The Park Press

NOVEMBER 2017

~ Posítíve news that matters ~

Winter Park | Baldwin Park | College Park | Audubon Park |







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

Junior Achievement 2017 Business Hall Of Fame Honorees

The Junior Achievement Mid-Florida Business Hall of Fame recognizes outstanding business leaders who have demonstrated excellence through their contributions, not only to the business world, but also to their communities. Here are this year's honorees.

2017 LAUREATE INDUCTEE

Randy Berridge held the position of president of the Florida High Tech Corridor Council since its formation in 1996. He recently retired and will continue as a member of the Florida High Tech Corridor Council serving in an advisory and planning support role. He currently serves as president of the Berridge Consulting Group Inc. Previously,

Berridge held several positions with AT&T Corporation including chair of the Central Florida AT&T Management Council. Berridge has served on the board of the Tampa Bay Partnership, the Foundation



Florida's College System and as an Emeritus member of the Board of Directors of the Astronauts Memorial Foundation. In addition, he is an alumnus of Leadership Orlando and Leadership Florida.





2017 LAUREATE INDUCTEE

Throughout her 35-year Disney career, Meg **Crofton** held a wide range of executive positions. Prior to her retirement, she was the president of Walt Disney Parks & Resort Operations, United States and France, and was responsible for providing strategic oversight of Walt Disney World Resort in Florida, Disneyland Resort in California

and Disneyland Paris. She is credited with helping create the vision for transforming Downtown Disney into the recently renamed 120-acre Disney Springs multi-year project that doubled the number of shopping, din-



Meg Crofton

2017 SPIRIT OF ACHIEVEMENT HONOREE

With a passion for giving people a hand up, **Tom Sittema** is involved in a wide array of civic

and community organizations, most notably as the board chair of Lift Orlando. In this capacity, he leads a group of business leadcommitted to breaking the cycle of poverty through neighborhood revitalization. In addi-



tion, he serves as president-elect for the board of directors for Florida Citrus Sports. In his role as CEO of CNL, Sittema leads a platform of diverse alternative investment products.

2017 ENTREPRENEURIAL VANGUARD HONOREE

Lakeland native Robert Palmer has made a name for himself in the Central Florida area, as an entrepreneur, author, radio host, and philanthropist. His business ventures include RP Funding, HomeValue.com, Listing Power Tools, RP Title and several others. His companies have a combined staff of 400. Whether providing financial tips for first-time home buyers on his radio show, supporting various community causes, or mentoring

Continued on page 6



LASER + SURGERY +

ing and entertainment experiences.

Laser Eyelid Lift Laser Skin Resurfacing Vascular Laser Treatment

Blepharoplasty Brow Lift Facelift + Necklift

REJUVENATION

BOTOX® + Voluma® + Vollure® Medical Grade Skin Care + Treatments Kybella® for Double Chin

Eyelid and Facelift Specialist Super Specialized Boutique Practice Download Dr. Yeilding's Bleph Guide at YeildingMD.com



DEBMIL NO 4282 MEST PALM BCH FL OS POSTAGE PRSRT STD

INSIDE THE PARK PRESS	
Editor's Message3	Health12
News4	Planned Giving13
Business9	Arts & Entertainment14
Real Estate10	Schools15
In The Garden11	Calendar of Events16

FROM THE PUBLISHER The Park Press | NOVEMBER 2017

The Park Press

PUBLISHER RICK CABLE rick@theparkpress.com

EDITOR TRICIA CABLE tricia@theparkpress.com

ART DIRECTOR JILL SHARGAA

ADVERTISING SALES

advertising@theparkpress.com 407-644-6760

Lisa Ireton - lisa@theparkpress.com

EDITORIAL CONTRIBUTIONS AND WRITERS

Janna McGowan, George McGowan, Barbara Solomon, Stephen and Kristin Pategas, Rachel Calderon, Ayesha G. Shenk, M.A., Scott Hillman, Ron Frechette

PHOTOGRAPHY Tricia Cable

The Park Press, LLC, Winter Park, Florida

Office: 407-644-6760

E-mail: info@TheParkPress.com

VISIT US ON THE WEB www.TheParkPress.com

QUESTIONS OR COMMENTS?

We want to hear from you! Send your submissions to The Park Press via e-mail at editor@TheParkPress.com. All submissions to The Park Press become the property of this publication and will not be returned; they may be edited and published or otherwise used in any medium.

RECEIVE YOUR COPY OF The Park Press EACH MONTH BY MAIL

The Park Press is free at various retail locations each month throughout the community. If you're not currently receiving our publication by mail, but would like to, please email your name and address to subscriptions@ theparkpress.com. The 12 month subscription cost is \$15. For more information please call, or email our staff today. Please allow 4-6 weeks for your first mailed issue to arrive.

THE PARK PRESS IS PUBLISHED MONTHLY. ALL CONTENTS, LOGOS, AND ARTICLES ARE COPYRIGHTED MATERIALS AND ALL RIGHTS ARE RESERVED. ANY REPRODUCTION IN WHOLE OR IN PART WITHOUT PRIOR WRITTEN PERMISSION OF THE PARK PRESS IS STRICTLY PROHIBITED. THE PARK PRESS RESERVES THE RIGHT TO REFUSE ANY ADVERTISING MATERIAL FOR ANY REASON DEEMED INAPPROPRIATE BY THE PUBLISHER. ©2017 THE PARK PRESS, LLC

Publisher's Message



As November of 2017, I find myself in period of reflection on the past year as we head into holiday season. No matter how many stores roll out the Christmas inventory and decorations pre-Halloween, I'm a "one

holiday at a time" kind of guy. Perhaps it's rooted in my upbringing, or just the way my mind works, but I think celebrating Thanksgiving is necessary for the good of mankind. Think about it, the true meaning of Christmas has become harder to see thanks mostly to an overwhelming amount of commercialism and the pressures to "keep up with the Jones." It's a hectic holiday with financial burdens, the tree, decorating, gift shopping, traffic, and the list goes on. Of course, the goal is always to focus on the positives, but it's not necessarily easy as the true meaning can get lost.

However, I believe that Thanksgiving's true meaning is still very easy to see. Since the earliest documented Thanksgiving in the U.S. in 1621 at Plymouth it has been a time to gather with family and friends to celebrate a good harvest. They gave thanks for life, health, and prayed that they had enough food to survive the long winter months. From the time of our founding fathers until 1863, the

date on which Thanksgiving was observed varied from state to state as dictated by their final seasonal harvest. And yes, credit must be given to the great Abraham Lincoln, as he set the presidential proclamation that Thanksgiving would be celebrated the final Thursday in November by all states.

While I'm certainly not a farmer, I will reflect on the past year and give thanks for my "harvest," the blessings in my life and the health and good fortune of my family and friends. I will look to show continued compassion for those who are less fortunate, and pursue opportunities to make a positive difference for others.

Please keep in mind that this can be a challenging time for many, and I kindly ask for those who are in a position to do so, to generously consider making contributions and donations to some of the local fundraising efforts in our local community. Two of the many worthy and necessary efforts that come to mind are FeedTheNeedWP.Org to benefit Second Harvest Food Bank, and the ChristianServiceCenter. org to help their four interdependent programs that address the most prominent needs of those struggling in our community.

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

Rick Rick Cable Founder/Owner

OUR PUBLICATION IS MADE POSSIBLE IN OUR COMMUNITY BECAUSE OF THE SUPPORT OF OUR ADVERTISERS.

WE THANK THEM FOR SUPPORTING US AND ASK THAT YOU PLEASE KINDLY GIVE THEIR PRODUCTS OR SERVICES **CONSIDERATION FOR** YOUR BUSINESS.



Like us on **Facebook**



HIGH YIELDING MONEY MARKET AND CD'S

12 month CD 6 month CD Premium Money Market 0.80% APY*

1.00% APY** 0.90% APY**

CALL OR VISIT US SOON!

LINDA PELLEGRINO 407-331-3007 lpellegrino@pinnaclebank-fl.com JAMES "BUCKY" KIMSEY 386-774-0977 jkimsey@pinnaclebank-fl.com

485 S. Ronald Reagan Blvd. Longwood, FL 32750

www.PinnacleBank-FL.com



*Annual Percentage Yield (APY) is accurate as of 7/26/2017. Rates are subject to change without notice. MMA Annual Percentage Yield (APY) is accurate as of 7/26/2017. Hates are subject to change without notice. With requires minimum balance of \$100 to open the account and \$2,500 average daily balance to have no monthly fee. No minimum balance required to earn APY Six free withdrawals per calendar month. Federal regulation allow for no more than six transfers or withdrawals per month for the purpose of transferring funds to another of the depositor's accounts at the same institution or making a third party payments by means of authorized, automatic, or telephone transfer. Fees may reduce the earnings on the accoun

** All Annual Percentage Yields (APYs) are accurate as of 07/26/2017. APYs are subject to change at any time without notice. Fees may reduce earnings. For CDs, a minimum of \$1,000 is required to open a CD and must be deposited in a single transaction. A penalty may be imposed for early withdrawals. After maturity, if you choose to roll over your CD, you will earn the base rate of interest in effect at that time.



Key West # Altamonte Springs # Orlando

The Last Pumpkin?

Our intro into fall as a family has always been the carving of the pumpkins. Not being one of those "on the ball moms," this annual event typically takes place about 30 minutes to sundown on October 31st on a blanket in our front yard. No fancy carving kits, just a butcher knife and a spoon. Our pumpkins are completely old school, triangle eyes and nose with a jagged block smile. Again, not on the ball and never over the top, just sliding in last minute...keep it simple stupid style.

