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Orange County Bridge Dedicated To Rev. Kenneth C. Crossman

New signs naming the rail bridge over South Orlando Avenue (U.S. 17-92) were recently unveiled, honoring a local hero. The Florida State Legislature and Gov. Rick Scott designated the bridge near Winter Park as the “Reverend Kenneth C. Crossman Bridge.” Senate Bill 368, enacted in 2017, gives 37 Florida roads, highways and bridges new names, in honor of fallen soldiers, law enforcement officials, and community leaders.

“Reverend Ken Crossman dedicated his life to serving others and building bridges throughout the community to bring people together. I can think of no more fitting tribute to honor his legacy,” said U.S. Senator Bill Nelson.

Whether publicly denouncing the Ku Klux Klan in Georgia or marching for the rights of sanitation workers in South Florida, Rev. Crossman spent over three decades as a religious leader and activist.

“Reverend Crossman lived his faith and understood that America at its best is an exceptional country. He embodied the pre-eminent words of our founding fathers: ‘We hold these truths to be self-evident: that all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness.’ Reverend Crossman knew that this declaration was a promissory note for future generations and



Newly dedicated Orange County rail bridge crossing over U.S. 17-92 is dedicated to Reverend Kenneth C. Crossman.

he was dedicated to making sure that the promise of America’s greatness was fulfilled for all its citizens,” said U.S. Senator Marco Rubio.

An ardent crusader of human rights and civil liberties, his legacy of victories made him an icon among civil-rights revolutionaries in Central Florida. “I am honored to have the opportunity to support the efforts to recognize the legacy of one of Central Florida’s most distinguished citizens. The importance of Reverend Crossman’s contributions as a civil rights activist has left a lasting impact on our community, and the dedication tribute of ‘Reverend Kenneth C. Crossman Bridge’ is much deserved,” noted State Senator Randolph Bracy, representing the 11th District.

Known as a community “bridge builder,” Rev. Crossman devoted his energy and know-how to improving black-white relationships. He was the guiding force behind Rebuild, the interfaith housing program, designed to provide affordable housing in impoverished areas.



Reverend Kenneth C. Crossman, (center) and other church members.

“Ken Crossman was out front in the battle for civil and equal rights. Those of us who admired him for his stance saw him as a clear beacon on what was right and what was wrong when it came to be treating fellow human beings. As an elected official at the time, it was comforting to have such a visionary to look up to,” said Dick Batchelor, longtime friend

Continued on page 6

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Publisher's Message



Rick Cable

As a native, and long-time resident of Florida, tropical storms and hurricanes are just a way of life. We always prepare, and then know there is a chance that the storm will shift, and we will not be in its path after all. Those really are the best to ride out. No harm, maybe a bunch of rain for a few days, and we sit around lightly joking about how the weather people are always wrong. As technology has increased, one would think that predicting a storm's path might occur with the same accuracy as predicting the exact time of a solar eclipse. The weather people were spot-on reporting that event, like weather had something to do with that. It does not.

As Hurricane Irma was approaching, I found myself watching too many weather reports. I downloaded an app, and channel hopped around to get everyone's "Severe Weather," "Weather Experts" opinions, predictions, and to see what



Spiral Graph models they were talking up at the moment. I actually started to get very concerned that they had no idea where the eye was going to hit. Since we don't live on the coast, we always stay. Our home is always open if someone needs a place to stay, but the last time I invited friends from Tampa to evacuate to our home was in 2004 when Hurricane Charlie was approaching. Winter Park got blasted, and we should have gone to Tampa.

Irma was nasty, and it is honestly the first storm in which I was concerned for people's lives—primarily due to the expected storm surge of up to 12 feet. I was getting stressed, and had to turn off the weather updates for a bit. Survival became the upmost concern, and I think many shared a fear with this storm, that was different than usual. Central Florida fared pretty well based on what I thought was going to happen. Survival was key, but then it seemed like people quickly got back to looking for power, internet, and TV. I get it. It's hot, and the rest of the country is business as usual, but we survived.

The power and internet are now restored, but the removal of debris, which is undoubtedly an inconvenience, will take up to two months to complete. The cities and counties have been working tirelessly to help get things back to normal.

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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Don't Let The Grass Grow Under Your Feet

By Tricia Cable

Ah...fall, the sound of the Wildcat marching band practicing in preparation for home football games at Showalter Field, the evening breeze is at least a few degrees cooler, pumpkin spice everything is available everywhere, and if you listen closely you may hear the distant whine of chain saws struggling to cut through oak...hurricane recovery is underway. I know it's slow, stinky, and incredibly unattractive in our city right now, but before you know it all the debris will be cleared and we will be carving pumpkins and donating candy to the troops.

