that. "That's great!" he said, in a disproportionately enthusiastic manner. "People would probably love to know that even you, living meaningfully, have days that challenge you. Write about that!"

Write about that... he said.

Ok.

Sometimes life is really hard. Sometimes there isn't an immediate silver lining to what presents itself. Sometimes you're walking along your daily horizon and something altogether unexpected levels you. Sometimes you go from planning your next date night or vacation to finding yourself thinking about God, while sitting on the couch, with a heating blanket...

Sometimes, it would be nice to call in a 'mental health' day (or even week) and just go home and feel sorry for yourself. (*Being a mental health clinician, this feels like an especially vulnerable disclosure, but I will channel the immortal words of Brené Brown.)

So, as I write this, I recognize that I am supposed to be positive and happy and steadfast in my beliefs and wisdom. Most of me absolutely still does feel this way. But there is absolutely also a part of me that feels fragile and questioning as well.

I believe we must feel our feelings. I believe we must share and honor our pains. I believe we are best served by allowing our loved ones to bear witness to those pains and offer us the empathy and acceptance we so need. I also believe inherent in the very process of that sharing is the healing we so desire.

As my best friend reminded me, I have often said to her (edited for a polite readership), "Yes this absolutely stinks. And yes, this is absolutely unfair. And yes, you are absolutely in the middle of the #\$%. But, yes, going through the middle of it is also the only way to get to the other side..."

I told her I was sorry for being annoying (and right). Nonetheless, I write this article today on the heels of some tough stuff. I continue to share some of the pain with my loved ones and I work

hard to allow them to be there for me. It has been an interesting and dichotomous gift to, in turn, show up and be present for other people. It has offered me some amazing celerity in my own perspective and healing.

Which leads me to, perhaps, the most salient part of this whole article... Connection is the wound and the salve. We feel our greatest pains in the face of feeling disconnected - from ourselves, from our loved ones, from our hopes, from our truths or from our desires. We also feel our greatest healing in the manifestation of feeling connected to all of those things. Connection is the antidote to the hollowness of the alternative. So, if this hour, this day, this month or this year has offered you challenge or heartbreak... extend yourself counterintuitively to another. Show your most exposed self to those you love and offer your vulnerability in exchange for their empathy. Rinse, repeat and reciprocate.

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

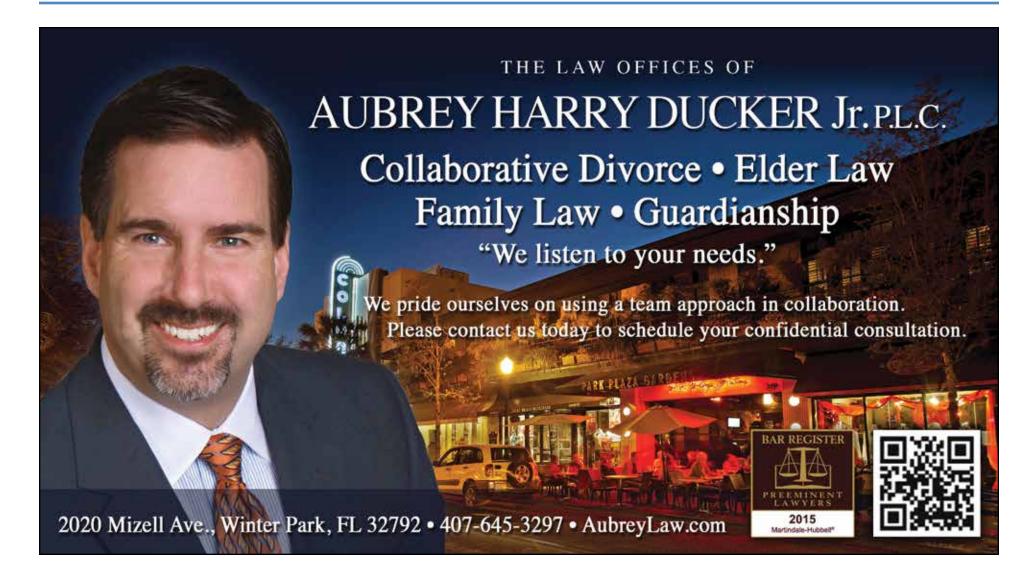


"Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path."