Don't get me wrong, I have good intentions, I

cut pictures from various magazines and catalogs of great fallinspired front porches and every year I vow (to myself) that this year will be the year I pull it all together all Martha Stewart-like. But every year, real life gets in the way of my fairy tale. The fall festival just sneaks up on me, kind of like college has with my first born...

However, this year,

1001292

in an attempt to get a bit of an earlier jump on things, I posed the question during dinner on Monday night, October 30th, "Are we carving pumpkins this year? My eldest, with one foot out the door and already half way to Tallahassee (go Noles!), and my youngest too concerned about her upcoming 16th ing teachers (all birthday and subsequent driving test that will take place shortly thereafter, screamed - "Of course!" I incorrectly predicted their response. See, I am thinking they have moved on. I am thinking they are too cool to carve pumpkins, dress up, or trick or treat. I could not have been more wrong.

It seems my girls are just as unwilling to close this chapter in their lives as I am. They are holding on and I love them even more for that!

The days, months, years of parenting babies, tod-

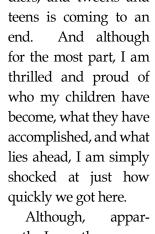
I remember the sleep deprivation, diaper

duty, and sippy cups. I remember the journey

from rolling over to crawling, to walking to run-

dlers, and tweens and

Although, ently, I was there every step of the way, and was repeatedly warned by those who have come before me...those years



twenty two of them, some of the best people I know), I remember room mom duties and trying to come up with

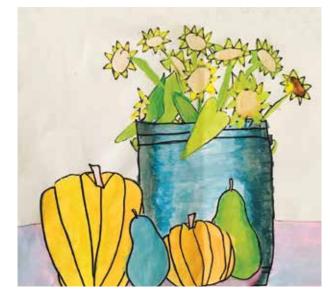


Good news? It's not the last pumpkin. It's not the last anything.

crafty crafts for 23 1st graders who were not listening to me. And I remember the field trips-Animal Kingdom, St. Augustine, and Medieval Times on non-luxurious packed buses with no noise restrictions and enthusiastic children thrilled to be out of the classroom.

What I don't remember is the gentle nudge from the universe reminding me to hit the pause button on occasion as we were transitioning from one milestone to the next. Someone, seemingly overnight, took my little girls and has put grown women in their place. We have passed the point of no return. There is no going back it is all homecomings, graduations, and college send offs from here.

Good news? It's not the last pumpkin. It's not the last anything. They are still here, for now, and we still have things to accomplish together as a family before the sun sets on this phase and we happily and sentimentally move on to the next. It's been a great ride. One that I will never forget and thankfully with very little to regret. And one, that for many years to come, I will remember fondly as I trade in the SUV for a sports car and hit the road less traveled.



flew by.

Illustration by Madelyn Cable.



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

SUPPORTED BY LEADERS IN BOTH POLITICAL PARTIES.



Mayor **Buddy Dyer**



Lt. Gov Toni Jennings (served with Gov. Jeb Bush)



County Commissioner **Bryan Nelson**



Congresswoman **Val Demings**

VOTE ROBERT STUART ON NOVEMBER 7

Political advertisement paid for and approved by Robert Stuart campaign, non-partisan.

NEWS The Park Press | NOVEMBER 2017

C

City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



D-4--4-E 04---

While we finally begin to enjoy cooler weather, at least in Florida terms, I am excited for the opportunity to share a little bit about what is happening around our Great City.

While it may sound clichéd, I am truly thankful for our city and its residents. As a lifelong Orlandoan whose son, daugh-

ter, three brothers, two sisters and their families all still live in our community, this is more than just the place I call home. It is the place that I miss when I am away and the place that I want to, for the rest of my life, dedicate my time and resources to improving.

I am excited to announce a new fitness area being constructed in Blue Jacket Park. The exercise area will be accessed from General Rees Avenue and located near the southern half of the parking lot. As part of a continued commitment to providing outdoor amenities to residents, this will make one of District 3's most popular parks even better. This newest park addition offers users a diverse array of equipment, while only utilizing .03 acres of green space. The area includes push up bars, parallel bars, straight bench, decline press, the horizontal ladder and a climbing structure with pull up bar. Site improvements have begun with the equipment installation being completed next month.

This new amenity will bring the number of free fitness pods and exercise trails available to City of Orlando residents to 12. Promoting regular physical activity is a public health priority and our parks make it easy and affordable for residents to get up and get moving toward a healthier lifestyle.

I am also happy to announce that the City has

committed \$65 million in infrastructure and amenity improvements throughout our city. The money will come from a variety of sources, including the issuance of a capital improvement bond, but this dedicated funding will not increase the City's annual General Fund debt service obligation nor will it raise taxes.

Some of the projects include creating the Orlando Bicycle Beltway, which will be an 8.25 mile loop from Downtown to the Fashion Square Colonial area and back. For those families who visit our Citrus Bowl at Camping World Stadium, we are renovating Lake Lorna Doone Park in partnership with Florida Citrus Sports. Improvements include a lakefront pedestrian path, a splash pad, and a new water feature in the lake. The City is also investing in three brand new replacement fire stations.

As we enjoy Thanksgiving and Veterans' Day this month, there are already many great ways to spend time with family and friends!

Please join us on Saturday, November 11th as we celebrate our veterans with the City's Annual Veterans' Day parade in Downtown Orlando at 11 a.m. For more details, please visit cityoforlando.net.

If you are looking for a way to balance out the calories from the many traditional indulgences of the day, consider participating in the 27th annual Turkey Trot 5K ben-



efitting Seniors First, a wonderful charity in our community. For information check out, seniors-firstinc.org. And if you want to share your blessings with others on this day, there are many other worthwhile charities that will be serving meals to those in need—the Coalition for the Homeless, Salvation Army and Ronald McDonald House just to name a few.

While many head to the malls on the day after

While many head to the malls on the day after Thanksgiving to make a dent in their holiday shopping, consider starting a new tradition with your family this year by shopping locally in some of our great commercial districts on Small Business Saturday! You can get some great deals and support our local economy in the process.

District 3 also boasts a few other unique events where residents can enjoy holiday festivities and do a little shopping on the side as well. First, the 30th Annual Festival of Trees will take place at the Orlando Museum of Art (omart.org) from November 11-19th. Also, Leu Gardens is open, thanks to the volunteer efforts of an army of residents who gave of their time following Hurricane Irma. Visit leugardens.org for a list of their upcoming events.

This month, I want to say a special thanks for the opportunity to serve you. While the job is always challenging, I feel truly blessed every day to play a small role in building community throughout our Great City. Happy Thanksgiving to you and your family!



New plantings are taking place all over Orlando.

Winter Park Mayor's Message

Mayor Steve Leary



Steve Lear

Mother Nature certainly reminded us of her power over the past few months. In August we saw Hurricane Harvey's devastation in Texas. In September we experienced anxiety, destruction, and patience as Hurricane Irma threatened, arrived,

and vacated our state bringing winds and water and leaving debris and flooding across Florida and the Caribbean. On Irma's heels, Hurricane Maria ripped through Puerto Rico leaving thousands of lives in shambles for the foreseeable future.

We also experienced human tragedy in Las Vegas and locally with the loss of Brian Buwalda who was electrocuted during Hurricane Irma after he left the safety of his home during the storm to help a friend. There was the senseless taking of Jennifer Fulford's life, and we remember one year later the loss of Roger Trindade. We are reminded seemingly too often, that none are immune to devastation and loss. Thank you for your concern and compassion.

Regarding Hurricane Irma specifically, your city staff worked to prepare our city for landfall. During Irma's visit, the city activated its Emergency Operations Center (EOC) which serves as the centralized hub designed to effectively manage all emergency-related issues from power outages, downed trees, lift station issues, flooding and others. Irma left over 9,000 of our residents without power.

After the storm, we transitioned from response to recovery and worked around the clock to restore normalcy. Over 50 percent of our affected electric utility customers were restored within 24 hours and in just one week, our electric utility crews, with the assistance of linemen from Georgia, restored

power to all of our electric customers. Because Harvey, Irma, and Maria impacted so many areas of our county in such a short time frame, outside resources waere scarce. Fortunately, our contractors were secured ahead of time and remained committed during the recovery and restoration process. Your words and ac-

tions, the thank you's, bottles of water, subs, pats on the back and even assisting with the clean-up, kept those that worked for us, moving forward.

The Sunday evening of the storm, as the outer bands of Irma impacted Winter Park, under the supervision of the Winter Park Police Department, I was able to witness first-hand the intensity of the storm. Trees and power poles snapped in half, and with them power lines were dropping viscously in our residential neighborhoods. The next morning the city manager, Randy Knight, and I drove the community to get a clearer picture of the devastation. Massive trees, limbs, and even small branches were laying everywhere, blocking roads and in some instances across driveways and homes isolating neighbors. However, we also witnessed what our community is about as people came to

our truck, repeatedly telling us that they were out clearing a path for us and other city personnel to safely traverse the city to get to areas and people needing assistance.

and in just one week, our electric utility crews, with the assistance of linemen from Georgia, restored ed with requests to assist with power restoration,

sanitary clean-up, emergency service calls, etc... However, we were overwhelmed by the strength of our community as people offered shelter, food, water and other necessities to assist those who were more adversely affected.

We are often divided by, upon review, relatively insig-

nificant words and actions. Yet when the chips are down, we rally behind and alongside one another to be bigger than the divisiveness. As I write this note, almost a month after Irma paid us a visit, I am humbled by the respect that our community has shown towards the efforts of the emergency service, tree, electric utility, building, water and all other city and contracting personnel trudging through our community on our behalf. Thank you for your continued support, compassion, and patience during some of our most trying times. Regardless of our hopes and prayers, we know that we will eventually face these types of circumstances again. Seeing how we were able to positively and effectively react and respond, we'll get through these times together and be that strong, unique city that we call home.



WINTER PARK

protection and service by Winter Park Police Department

Don't Let Thieves "Gobble Up" Your Identity This Fall

Fall, a time for celebrating the harvest...or in modern times going to the grocery store, standing in line to pick up the makings for that perfect meal, stuffing ourselves, and then shopping! Of course, you may be one of the millions who plan on travelling this fall, joining family, stuffing yourself, and shopping. Whatever your plans are, please take some time to review the following tips to protect yourself from becoming a victim of Identity theft.

As always, protect your Social Security number, and never keep your Social Security card in your wallet or car.

Shred personal documents. This includes anything with your driver's license number, Medicaid ID, and of course bank account information).

Remove yourself from promotional lists, as these lists are often sold to credit card companies who in-turn send out cards without your knowledge that could be stolen and usaed).

Monitor your credit card and bank statements

for any unauthorized activity.

Protect your documents in a safe or safe deposit box.

Consider carrying credit cards (ones that have the chip) in a RFID (Radio Frequency **Identification**) blocking case or wallet; close any accounts that you no longer use and destroy those cards.

Make a copy of both the front and back of the credit cards that you carry. Place that copy someplace safe in your home in

case your wallet is stolen. It will help take the guess work out of what was in your wallet.

Protect your purse or wallet at all times, and remember, the best purses are those that can be zipped or closed shut.

Always question websites that offer prizes or giveaways. Often they lure you in with



"opportunities for great prizes" when in fact they are just phishing (collecting information about you).

Remember, eating a big meal has been shown to make you sleepy so make sure to take these precautionary steps prior to giving thanks and "chowing down."

Off-Broadway Hit **Daddy Long Legs**

The Winter Park Playhouse plucks Daddy Long Legs straight from its Off-Broadway run in New York City to produce the southeast region's premiere of this well-loved musical. Performances are November 17, 18 and 30 and December 1-17.

This acclaimed Off-Broadway musical based on the novel by Jean Webster with music and lyrics by Paul Gordon and book by John Caird (Olivier and Tony Award winner for Les Miserables), is a heartwarming Cinderella story, in the spirit of Jane Austen and Downton Abbey, about a witty and winsome young orphan, her mysterious benefactor and the deep friendship that develops.

The cast includes Actors' Equity professionals Larry Alexander and Hannah Laird. Playhouse Artistic Director Roy Alan will direct and Playhouse Musical Director Christopher Leavy will music direct the production. Professional musical accompaniment includes Mr.Leavy on piano, Ned Wilkinson on multiple instruments, Sam Forrest on percussion and guest cellists Justice Milsom and Camden Starr in alternating performances.

Mr. Alexander has a lengthy resume that includes Broadway credits as Marius in Les Miserables and numerous Off-Broadway productions including Freddy in My Fair Lady with Maximilian Schell. Additionally, Larry has a multitude of professional regional stage production credits including the First National Tour of Chess and and the World Premiere of Captains Courageous just to name a few. His television credits include The Guiding Light, As The World Turns, and The Rosie O'Donnell Show.

Ms. Laird's resume includes Off-Broadway work in Storyville and In Transit, the latter for which she won a 2011 Drama Desk Award for Outstanding Ensemble Performance. Other credits include a multitude of professional work in regional theatre. She can currently be seen locally as part of Walt Disney World's Finding Nemo: The Musical (original cast) produced by Disney Creative Entertainment. Hannah has been classically trained in voice, dance, and acting at Baldwin-Wallace College Conservatory of Music and while there exercised her opera skills as Barbarina in *The Marriage Of Figaro* and Cymbaline in *A Hand of Bridge*.

The California Chronicle says Daddy Long Legs is "A sentimental valentine... destined to waltz straight into the hearts of many theatergoers." And New York Arts boasts, "Daddy Long Legs may be a small Off-Broadway show, but it is a First-Class Broadway production! ... an old-fashioned love story, utterly charm-

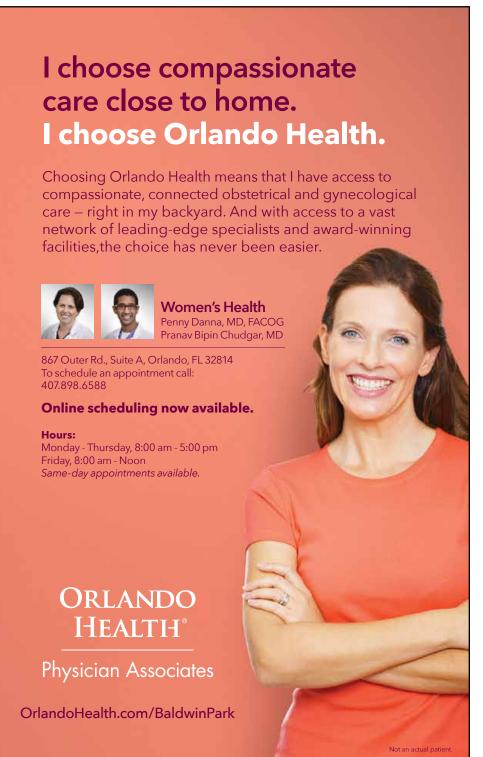
ing and enjoyable!"

For more tickets information and call the box office 407-645-0145 visit online at www.winterparkplayhouse.org.

Larry Alexander and Hannah Laird star in the play "Daddy Long Legs" now playing at the Winter Park Playhouse.







6 NEWS The Park Press | NOVEMBER 2017

Newly Redesigned Driver Licenses And State IDs

The state's newly redesigned driver licenses and IDs will be available at each of the seven Tax Collector offices in Orange County by the end of the month. It is the first redesign of the state's driver license and ID in more than ten years.

The new design includes nearly twice the amount of security features compared to the current design, including new state-of-the-art ultraviolet (UV) Ink; an "optical ghost" image, which is visible when the card is tilted; and optical data for enhanced security. The new ID is considered the most secure over-the-counter credential on the market today.

"Security is always our top concern," said Scott Randolph, the Orange County tax collector. "As we continue to work hard to combat identification fraud in Florida, we're hopeful that the new ID will be more difficult for criminals to replicate than ever before."

On top of the security protections, the new design features a completely new look with pastel colors and ocean waves that is uniquely Florida and new designations for lifetime sportsman, boater, fishing, and hunting licenses. The IDs also feature designations for veterans, organ donors, deaf/hard of hearing persons and, for the first time, a designation for the developmentally disabled.

The new licenses are currently available at the Tax Collector's Winter Garden, Lee Vista, Sand Lake Road and Clarcona locations. By the end of the month, the licenses will also be available at the Downtown Orlando, West Colonial and Dean and University locations, and available online by the end of 2017.

The State of Florida is planning for a phased-in implementation of the new ID, meaning Florida drivers with current valid licenses do not need to rush to obtain the new one. Only those with expired licenses, or anyone who has moved or changed their name, are required to obtain the new ID.

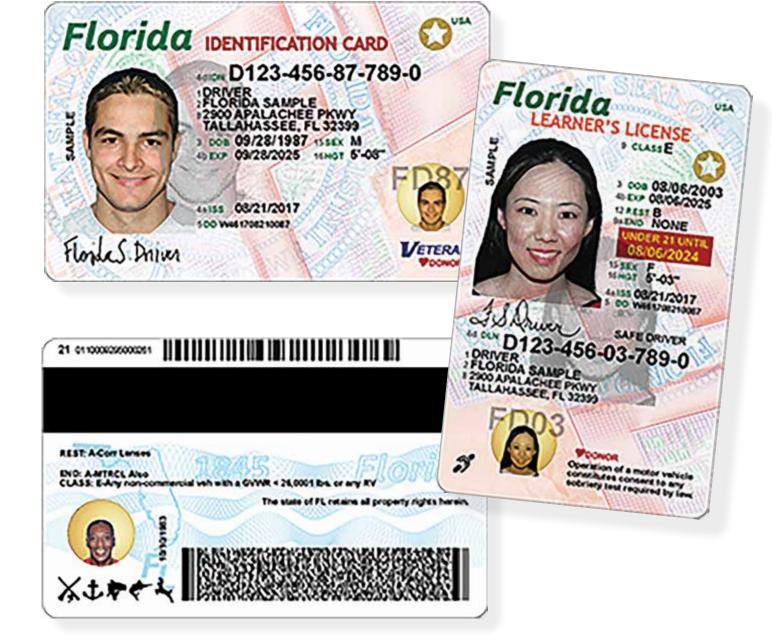
Getting Your New ID

To obtain your new license or ID in Orange County, residents are encouraged to use the Tax Collector's SmartPass texting system, which allows customers to join the line virtually, rather than waiting at the office, or schedule an appointment for a later date.

To Use SmartPass:

- Visit the Tax Collector's website at octaxcol.com and select an office location;
- Enter your cell phone number and select driver license/ID as the reason for your visit; and
- Join the line virtually to be seen today or schedule an appointment for a later date.

Below are the new Florida license and ID cards.



Two-Year Anniversary Of Restored Capen House

The Albin Polasek Museum & Sculpture Gardens is pleased to recognize the two-year anniversary of the opening of the historic Capen House. A landmark community effort saved this 1885 home from demolition, floated it across Lake Osceola, and relocated it to the Polasek Museum grounds. The project was recog-

nized by the Florida Trust for Historic Preservation with an Organizational A chievement Award in 2014 and by the City of Winter Park

with a Historic Preservation Award for Excellence in Commercial Renovation in 2016.