—Brené Brown, Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead



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.



Gal Gadot stars in the movie Wonder Woman. Far left, Charlize Theron from Atomic Blonde.

pop culture detours by George McGowan

Let's Go To The Movies!

I've reported before that I need to get out to more movies. And I plan to, as soon as this article is finished. So pardon me if it feels rushed. Oh by the way, Wonder Woman is excellent! Looking forward to seeing Baby Driver next. Then Atomic Blonde and The House. But not The Emoji Movie.

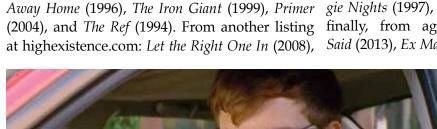
Movie thought - how many of the top five movies of the 1980s have I seen? According to complex.com, the top ten movies were: Do the Right Thing (1989), Raging Bull (1980), ET: The Extra-Terrestrial (1982), The Shining (1980), Ferris Bueller's Day Off (1986), Blue Velvet (1986), Die Hard (1988), Back To The Future (1985), The Thing (1982), and Stand By Me (1986). Well, I have seen all but one of these! Which one? Can you guess? I have never seen *The Thing*, but now it goes on my list of movies to see. And yes, for some reason the complex.com list does not include Raiders of the Lost Ark (1981), The Breakfast Club (1985) or Ghostbusters (1984), which of course I have seen!

On the other hand, I have never seen a Rambo movie. Yes, never. Not First Blood (1982), nor the ridiculously named Rambo: First Blood Part II (1985) or the simply named Rambo III (1988). I've also never seen any of the three (yes, three!) Karate Kid movies. Both of these movie franchises have had "sequels" released in the last couple of years! I have no plans to see them either.

I want to recommend movies that I've seen, but also found on some websites listing their choices of "the best movies you've never seen." So, here are my recommendations for great films which did not get much love at the box office



but which I thought were excellent. From a listing at Entertainment Weekly: Backbeat (1994), Fly



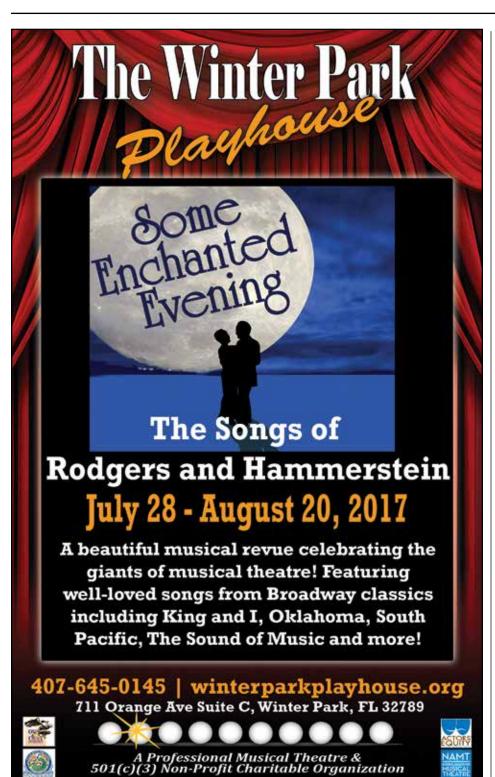


gie Nights (1997), and Attack the Block (2011). And finally, from agoodmovietowatch.com: Enough Said (2013), Ex Machina (2015), Nightcrawler (2014),

> The Act of Killing (2012), and Love & Mercy (2014).