The first resident of the home was early Winter Park civic leader James Seymour Capen and his family, for whom Capen Avenue in downtown Winter Park is named. The Capen House was originally located on Interlachen Drive about two blocks from Park Avenue before it was threated with demolition in July 2013. The Winter Park History Museum, the Friends of Casa Feliz, and the Albin Polasek Museum worked together to save and move the house. After two years of moving and renovations, the house was officially opened to the public in October 2015.

Not only did the move fulfill a decade-long mission to add a new structure to the Polasek Museum's grounds, but a connection was found between Albin Polasek and the original owners of the home. Polasek was close friends with descendants of James Seymour Capen when he lived in Chicago and created sculp-

tures of them, many of which are now on display in the house.

The Capen House is open for public tours, com-

munity events, and private celebrations of all kinds. Since the official public opening in 2015, the Capen House has hosted more than 6,000 guests at public and private events and offered more than 200 docent-led tours of the home.

The Polasek Museum's CEO and executive director, Debbie Komanski, said, "Thank you to the hundreds of donors who made this possible, to all of the visitors who come to learn about the house, and to all who have enjoyed it and made precious memories here."

For information on public tour times, visit polasek.org; for information on event rentals, visit capenhouse.com.

Junior Achievement, from Page 1.

young people, Palmer has used his business acumen to ensure that others will have the opportunity to succeed.

"The 2017 honorees represent the core of what JA is all about -- entrepreneurship and business leadership. They each bring their own unique perspective to the business world and readily share their success with the community. We are proud to have them join the JA family," said Kathy Panter, president and CEO of Junior Achievement of Central Florida.



Robert Palme

Visit www.jacentralfl.org (or call 407-898-2121) for tickets or for more information on the 2017 Junior Achievement Mid-Florida Business Hall of Fame.

Orlando City Council Appoints First Poet Laureate

pointed Susan Lilley as the City of Orlando's first Poet Laureate. Lillev will serve as a prominent fixture in the City's cultural and literary arts communities, promoting poetry and an appreciation of poetry among residents.

"We are excited for Susan to use the literary arts to tell our community's stories," said Mayor Buddy Dyer. "There is no doubt that Orlando is a better place to live and work because of our vibrant arts and cultural scene, and the Poet Laureate will help

The Orlando City Council ap- continue to add to our City's unique sense of place."

> A teacher at Trinity Prep and published poet, Lilley is a past winner of the Rita Dove Poetry Award and a recipient of a Florida Individual Artist Fellowship. Her interest in literature began early during her education in Central Florida's public schools. Lilley has taught at Rollins College and the University of Central Florida, where she received her bachelor's and master's degrees.

> As the City's official storyteller, Lilley will present original works of

poetry at City events and youth activities to inspire emerging generations of literary artists and readers.

The process to select the Poet Laureate was developed through a partnership with United Arts of Central Florida and Orlandobased nonprofit publisher Burrow Press. A Poet Laureate Selection Committee consisting of distinguished local poets, scholars and literary experts reviewed 49 applicants based on artistic merit of literary work samples, experience and background.



Susan Lilley, Orlando's first Poet Laureate.

Winter Park's Annual Veterans Day Celebration

On Friday, November 10 the City erans Golf Play Day. Tee times begin at of Winter Park will present its sev- 12:30 p.m. and veterans play for FREE. enth annual Veterans Day Celebration, Reserve your tee time for a November

"Honoring Winter Park Heroes." All veterans who have served in any military campaign or branch in honor of our nation's freedom are invited to attend, so our community can pay tribute to their dedicated service to our country. The celebration starts at 9:30 a.m.

The Veterans Day celebration continues later that day at the

(Next to Scan Design building)

Closed Tue and Wed

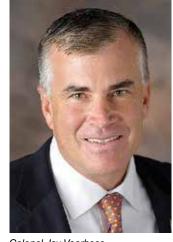
10th patriotic round of golf by Tuesday, Novem-

ber 7, at 407-599-3419. The celebration ceremony program will include remarks by guest speaker Colonel Jay Voorhees. Col. Voorhees currently serves as Florida Hospital's assistant vice president of Global Outreach & Strategic Initiatives. Prior to

25 years as a soldier in the United States Army. At the time of his retirement in October 2013, he was the commanding officer of the 12th Combat Aviation Brigade in Germany, the largest aviation brigade in the United States Army. Col. Voorhees commanded units at every level, from platoon to brigade, in both operations forces. He has numerous combat and peacekeeping deployments, including Desert Shield, Desert Storm, Bosnia, Iraq, Afghanistan, and has served in a variety of other countries during his career.

At 9:30 a.m., the public is invited to visit with organizations and services that offer resources specifically for veteran needs, as the VFW Post 2093 Community Band entertains guests. At 10 a.m., the official program will begin and will include with musical tributes, anecdotal speakers including Col. Voorhees, and recognition of veterans according to the various military branches served.

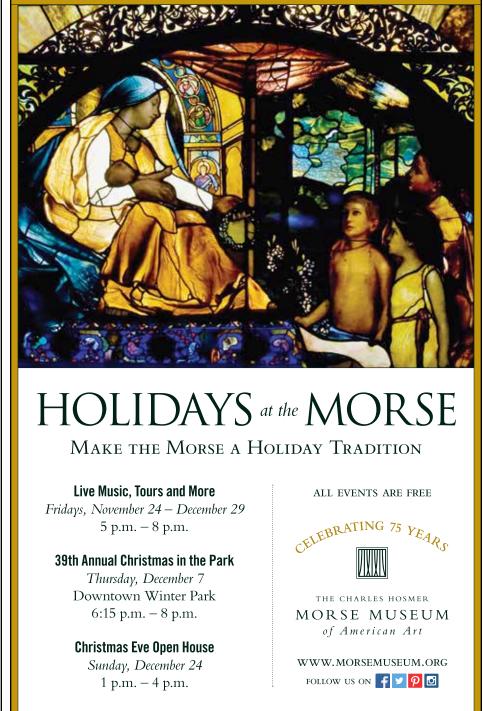
The celebration ceremony will the conventional Army and special be at the Winter Park Community Center Ruby Ball Amphitheatre, located at 721 W. New England Ave. For more information regarding the city's 7th Annual Veterans Day Celebration, please call 407-599-3428. For more information regarding the Veterans Golf Play Day, please call 407-599-3419. The course is located at 761 Old England Avenue.



Colonel Jay Voorhees

joining Florida Hos-Winter Park Golf Course, with a Vet-pital, Col. Voorhees served for over





445 NORTH PARK AVENUE WINTER PARK, FLORIDA 32789 (407) 645-5311

JUST A 5-MINUTE WALK FROM THE SUNRAIL STATION

NEWS The Park Press | NOVEMBER 2017

Winter Park Honored Once Again With Top America In Bloom Awards

Winter Park recently received the "Coolest Downtown" award and was recognized as a finalist for an "Outstanding Achievement Award for Environmental Efforts" at the 2017 America in Bloom (AIB) Symposium and Awards Program in Holliston, Massachusetts. The city has received three major AIB award in five years. Along with a handful of the 40 communities evaluated, Winter Park also received the top 2017 "Bloom Rating" of five blooms.

Two AIB judges who visited Winter Park in April, Barbara Vincentsen and Laurie Potier-Brown, spent two days touring each community in the 20,000 to 30,000 population category, at which time they met with municipal officials, residents, and volunteers. Participating cities were evaluated on six criteria across municipal, commercial and residential sectors including environmental efforts, heritage preservation, landscape and floral displays, overall impression, and urban

forestry. Cities were also judged on community involvement.

Winter Park judges were particularly taken by the efforts at the Hannibal Square Heritage Center (HSHC). Their evaluation noted "The HSHC was one of the most noteworthy heritage efforts in Winter Park. The African-American community has always been an integral part of the heritage of Winter Park, and the residents of this community have a long, important role in the dynamics of the city."

The symposium was attended by Stephen and Kristin Pategas, members of Winter Park's Keep Winter Park Beautiful & Sustainable Advisory Board and Winter Park Blooms Committee.

Winter Park Blooms is actively seeking additional community volunteers. For more information, please contact 407-599-3364 or vbaltacook@ cityofwinterpark.org.

For more information regarding AIB, please visit americainbloom.org.

Polkadots: The Cool Kids Musical



Orlando Repertory Theatre (Orlando REP) is proud to present Polkadots: The Cool Kids Musical (now through November 19). This production is presented by Orange County Arts & Cultural Affairs.

Polkadots: The Cool Kids Musical is inspired by Civil Rights pioneers Ruby Bridges and The Little Rock Nine. Polkadots follows Lily Polkadot who just moved to the "Squares Only" small town of Rockaway. As the first Polkadot to attend the all-Square school, Lily faces an almost impossible task of gaining acceptance from her peers. From daily bullying to segregated drinking fountains, Lily's quest seems hopeless until she meets a shy Square boy whose curiosity blooms into an unexpected friendship. This brandnew musical features a book by Melvin Tunstall III, lyrics by Douglas Lyons, and music by Greg Borowsky and Douglas Lyons.