As I compiled this list, I wondered which movies you would recommend from this list. Or, better vet, what movies would you recommend from among the movies you've seen but which you know have not gotten the recognition you think they deserve? And don't tell me Rambo or the Karate Kid!





theater in the parks by Barbara Solomon

Silliness Abounds

ANIMAL CRACKERS MUSIC AND LYRICS BY KALMAR AND RUBY DIRECTED BY RON SCHNIEDER, STARRING JEFFERY TODD PARROTT

a Marx Brothers comedy? Add some good songs in the '20s style and you have a fun evening. Not much of a storyline here, but the corny jokes make up for that. Set in a Long Island mansion, there is a party for Captain Spalding, alias Groucho (Jeffrey Todd Parrott). Chico (Chris Metz) and Harpo (Adam Scharf) add to the hilarity with their iconic antics.

good, with a few actors excelling. Brian Chambers did double duty as Hives the butler and the rich art con- It may be billed as a tragic romance, noisseur Roscoe Chandler, stealing the show in both roles from Groucho. Adam Reilly was perfect as the young artist John Parker, and his duet with Margaret Cross, "Why Am I So Ro-

mantic?" was lovely. My favorite song, however, was "Three Little Words," performed by Heather Kopp and Matthew Horohoe. It was helped along by the two-step dancing of that

What else could you expect from romantic duo. I really enjoyed the choreography of Crystal Edwards, in keeping with the '20s era. And as part of the finale, Groucho sang "Lydia the Tattooed Lady," one of my husband's favorite songs.

Don't look for any deep meaning here. If that's what you're craving, go down the hall to the black box for "Skylight." It is the story of a May-December romance between a wealthy The performances were quite man and his housekeeper. The story unfolds like peeling an onion as the conversation between the two goes on. but I see it as social commentary of the rich vs. the poor and the right vs. the left. Well-acted by seasoned performers, it is worth the trip downtown.

Playing through July 16 at The Mad

Cow Theatre, 54 West Church Street. For more information call 407-297-8788 or visit madcowtheatre.com.



At left, Jeffrey Todd Parrott, and Karel Wright from "Animal Crackers."

BARB'S BEST BETS FOR JULY: "SOME ENCHANTED EVENING" AT THE WINTER PARK PLAYHOUSE AND "THE PRODUCERS" AT BAY STREET.

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theater in the parks by Barbara Solomon

The Arabian Nights Are Here

Orlando Shakespeare Theater in Partnership with UCF (Orlando Shakes) kicks off its 2017-2018 Children's Series with the celebrated Middle Eastern folktale Aladdin and the Magic Lamp now through July 23 in the Goldman Theater. Adapted by Brandon Roberts (2016's Beauty and the Beast and 2015's The Frog and the Princess), the family-friendly production will feature a "Choose Your Own Journey" interactive approach, in which the audience will be able to determine the outcome of the play. Tickets (\$9 - \$20) can be purchased by calling (407) 447-1700 ext. 1, online at www.orlandoshakes.org, or in person at the John and Rita Lowndes Shakespeare Center (812 E. Rollins Street).

Aladdin and the Magic Lamp tells the timeless tale of a boy, a genie, and the power of pursuing your dreams. Based on Middle Eastern folktale *The Arabian Nights*, a young man named Aladdin seeks advice on how to meet the princess from wise genies, a powerful sultan, and his own mother. Told with help

from the younger members of the audience, Aladdin learns that it takes more than a wish to make a good impression and to always follow your heart.

"We are very excited to be kicking off our Children's Series with a different kind of fairy tale this year," said Anne Hering, the director of education at Orlando Shakes. "The 'Choose Your Own Journey' approach presented in *Aladdin and the Magic Lamp* will make audience members feel like they are really living the adventure like never before."

Aladdin and the Magic Lamp features Luis Herrera as Aladdin, Henry Gibson as Genie of the Ring/Ensemble, Gemma Victoria Waldon as Vizier Hasna/Mother, and Chelsey Panisch as Genie of the Lamp/Ensemble.

The Orlando Shakes artistic team includes Director Patrick Braillard, Kurt Bippert, set designer; Mel Barger, costume designer; Colleen Doherty, lighting designer; Britt Sandusky, sound designer; Paige Gober, stage manager; and Alyssa Will Zegers, production assistant.



Above: Chelsey Panisch as Genie of the Lamp and Luis Herrera as Aladdin star in Orlando Shakespeare Theater's production of Aladdin and the Magic Lamp. Photo by Luke Evans.

ASL SHADOW INTERPRETED PERFORMANCE - Saturday, July 8 at 2:00 p.m. and 4:30 p.m.

A sign language interpreter shadows each actor, providing a rich theater experience for our patrons who use sign language. This is also an excellent experience for hearing theater patrons as well as they will be able to enjoy a new and different style of theater.

Continued on bottom of page 15.

Orlando Shakes Announces Updates To Its 29th Season

The Margeson Theater—Orlando Shakes' thrust stage—will be transformed into theater in-theround seating for *Man of La Mancha* (Sept. 6 – Oct. 8, 2017) and *Showtime for Shakespeare: A Magic Tree House Adventure* (Oct.19 – Nov. 17, 2017). The Theater's final Signature Series production, William Shakespeare's *Timon of Athens*, will change to a yet to-be-determined production.

Ticket demand for Orlando Shakes' musicals has been increasing steadily since 2014 with Les Miserables. The decision to move Man of La Mancha and Showtime for Shakespeare: A Magic Tree House *Adventure* into theater in-the-round seating came about as a solution to better meet the needs of audiences. Transforming the Margeson Theater into in-the-round seating will create an additional 69 seats, for a total of 390 tickets eligible to be sold per performance. It will also create a unique live theater environment that is rarely experienced in Central Florida.

"Musicals in-the-round bring the audience a closer, more immersive experience," said Jim Helsinger, the artistic director. "Live theater is always a special experience, but with this style of seating audiences will be able to feel like they are a part of the story unfolding in front of them. They will be on the fields of La Mancha with Don Quixote and on the stage with William Shakespeare."

Orlando Shakes will alter their final planned Signature Series show of the Season, *Timon of Athens*, replacing it with a to-be-determined production. Orlando Shakes shows are funded in part by donations in order to keep ticket prices affordable. The State of Florida's decision to reduce funding for arts and cultural-related categories by 60 percent from last year's levels is the leading factor behind the change. State funding is provided to 480 non-profit organizations throughout Florida and is a crucial factor in planning what type of shows Orlando Shakes is able to present to the community.

"We live in a time where artistic decisions are influenced by fiscal responsibility," said Helsinger. "Orlando Shakes has served over 1.7 million patrons in our community over the past 28 years and we want to be here to serve for 28 more. *Timon of Athens* is a spectacular show that we plan to revisit in a later season, but currently we do not have the funds to produce it properly."

Orlando Shakes' final 29th Season Signature Series production will be announced at a later date. Current subscribers will be contacted about season changes and given the opportunity to update their tickets.

Orlando Shakes season ticket packages are available now by calling (407) 447-1700 ext. 1 or in person at the Box Office (812 East Rollins Street). Regular tickets to all remaining productions in Orlando Shakes' 29th Season go on sale June 20, 2017. 2017-2018 titles and dates are subject to change; additional information about the season, including creative team and casting, will be announced at a later date.

This project is funded in part by

Continued on page 15



Scenic rendering by Jim Hunter of Orlando Shakespeare Theater's upcoming production of Man of La Mancha.