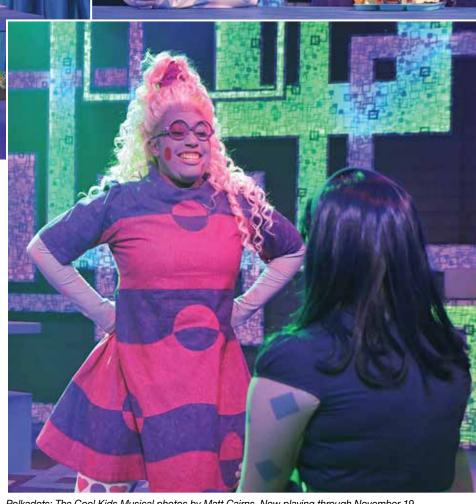
"I was immediately drawn to the important message of acceptance that this play holds," says director Tara Kromer. "Although segregation ended decades ago, inequalities based on race still very much exist, and it is our youth who will pave the path that will lead our world in which we can celebrate our differences, rather than allowing them to divide us. In the wise words of Lily Polkadot 'Always remember, we may be different on the outside but we're all the same inside'."

Polkadots: The Cool Kids Musical plays Saturdays and Sundays from October 23 through November, 2017 at 2p.m. and 5:30 p.m. Tickets are \$25 for adults, \$18 for students, seniors (55+), and members of the military with valid ID, and \$15 for youth (ages 3 to 17).

Orlando REP also offers special performances of Polkadots: The Cool Kids Musical. There is an ASL performance, translated by an American Sign Language Interpreter, on Monday, November 6 at 10:30 a.m. Backstage tours are offered on November 4 and 11 following the 5:30 p.m. performance. Tickets are \$5 per person and space is limited, so make sure you reserve your spot early in advance at the Box Office!

The cast features Sarah Huff as Lily Polkadot, with Whitney Abell-Couch, Sarah Biggs, Erik Gatlin, and Michell LoRicco (at select performances). Polkadots: The Cool Kids Musical is directed Tara Kromer, with music direction by Robby Stamper, choreography by Myles Thoroughgood, scenic design by Vandy Wood, costume design by Dan Jones, lighting design by Michael Powers, sound design by Anthony Narciso, props design by Tara Kromer, and stage management by Cat Koski.

All performances of *Polkadots*: The Cool Kids Musical take place at Orlando Repertory Theatre, located at 1001 East Princeton Street, Orlando, FL 32803. Tickets may be purchased online, over the phone, or at the Box Office. Please visit www.orlandorep.com or call 407-896-7365 for more information.



Polkadots: The Cool Kids Musical photos by Matt Cairns. Now playing through November 19.



The Park Press | NOVEMBER 2017 **BUSINESS**

Cybersecurity awareness by Ron Frechette, The Cyber Guy

Anti-Virus Protection And The Truth About Thanksgiving

year when we gather around the dinner table with our family, friends, and loved ones to reflect on the past

year's events and share the things we are thankful for in our lives. This is when family traditions we have established and practiced for years come to life. It is truly a favorite time of the year for many of us here in America!

So, what do Anti-Virus Protection and The Truth about Thanksgiving have in common? I'm sure if we dig deep we could find many parallels. My objective for this month is to arm you with some facts that will be sure to enlighten and impress everyone around the Thanksgiving Day dinner table.

There are two main types of anti-virus protection in the market today. Let's examine both...

Blacklist Anti-Virus Protection

Blacklisting software works by comparing files against a list of known threats. If a file is on the list, then it won't be allowed to execute, thus keeping our computer devices from being infected. You may know them as McAfee and Norton by Symantec. The challenge we face with blacklisting is that it can only protect against "known threats." In recent years, cyber criminals have developed and deployed more sophisticated forms of malware that have been able to outsmart blacklisting software and wreak havoc on millions of people and businesses. It is estimated that there are 500,000 new malware variants being launched onto the WWW EVERY DAY. How can we protect ourselves with half a million new malware variants being launched into cyberspace on a daily basis? By adding a whitelist solution to our cybersecurity defense-in-depth strategy.

Thanksgiving is the time of Whitelist Anti-Virus Protection

Whitelisting works the opposite of blacklisting by approving a list of trusted files and applications that can run on your network. If a file tries to execute that is not on the list, then it is rejected. Whitelisting has been around for quite some time. The challenge with this technology until recently has been limited functionality of business operations. Today's whitelisting solutions have been able to overcome these challenges and allow a business to function both efficiently and much more secure.

Whitelisting also decreases the risk of human error and unplanned security issues. Any malware falsely clicked will not run. Fact is, most security breaches are due to impulsive clicking or lack of cybersecurity knowledge. Whitelisting reduces the fear and danger that users with a low level of security knowledge can be protected. I highly recommend learning more about this new technology. A full list and overview of whitelist solutions can be found at: https://www. gartner.com/doc/1582715/application-controlwhitelisting-endpoints

The Truth About Thanksgiving

English explorers began coming to the shores of Massachusetts in the early 1600s. The earliest explorers would capture the Indians and ship them back to England to work as slaves. Once word got out about the paradise they discovered in the New World, the Pilgrims began showing up... literally in boatloads.

The early Pilgrims who first arrived in America did not do very well. Many died during the winter due to sickness and lack of food and proper shelter. The following spring, the Pilgrims were confronted by a tribe of Indians called the Wampanoags. Among them was an Indian named Squanto who had been sold into slavery and eventually escaped by way of a friendly English explorer, Captain John Weymouth. Squanto and his fellow tribesmen saw that the Pilgrims were in rough shape. They began to teach them how to survive. When the fall season came, thanks to the help of Squanto and the Wampanoags, the Pilgrims were in much better health, had plenty of food, and had built houses that would keep them warm and protected through the winter. The Pilgrim's leader, Captain Miles Standish, invited the Wampanoags to celebrate and give thanks. They were overwhelmed by the number of Indians that showed up and quickly realized they did not have enough food. Squanto and the Wampanoag leader ordered their men to go back to their village and bring more food. The Indians ended up supplying most of the food and they celebrated the first Thanksgiving in peace for three days.

The white man eventually outnumbered the Indians and no longer needed their help to survive. The Puritans began to condemn the Wampanoag's religious beliefs and customs which were based on giving charity to the helpless and hospitality to anyone who came to them with empty hands. A generation later, the children of that first Thanksgiving Day celebration began killing each other which became known as King Philip's War. At the end of that conflict most New England Indians were either annihilated, fled north among the French in Canada, or were sold into slavery in the Carolinas by the Puritans. In closing, combining both a blacklist and whitelist anti-virus strategy will dramatically mitigate your risk of becoming a victim of a cyber-attack. As for the truth about Thanksgiving and how it relates to Anti-Virus Protection, I welcome your feedback.

Sources: https://www.top10bestantivirus.com/free-antivirus-software; https://www.gartner.com/doc/1582715/application-control-whitelisting-endpoints; https://en.wikipedia.org/wiki/Antivirus_software; http://webcache.googleusercontent.com/search?q=cache:http://www.manataka.org/page269.html;

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

family business perspective by Dan losue

Do Good, Have Fun, Make Money

What is your workday mantra? The chairman of The Rawls Group, Loyd Rawls, reminds us often to "Do

good, have fun, and make money." I believe it is a tone to set for the day.

The order in which it's spoken makes all the difference. I find myself often wondering if I'll hit all three, in that order, when going through my day. Are the options under consideration going to "do good"? If so, will the outcome feel or result in good, and for whom? What kind of difference will it make to those involved? And, will it be fun? If involved in a challenging busi-

ness scenario, working in a bit of fun while working through the issue may result in your partners or team members to more likely work together and take on the challenges of growing a business. Finally, I ask myself if the outcome will make money. After all, we are in business to generate a profit, and if we're not, then how do we expect to survive?

In a perfect world, I'd stop and contemplate each decision or potential outcome and maybe sleep on it to get it right. Life moves quickly however and most of the time you must simply see the pitch and hit it. I've found that there are three steps that have helped me in this quick analysis, which you may find helpful:

- Have a work mantra or a work vision that pulls you towards a central point of values such as, "Do Good, Have Fun, Make Money."
- Be aware of your mantra daily and actively working toward fulfilling it.
- Assess yourself after the fact, or an after-action report," as the military likes to say. Stopping for a moment and asking

yourself what just happened, or debriefing the situation, goes a long way towards recognizing the end in mind when I begin the next time.

For example, recently as I walked through Orlando International Airport around midnight, I lamented being there before sunrise that same day. I'd been through Atlanta and Louisville. I was physically and emotionally drained after intense rounds with clients about their family dynamics. I was mentally numb and more concerned about remembering where I'd parked my truck, than the outcome of any

business decisions.

As I walked, I heard a voice say, "Well, we had a good trip and a good day today." Looking up, I see Loyd's grinning face and respond with, "Yeah, I suppose so." To which he said, "We did good, we had fun, and we made a little money." After a pause and a hand shake, I said, "Yep, sounds like a pretty good day to me."

Having the mantra and staying true to it is what keeps me moving towards the next day. What's your work mantra?



real estate in the parks by Scott Hillman and Sam Hillman

Staying Ahead With Technology

Modern technology has advanced and streamlined many areas of business and the real estate industry is no exception. A common question among sellers is, "What is the best way for my home to reach the maximum number of potential buyers?" Real estate agents are always striving to get the best exposure for their clients, and the latest technology offers those opportunities.

Below are a few excellent technological paths to pursue:

1. Photography – While photography is not new in and of itself, there have been numerous advances to this field. Gone are the days with grainy, washed out pictures. photography offers potential

10

buyers a crisper, clearer snapshot homes. The introduction of drones has taken photography to new heights. Drone photographs allow buyers to not only see the listed home from above, but shows them the layout of their potential new neighborhood and community. Drone pictures also allow buyers to see the placement of the home within the neighborhood, how far from a major road it sets, as well as its closeness to other

properties. Additionally, drone photography can give a dramatic introduction to a home that is situated on the water.