schools



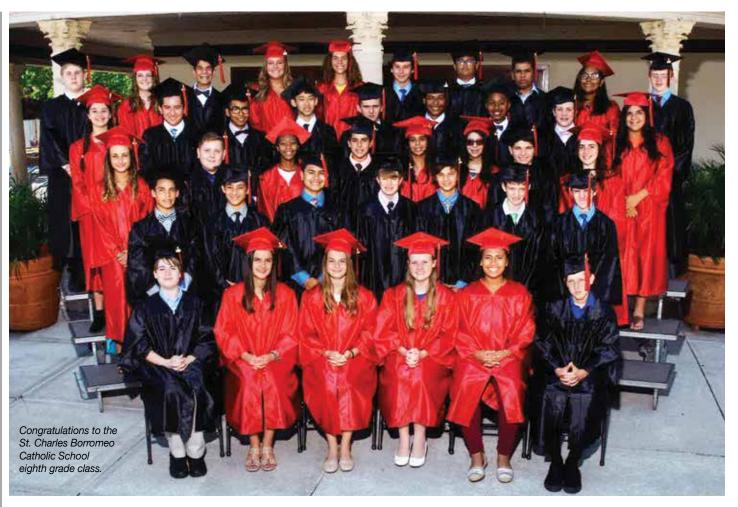
We are extremely proud of all our students for their success this school year. Everyone worked very hard and made tremendous growth. It truly takes a village and our PTA and Falcon Fund have contributed to the success of the school in a big way.

We are gearing up for the start of the 2017-2018 school year. We invite everyone to our annual Meet your Teacher on Friday, August 11, 2017 from 11:00 a.m. – 1:00 p.m. We anticipate teacher placement postcards to arrive in your mailboxes in late July/early August. Don't forget to join us for Summer Media Center hours every Tuesday and Thursday from 9:00 am until 4:00 pm.

Happy Summer!

From Page 14.

Orange County Government through the Arts & Cultural Affairs Program. Orlando Shakespeare Theater is supported by United Arts of Central Florida, host of OrlandoAtPlay.com and UAArtsEd.com. This project is sponsored in part by the Department of State, Division of Cultural Affairs, the Florida Council on Arts and Culture, and the State of Florida.





Congratulations St. Charles Borromeo Catholic School Graduates

St. Charles Borromeo held the 2017 graduation ceremony on May

26th, where 40 students received their diplomas. The students, their families, SCBCS Faculty and Staff, and friends paid tribute to the hard work and accomplishments of the graduating students.

After Mass, the ceremony included remarks from Principal Nathan Nadeau; Valedictorian, Kristina Arwady; and Salutatorian, Jennifer Grenier. The St. Charles Borromeo Award was presented to Tyler Rapisarda for following in the footsteps of Jesus. He shows this by service to others, his sense of responsibility, respect for all, and self, and spirit of kindness. The

Sisters of St. Joseph Award was presented to Kailey Boyd for overall accomplishment, personal growth, and ability to overcome obstacles, perseverance, and academic achievement throughout her years at St. Charles.

Earlier in the month, eighthgrade celebrations included the Passing of the Light Ceremony, Eighth-Grade Dinner Dance, Field Day, May Crowning, and a class field trip. SCBCS is looking forward to the next school year, starting Wednesday, August 9. Congratulations and best wishes to the 2017 graduating class!



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.

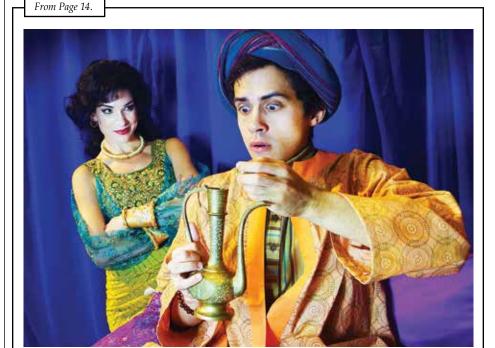
Limited Seating! \$10.00 per show

407-645-0145 | winterparkplayhouse.org



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Above: Chelsey Panisch as Genie of the Lamp and Luis Herrera as Aladdin star in Orlando Shakespeare Theater's production of Aladdin and the Magic Lamp. Photo by Luke Evans.

SHAKE OUT THE SILLIES

Join members of the cast for interactive pre-show fun for the whole family. The fun starts 10-15 minutes prior to every performance.

AUTOGRAPH SESSIONS

Stick around after every performance of Aladdin and the Magic Lamp for a special autograph session with the stars of the show.

Aladdin and the Magic Lamp is presented by CliftonLarsonAllen.

Orlando Shakespeare Theater is supported by United Arts of Central Florida, host of OrlandoAtPlay.com and UAArtsEd.com. This project is sponsored in part by the Department of State, Division of Cultural Affairs, the Florida Council on Arts and Culture, and the State of Florida. For more information, please visit www.orlandoshakes.org.

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

July 3 Independence Bash – 6:00 to 11:00 p.m. in Baldwin Park. Fireworks over Lake Baldwin at 9:15 p.m.

July 4 40th Annual Fireworks at the Fountain – 4:00 p.m. at Lake Eola. For more information, please visit www. cityoforlando.net.

July 16, 17 and 24 'Dear Bette,' - A Tribute To Bette Midler – 8:00 p.m. at The Abbey. For more information, visit www.AbbeyOrlando.com

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

Mondays through Fridays (Now - August 11) Summer Camp at the Winter Park Community Center – Grades 1-5, and space is limited. Junior counselor positions for grades 9-12 are also available. For more information, and to register, please visit www.cityofwinterpark.org.

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.

July 4 Watermelon 5k – 7:00 a.m. at 251 Park Avenue. Start your Independence Day the right way with a 5k! Join friends, family and neighbors for a morning celebration featuring ice cold watermelon and American pride. To register, please visit www. trackshack.com

July 4 4th of July Celebration – 9:00 a.m. to noon in Central Park. For more information, please visit www.cityofwinterpark.org.

JULY HIGHLIGHT



"Dear Bette" - A tribute to Bette Midler.
Jennica McCleary's "Dear Bette," will
take you on a journey through the early
works of Midler and the birth of "The
Divine Miss M," showing how she used
her art and humor to inspire an entire
community struggling to belong. July
16, 17, and 24 at The Abbey, 100 S. Eola
Dr. Orlando, FL 32801. Doors open at 7
p.m., show begins at 8 p.m. Ticket info
at www.AbbeyOrlando.com

July 4 Independence Day Holiday Tours – Noon to 5:00 p.m. at the Winter Park Community Center Pool. For more information, please visit www.cityofwinterpark.org.

July 10-14 Winter Park Volleyball Mini Club – Mini club is a short season for players to enjoy club volleyball in a more relaxed environment. For more information, please visit www.wpvc.org.

July 11 Florida Native Plant Meeting – 7:00 p.m. at Harry P. Leu Gardens, 1920 North Forest Avenue. Mary Keim, retired Seminole State biology professor, will present an interesting program about dragonflies. The meeting is free and open to the public. For more information, please call 407-647-5233.

July 13 Popcorn Flicks In The Park – 8:00 to 10:00 p.m. in Central Park. For more information, please visit www.cityofwinterpark.org.

July 13, 14, 15 St. Margaret Mary Annual Rummage Sale – 8:00 a.m. to 2:00 p.m. at St. Margaret Mary located at 560 North Park Avenue. All proceeds benefit our brothers and sisters in Haiti. For more information contact: Anne McQuiggan at 407-671-4798 or annemcquiggan@comcast.net.

July 22 Old School Pool Party – 6:00 to 9:00 p.m. at the Winter Park Community Center. For more information, please visit www.cityofwinterpark.org.

July 28 Coffee Talk – 8:00 to 9:00 p.m. at the Winter Park Welcome Center featuring City Manager Randy Knight. For more information, please visit www.cityofwinterpark.org.

July 29 Lakes Forest & Grace Watershed Cleanup – 8:00 to 11:00 a.m. at 225 Howard Drive. For more information, please visit www.cityofwinterpark.org.

July 31 - August 4 Winter Park Volleyball Mini Club – Mini club is a short season for players to enjoy club volleyball in a more relaxed environment. For more information, please visit www.wpvc.org.