2. Social Media - We all know that social media is a fun way to stay in touch with far away friends and family but it is also an outstanding marketing tool in today's marketplace. Facebook

and Instagram both offer realtors an avenue to broadcast and showcase their listings to a larger audience. Social media is a great place to announce

a new listing, an upcoming open house, a recent price reduction and even the sale of a home. Some agents even promote a "listing of the week" on social media.

Video Tours - Long gone are the days where a video tour consisted of a series of snapshots faded into another creating a "tour" of the home. Today there is technology that allows

buyers to walk home virtually. One such program is Matterport, this gives the buyer the

potential



the home and walk the floor plan. This program is fabulous because it allows potential buyers to see if the flow and layout of the home will work for them before visiting the listing. This benefits both the buyer and the seller as it helps to make the first round of showings more than just a look and see, because the buyer has already completed that step before even compiling their list of homes.

These technological advances help to create a better-informed buyer and a more smartlymarketed home. Technology is always changing and evolving, whether you are looking to list or buy a home, so make sure you are asking your realtor about the technology they are using to help you in the sales process.

Below, Matterport camera and software shows your home in a virtual reality type setting.



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.

For More News, Information and Great Events, Visit TheParkPress.com!

Contact Fannie Hillman today and experience the support of Winter Park's largest independent real estate office.

Serving Central Florida for over 36 years

Hillman Fannie Hillman













Improving the lives of the people we serve.

205 W. Fairbanks Avenue, Winter Park, Florida 32789 407.644.1234 www.fanniehillman.com







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

Vines Will Be Vines

Vines climb, scramble, and crawl. Most of them live to clamber to the top of a tree or structure – they are hardwired to seek sunlight. A few grow horizontally and climb less aggressively. These are typically grown as a groundcover. Plant the blooming climbers at the base of an obelisk, trellis, or pergola to get color at eye level and above.

Stephen & Kristin Pategas

A selection of vines for Central Florida - all are evergreen unless otherwise noted:

Allamanda carthartica - Yellow allamanda (large yellow bell-shape blossoms, many other cultivars with different colors)

Bignonia capreolata 'Tangerine Beauty' - Cross vine (good spring color and then a slight repeat in autumn)

Callaeum macropterum (formerly: Mascagnia macroptera) - Yellow butterfly vine (almost six months of yellow blossoms slowly turn to chartreuse then rusty brown seed pods)

Gelsemium sempervirens - Carolina jessamine (will grow in full sun or lower light)

Lonicera sempervirens - Coral honeysuckle (hummingbird attractor)

Millettia reticulata - Tropical wisteria (reminiscent of the northern wisteria which is invasive here)

Muehlenbeckia axillaris - Wire vine (very finetextured groundcover)

Passiflora x 'Incense' - Incense passion flower (a variety of bloom colors, avoid the red ones which are poisonous to butterfly larvae)

Petrea volubilis - Queen's wreath (reminiscent of the northern wisteria)

Pyrostegia venusta - Flame vine (historic postcards of Florida highlighted this vine)

Solanum jasminoides 'Variegata' - Variegated potato vine (white blossom)

Trachelospermum asiaticum - Dwarf Asian jasmine (non-flowering groundcover with numerous cultivars with different leaf colors)

Trachelospermum jasminoides - Confederate jasmine (fragrant white blossom, grows in sun to light shade, also a variegated cultivar)

Vitis 'Southern Home' - Southern Home muscadine/bunch grape (produces edible grapes, deciduous)

Vine tips:

- Vines recently planted to grow up and onto a trellis may have a hard time finding their way. Provide bamboo stake "bridges" to the trellis for them to scramble up.
- To help make a young vine grow lush and full at the base of a trellis, trim it regularly so it branches and spreads out on its upward journey.
- Fertilizing a healthy vine is like asking the IRS for an audit. If you want more work in the garden, toss fertilizer on its root zone.
- When growing a vine on a trellis, trim it into a pyramidal shape with the bottom wider than the top. This will prevent foliage at the top from shading lower foliage and stunting its growth.
- Do not allow vines to grow upward into trees. The vine's foliage will add to the wind load which adds stress for the tree. It will also shade some of the trees' foliage and cut down on the tree's energy production.
- Nasty invasive vines include skunk vine and potato vine. Rogue them out to decrease maintenance in the garden and help prevent their spread. The native Virginia creeper is an aggressive rascal and its seeds sprout everywhere. Yank seedlings at first sight.



Top row, left to right: Passiflora x 'Incense'; Muehlenbeckia axillaris; Bignonia capreolata 'Tangerine Beauty'. Bottom row, left to right: Pyrostegia venusta; Callaeum macropterum; Petrea volubilis. 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 an award-winning lifelong learning program, a focus on brain health and physical fitness, and a host of elegant amenities, The Mayflower provides an intellectually stimulating, resort-style environment for residents like Dr. Rita Bornstein.





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

Leisure Sickness...

I'll be honest, most days I feel like I'm kind of killing it. I love my job, I love my family, I am aware and present with both, I take time to show

up for people and allow myself to be seen by my loved ones. I pack more into a 14-hour day than I think most can and I feel pretty good about it.

Of course, I have plenty of room to grow and am acutely aware of the areas in which I can do better, but I'm ok with that too as I know I'm a work in progress and will continue to try to do

And then something happens to erode that smug resilience and I begin to feel a bit burned out every now and again.

Slowly, I find myself not sleeping as well, worried more often and saying things like "I think I'm in desperate need of a vacation."

Not great that it gets to that point, but perhaps we all have been guilty of burning the candle at both ends, right?

With that, my husband and I move mountains to get everything covered to allow for a few quick

days to getaway and then Ta-Da... we find ourselves on a beach somewhere or in a new city and.... I get sick.

Wait, what?

Yup. It's happened since I was a kid traveling back and forth from boarding school and college. Inevitably, all it takes is for me to let my guard down long enough to technically be 'on vacation' and I get hammered by some terrible cold/flu/bug. It's remarkable really, because I am extremely healthy the vast majority of the time and often pride myself on 'fighting off' any of the little bugs that are being passed around.

And yet, without fail, upon taking time off (without even having any exposure to anyone with a cold) I will be laid out within two days of whatever holiday I have taken.

So, I guess my mom's theory when I was younger still stands true. Apparently, I operate at a high enough level of adrenaline that when I begin to come down from it, my immune system just takes the day off as well and doesn't stave off any maladies in the environment?

How is this possible?

Apparently it's a thing.

A fellow by the name of Ad Vingerhoets, who's a psychologist in the Netherlands (of course), cites the syndrome as Leisure Sickness. Yes - that's really the name.

And essentially, it's the phenomenon that occurs for some people when they are overworked or overstressed (whether or not they're aware of it) and their body experiences an imbalance in the adrenaline hormone when they are no longer "on duty."

I can't believe I'm actually writing an article about this.

Additionally, it feels rather embarrassing and ridiculous to acknowledge that perhaps I am not as 'cool as a cucumber' as I navigate the comings and goings of life as I think I am.

I mean, I'm a therapist! I meditate... (apparently not often enough). I exercise (apparently also not often enough). I am hyper aware of my thoughts, feelings, experiences, etc...

How could I unwittingly be so overstimulated that I am unable to take a vacation without getting sick?

Uncool.

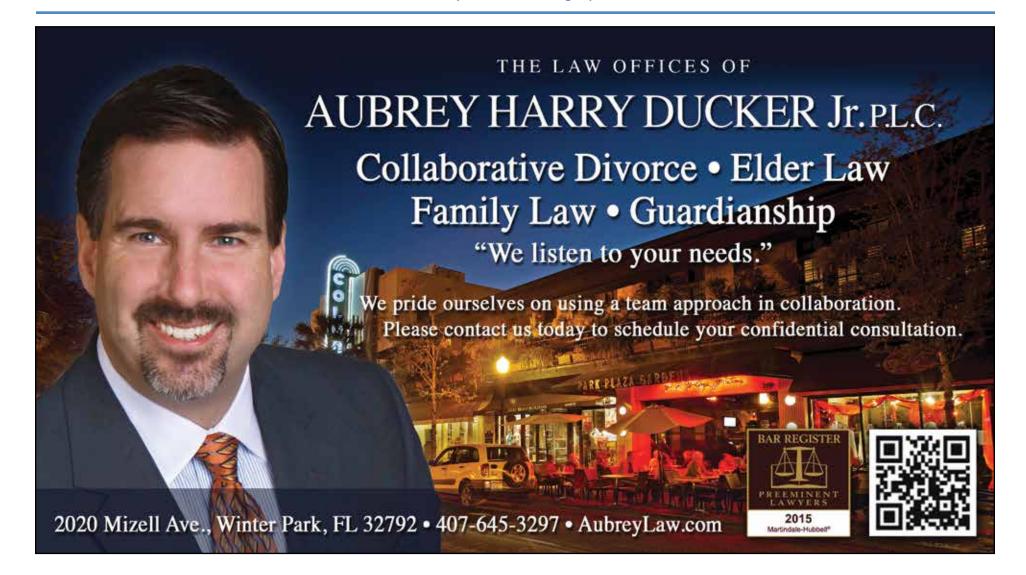
So, here I am, outing myself yet again with the vulnerabilities that exist for all of us. Even those of us who believe they 'have it figured out.' With this information, I am re-upping my efforts to balance exercise, meditation, work/life balance, etc... as soon as I get rid of this cold anyway.;)

Hoping this holiday season brings with it far more down time full of family, food, fun and friends, minus the fever.

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



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



Taking The First Step

Hurricanes Irma and Maria. The mass shooting in Las Vegas. The wildfires in California. Never has there seemed to be so much need

here in Central Florida and elsewhere. It can feel overwhelming.

Now, as we enter the last two months of the year and glimpse the upcoming holiday season, is a good time to think about - and hopefully to act upon - our obligations as caring people to those

who are less fortunate or the victims of circumstance beyond their control.

We can contribute to our favorite charity or cause. In addition, we can get involved and give of our most precious resource – our time.

At Central Florida Foundation, we connect people with things that matter because we believe philanthropy makes our community a better place in which to live, work and raise a family. Really, it's about creating a culture of caring right here in Metro Orlando.

And that starts with taking the first step - finding something that you are passionate about and committing to it.

Take, for instance, 100 Women Strong, our women's giving circle. This group of women from various walks of life across Central Florida each contributes \$1,100 to a fund. Then, they research source problems and make grants to and volunteer their time on projects that can make a lasting difference.

Their current project is focused on implementing the Circle of Security Model in two daycare centers in Pine Hills. The model prepares caregivers with skills that foster feelings of attachment and security in the children, setting the foundation for a healthy and productive life. The group has been able to help in other ways by providing a new playground for one of the



centers and in building a well-stocked library for the kids to enjoy. Previously, the giving circle also has partnered with Harbor House of Central Florida to pilot its Project Courage initiative and the Foundation for Foster Children.

Another worthy example is the Central Florida Social Enterprise Accelerator that launched this summer. The Accelerator connects entrepreneurs with resources, funding and mentors to guide them in building their ideas into self-sustainable ventures that solve pressing community issues.

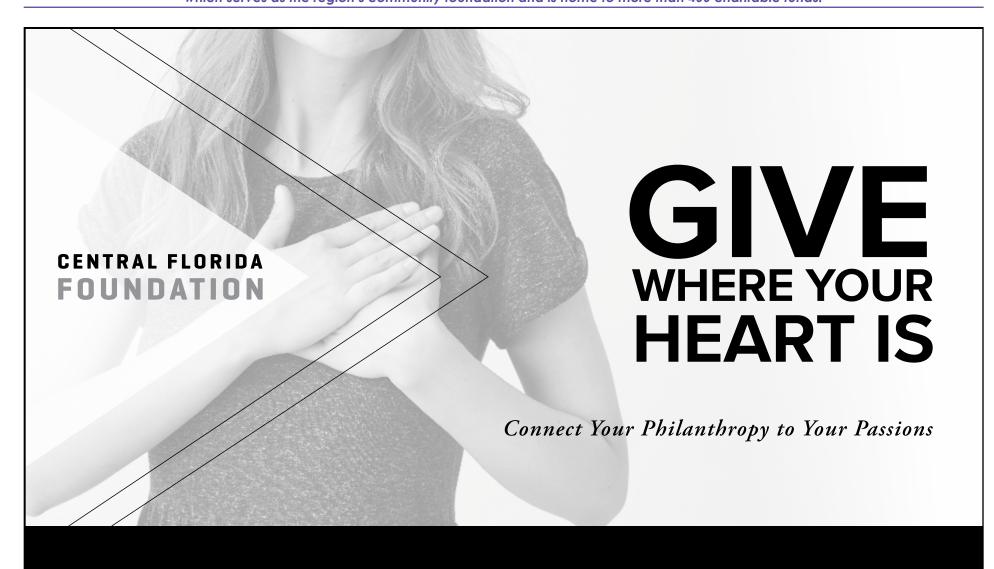
Headquartered at the Rosen Center at Rollins College, it is the first program of its kind in Central Florida. The intent is to build businesses with a "double bottom line" that deliver tangible results and solve social, environmental and economic societal challenges.

Coming together with others on our street, in our neighborhood, our community, or city makes what seems impossible to fix much more solvable. Whether it is recovering from a devastating hurricane, a financial crisis or any other hardship, we first have to decide to care.

Then we need to act, preferably sooner rather than later. When we make philanthropy a priority and connect it with passion, we can make our world - or at least our little piece of it - a better place.

Above left: Hurricane Irma damage in Orange County. At right: Theme parks including Walt Disney World's Magic Kingdom, shut down during Hurricane Irma's devastating hit to Orange County.

Rachel Calderon is the marketing and communications Manager of the Central Florida Foundation, which serves as the region's community foundation and is home to more than 400 charitable funds.



LET YOUR GIVING REFLECT WHO YOU ARE It's one thing to want to change the world. Turning that vision into reality is quite another. Leveraging a deep understanding of our local community and the issues it faces, Central Florida Foundation will work with you to make a lasting impact in our community - in areas that matter most to you.

Together with others who share your vision for a better community, your philanthropy can achieve maximum results. Start today to change tomorrow ... and make your community the place you want it to be.

CONNECT WITH US AT 407.872.3050 OR VISIT CFFOUND.ORG.

pop culture detours by George McGowan

New Music From The Old And New Guard

Over the last month I've seen a pattern in my music consumption, a little bit of "old guard" and a little bit of "new guard." But first, an appreciation: I can't underestimate the influence that the music of Tom Petty has had on me. For someone of my age, who really took to the first "new wave" music competing for FM radio airtime, as well as the more classic rock of my older brothers' generation, Tom Petty was an artist I could love unabashedly and not be scorned for it. And once I learned he was from good old Gainesville, FLA, that just cemented it. There are so many great Petty tunes that I could fill up this entire 500 word column just listing them. I am so happy to have seen Tom Petty and the Heartbreakers in their prime, at the old O-rena, absolutely one of the few arena shows of which I have fond memories. Tom could make a cavernous place feel so intimate and so vital. I will miss him, he was

14

OK, now some "old guard" music to liven up your November. First up, Robert Plant. The former Led Zeppelin lead singer has con-

taken too soon.

tinued his prolific post-rock career. He has a wonderful new band, the The Sensational Space Shifters, and a great new album, "Carry Fire." Plant is an artist who continually challenges himself and his listeners and due to his great talent, always seems to deliver. A matching "new guard" musician who might intrigue fans of Plant is named Chris Price. His latest album, "Stop Talking" is a stunner for a sophomore effort. I'll let Paste magazine's Craig Dorfman state it: "Drawing from a well of pop knowledge, Price constructs melodies that are both sure and unexpected. Every song has a whiff of the familiar, but where an ordinary tune would turn right, Price's turn

tune would turn right, Price's turn and I have written
left, and just like
that, he's widened
the domain of
p o p

Annie Clark

songwriting." High praise, but it seems earned to me.

Now, a brief intermission. I would like to recommend a new guard band that is actually made up of some of the old guard. Filthy Friends is a side-project for Peter Buck (of R.E.M.) and Corin Tucker (of Sleater-Kinney). They joined with some other alumni of the new wave scene for the new band and have released a debut album, "Invitation." It is not earth-shaking by any means but a nice, finely executed, rock record. Fans of these old guardians should enjoy it.

Back to the old guard. St. Vincent is one of my favorite acts and I have written about the band

(which consists of just one member - Annie Clark) in this space before. St. Vincent has a new album, "MASSEDUCTION" (yes, in all caps, unfortunately), which is poised to break big as it is her most "pop" sounding record yet. I'll listen to anything by St. Vincent at least once and I've enjoyed this one but I would say it is not her best. Not enough guitar for me, and Annie Clark is an excellent guitarist. The subject matter of the songs does seem more direct but I'd prefer the lyrics paired with some more driving sounds. A new guard band, another one with a name but it is essentially a one-woman show, is Japanese Breakfast, the project of Philadelphia musician Michelle Zauner. Her sound is much like St. Vincent but I hear more experimentation with her sound, which it pains me to say since St. Vincent is certainly somewhat experimental and thrives with that sound.

Final musical thoughts for the month: I like but do not love the new Beck album, "Colors." Same goes for the new one from Kurt Vile and Courtney Barnett, "Lotta Sea Lice." But they might be something you will want to check out anyway!

theater in the parks by Barbara Solomon

Comedy Tonight

THE HOUND OF THE BASKERVILLES
WRITTEN BY SIR ARTHUR CONAN DOYLE, ADAPTATION BY STEVEN CANNY
AND JOHN NICHOLSON
DIRECTED BY JIM HELSINGER
STARRING CHRIS CRAWFORD, STEVEN LANE, AND SIMON NEEDHAM

So, you're expecting a Sherlock Holmes mystery? Well, you're in for a pleasant surprise. Tonight, Sherlock Holmes meets the SAK comedy club, figuratively speaking of course. Although this play follows the broad outline of the book, it has been turned into a farce by the two adapters. And therefore, it's the perfect play for our Shakes director, Jim Helsinger, who loves to throw all manner of comedy at the audience. When I saw him at intermission I said, "You must have had a lot of fun directing this," and he replied, "It was a blast."

Although all three actors were marvelous, I love Steven Lane. This is the first comedic role I've seen him in, after having been blown away by his performance in "Dancing Lessons" last year at Shakes. And what do you know, his comedic talents rival his dramatic ones. The show is fast-paced and hysterically funny. Playing through November 19 at Orlando Shakes in Loch Haven Park.

To round out the comedies, we have "Of Thee I Sing" at UCF and

"The Odd Couple, Female Version" at the Garden Theatre. One of my favorite old musicals, "Of Three I Sing" is a Gershwin classic. The timeless fable deals with the political scene of a good-looking guy running for president on the platform of love. Great choreography (by Mayme Paul), great voices, and the great talent of Kyle Laing as the political boss, combine to make this an evening of fun and great songs. Three of the best known are "Love Is Sweeping the Country," "Of Thee I Sing," and "Who Cares." I walked out singing the first, a sure sign of a sure-fire hit!

I had never seen the female version of "The Odd Couple," which the Garden Theatre is doing in rep with the male version. Although the situation is similar, the jokes are different. Two of the best actresses in Central Florida, Peg O'Keef and Marty Stonerock, play the leads. I particularly liked Laura Cooper as the police woman and Jade Jones as a couple of the "Trivial Pursuit" players. Definitely comedy tonight!



The Park Press | NOVEMBER 2017 SCHOOLS 15

schools



Audubon Park Elementary recently completed the selection process for the fourth induction class of their National Elementary Honor Society. Students could apply as long as they met several qualifications including A/B grades, S/O for behavior on their report cards, no poor behavior referrals, and they must complete 20 hours of community service for each semester. Applications were reviewed by a team and then new members were identified to be inducted.

Throughout the year these students will complete service projects around the school and community. They will hold meetings where they will discuss leadership traits and how to become more involved in making a difference. Any fourth-grade students accepted last year will continue in the society this year along with 77 new members being inducted, for a total of 116 members. We are so proud of all the students who applied and look forward to watching this group grow!



There are a lot of great things going on at Brookshire Elementary. On October 19th our kindergarten, first grade, and second grade classes participated in "Read for the Record" day! It is the world's largest shared reading experience — bringing together over 2 million people each year in classrooms, libraries, community centers, and homes across the U.S.

The students of Brookshire also participated in Red Ribbon Week October 23rd-31st. The staff and students were invited to participate in seven fun spirit days to celebrate our choice to be drug free.

Furthermore, Brookshire was involved in having a drive for supplies for Puerto Rico. The Orange County Classroom Teachers Association has partnered with the Foundation for Orange County Public Schools to collect school supplies to fill backpacks for new students coming from Puerto Rico. In addition, they are collecting supplies that will be transported in a large cargo container to Puerto Rico for distribution to those in need.



PRINCIPAL KAREN VERANO

We are pleased to share our Dommerich teacher of the year with our

ty, Kristin Pilgrim.

communi-

Kristin Pilgrim possesses the all qualities that you w o u 1 dexpect to find in a



Teacher of the Year. She is passionate about the teaching profession, dedicated to her students and their families, and committed to being a lifelong learner. Her expectations are high for her "scholars," as she refers to them on a daily basis. Mrs. Pilgrim is a highly respected teacher and regarded professional at DES. Here are just a few highlights about Kristin.

Kristin has participated in volunteering as a lead over our DES academic nights for science and liberal arts. Additionally, she has served on our SAC as a parent volunteer as well as our SAC president for two years from 2015-2017.

Using her leadership skills, she initiated our first NEHS (National Elementary Honor Society) chapter last year with over fifty fourth and fifth graders. This group participated in a service learning project for the National Leukemia Society. This year, she has plans for two additional service learning projects for NEHS.

In addition, Mrs. Pilgrim has an excellent and open relationship with the families of her students, as a DES parent herself. She is well respected by our community as a parent as well as a teacher.

Congratulations to our DES Teacher of the Year, Kristin Pilgrim.

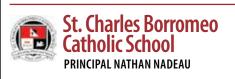


We have had many exciting events take place already this school year. We had our annual Open House in September, and many parents and students attended. Our first PTO Movie Night and Skate Night saw some of our biggest crowds ever and we look forward to more fun Family Nights to come! Additionally, the students had a great time raising money for our school at our annual PTO Fun Run and we had great participation for the International Walk to School Day last month.

Our School Advisory Council is up and running and the group will begin to look at our new School Improvement Plan and ways we can more effectively communicate with parents and meet the academic needs of our diverse community. As the year progresses, we will share more specifics about our academic goals.



Come learn with our children and become part of the Lakemont community as an ADDitions school volunteer. Lakemont is always seeking extra-special people who are committed to making our school the best. You can be the person who offers special attention and care that will inspire our students to reach for and realize their dream. From cutting, gluing, and pasting, to reading a story, or being the extra pair of hands during a science experiment, and more, Lakemont students need you! Go online to http://volunteer.ocps.net to fill out an application and contact our ADDitions Coordinator, Mrs. Cindy Clark. You can reach her at 407-623-1453 x3542224 or via e-mail at cynthia. clark@ocps.net. We appreciate your continued support of our students and our school.



Grandparents Honored at St. Charles Borromeo **Catholic School**

On September 20, close to 300 grandparents and special friends celebrated Grandparents' Day, an annual favorite, at St. Charles Borromeo Catholic School. After celebrating Mass, the guests enjoyed short performances by PreK, kindergarten, and first graders. Breakfast treats were enjoyed in the social hall followed by classroom visits. It was a wonderful opportunity for students to show off their school to some of the most important adults in their lives.

The Home & School Association and parent volunteers coordinated this special event from decorations to food and clean-up. The occasion also marked the sixth annual Adoptative Grandparent Program

where parishioners fill in for grandparents who are either deceased or live too far away to travel.

St. Charles Borromeo celebrated Grandparents Day on September 20.

A highlight was the "goodie" bag give-a-ways to the oldest grandparent, most grandchildren in the school, and other fun questions.

Grandparents are the fiber of our roots, we want to thank them for their legacy of love, wisdom, and sacrifice. Thank you to all grandparents who travelled near and far to join us on this very special day.

Winter Park Presbyterian PreSchool

As the holiday season approaches, we would like to share a few of our wonderful upcoming events.

The Global Market, a Winter Park tradition for more than 20 years, offers shoppers an opportunity to purchase artisan items, with all proceeds going to non-profit charities. Vendors will be selling a variety of items including plants, home décor, jewelry, Christmas ornaments, toys, food and hand-made crafts. Get a jump on holiday shopping November 11 from 9:00 a.m. to 1:30 p.m., and November 12 from 12:00 to 1:30 p.m. This holiday season shop conscientiously. For more information about the Global Market, please visit our website, www. winppc.org/globalmarket

Join us for Breakfast with Santa & Holiday Gift Shoppe on December 9. This event is a preschool fundraiser open to the public. Guests may enjoy a continental breakfast, and a visit and pictures with Santa! There will be lots of holiday cheer and fun Christmas related activities for children.

Each Thanksgiving brings with it many opportunities for treasured memories and moments of spiritual reflection. May God bless you on Thanksgiving and always!



16 CALENDAR The Park Press | NOVEMBER 2017

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 Road. 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 Drive. 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 Street, Orlando. 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.

NOVEMBER HIGHLIGHT



EVERY TUESDAY AND THURSDAY AT THE MORSE MUSEUM

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 Avenue. For more info, please call 407-645-5311 or visit www. morsemuseum.org.

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 Street. 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.

November 11 Sixth Annual Dance, Dream & Inspire Ball-room Dance Competition -6:30 p.m. at the Disney's Contemporary Resort located at 4600 N. World Drive. This event is hosted by Community Based Care of Central Florida. For more information, please visit www.DanceDreamInspire.com.

December 7 Orange County Retired Educators Association Meeting - 10:00 a.m. at College Park United Methodist Church located at 644 W. Princeton Street.

Anyone who has worked in education is invited to join. For more information, please call 407-677-0446, or visit www.ocrea-fl.org.

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.

November 10 242nd Birthday Celebration for the United States Marines – 8:30 a.m. at the Holy Trinity Reception Center located at 1217 Trinity Woods Lane, Maitland. This event is sponsored by the Central Florida chapter of the 1st Marine Division Association. The cost of the breakfast is \$30 and will help raise funds for the chapter to continue their work at the Lake Nona Community Living Center and the 1st Marine Division Association's Scholarship Fund. For more information or tickets, please call 321-276-7515.

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.

November 5 Annual Heritage Day Celebration – 1:00 to 4:00 p.m. at the Albin Polasek Museum & Sculpture Gardens. The Polasek Museum's Heritage Day is presented in partnership with the Embassy of the Czech Republic in Washington, D.C. For more information, visit polasek. org/museumevents.

November 7 The Tarflower Chapter of the Florida Native Plant Society Meeting – 7:00 p.m. at Harry P. Leu Gardens,
1920 North Forest Avenue. The meeting is free and
open to the public. For more information, please call
407-647-5233.

November 9-10 Fall Cleanup for households north of Fairbanks/ Aloma – 8:00 to 9:00 a.m. at the Winter Park Welcome
Center. For more information, please visit www.cityofwinterpark.org.

November 10 7th Annual Veterans Day Celebration – 9:30 a.m. at the Ruby Ball Amphitheater. For more information, please visit www.cityofwinterpark.org.

November 13 Ornaments Make the Garden – 6:30 to 8:30 p.m. at the Leu Gardens by Stephen and Kristen Pategas. What helps provide scaled and a sense of purpose in a garden? Why, it's the garden ornaments. Discover a variety of walks, patios, gates, trellises, arbors, gazebos, benches, water features, ornaments, pots, planters and more. View hundreds of different gardens and learn how these ornaments can become an exciting part of your garden. Please visit www.leugardens.eventbrite. com or call 407-246-2620.

November 14 Florida Trail Workshop – 7:00 p.m. at REI located at 430 N. Orlando Avenue. For more information, please call 407-647-0731.

November 17, 18 and 30 and December 1-17 Off-Broadway hit "Daddy Long Legs" at the Winter Park Playhouse – For more information and tickets, please visit www. winterparkplayhouse.org.

November 19 Coffee Talk featuring Mayor Steve Leary – 8:00 to 9:00 a.m. at the Winter Park Welcome Center. For more information, please visit www. cityofwinterpark.org.

December 7 39th Annual Christmas in the Park – 6:15 to 8:15 p.m. in the Central Park. This free event includes an exhibition of century-old Tiffany windows in Central Park, the Morse and the City of Winter Park present an outdoor concert of holiday favorites by the Bach Festival Society Choir, Youth Choir, and Brass Ensemble. For more information, please visit www.morsemuseum.org.