The same cannot be said for others impacted by the most recent hurricanes. Our two-week interruption can't hold a candle to those who have lost so much with months and months of recovery in front of them before even the hope of things getting back to relative normalcy. Please be sensitive to the large number of people in need of help at the moment and do what you are able to assist with donations and contributions. In some in-

stances, it will literally take an army. It truly is heartwarming, the outpouring from those who come to the aid of others when needed. Neighbors helping neighbors; whether across the street, county, state, country, national border or international water ways. Never thinking to ask who they voted for in the last presiden-

that affords me the right to think whatever I want, feel however I choose, and say whatever I want to say. And you have the right to disagree with me.

I respect our differences. I surround myself, either intentionally or accidentally, with people not like me...too much of me is not a good thing. I learn something new from someone in my circle every day. Whether it's an old Greek family recipe from a friend, a new and improved way to exercise patience from

“

If you know me based on who I was a year ago, you don't know me at all.

a co-worker, or a lesson in compassion from a client; I am on a journey to improve upon who I was last year, last week, or ten minutes ago every day.

I saw a social media post from someone the other day and it said something to the effect of “If you know me based on who I was a year ago, you don't know me at all.” And isn't that the truth? We are all products of our environments and the landscapes of our environments are constantly changing and promoting growth. Don't let the grass grow under your feet, evolve into a better version of yourself!



tial election before lending a hand. No hesitation, just “What do you need?” or “How can I help?” We need a lot more of that and a whole lot less focus on that which divides us. I don't care which God you pray to, if at all; which flag you salute, who you marry, or how you parent. I have that luxury because I live in a country governed by a constitution



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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

I read a very timely quote by the consummate actress Audrey Hepburn. She said "As you grow older, you will discover that you have two hands—one for helping yourself and one for helping others." As we all continue recovering together from Irma, I loved that seeing neighbors helping neighbors, even while they had their own issues to handle, was the norm, not the exception.

As we begin the first full month following Hurricane Irma's visit to our City Beautiful, I wanted to provide a few reminders.

The City of Orlando has waived permit fees for hurricane related repairs, valued at \$10,000 or less, through October 15th for commercial properties and December 14th for residential properties. Call 407-246-2271 or e-mail permittingservices@cityoforlando.net for information and to begin the process.

I know we are all antsy to get started on fixing our properties, but please take time to verify a contractor's license at myfloridalicense.com. Here are some red flags to look for, outlined by Florida's Department of Business and Professional Regulation, when hiring contractors and other repair professionals. These are good to always have in mind, not just during disaster recovery.

- **No license number in advertisement or posting.** Licensed contractors are required to list their license number in all advertisements. Rule of thumb: If they don't have a license listed in their advertisement, which can be verified; move on to the next one.
- **They list only their name and a cell phone number in their advertisement or posting.**

Do you really want to invite some stranger into your home that you contacted from an anonymous internet site or classified advertisement?

- **They claim to be "licensed and insured" but can only produce an "occupational license," or corporate filing.** An "Occupational License" is not a license. It just means that the person has paid a tax receipt to the local municipality. Most local and county governments have stopped using this term as it is misleading and is often used to dupe unsuspecting home owners (please note that in the City of Orlando, we call it a Business Tax Receipt for just that reason). Also, just because a company is listed as a corporation does not mean they have the professional license to do your job.
- **They want all or most of the money up front or will only accept cash.** Run, don't walk. Never pay cash for your home repairs or improvements.
- **They want you to write the check to them individually or to "cash."** Be cautious of writing checks made payable to individuals, especially when dealing with a company.
- **They show up in unmarked vehicles offering to do work, and often have out-of-state tags.** Known as "trunk slammers" these are often the "hit and run" of the unlicensed contractors. Once they have your money, they slam the trunk shut and hit the road.
- **They don't want to put the work agreement in writing.** Licensed contractors know it's good business to put everything in writing, including a detailed description of the work to be completed, a completion date and the total cost.



Be aware of scammers during hurricane season.

- **They try to convince you a permit is not necessary or that it's cheaper if you obtain it yourself.** Licensed contractors know that most improvements to the home require a permit and welcome the permit and inspection process to verify the work was done to code. Contact your local building department if you are not sure the work you are having done requires permitting and inspections. This is for your own safety and may be required as part of future insurance claims.

You probably read last month that the amount of yard debris left by Hurricane Irma is more than the City of Orlando would normally collect over 4.5 years. Since the hurricane, our crews have been working seven days a week to pick up this debris. Know that we will do three full passes of our entire city, but please understand that because of the impact of Hurricanes Irma and Harvey, contractors are in short supply as they respond across Florida and Texas. Our contractors are responding as quickly as they can to assist with our cleanup. If you see any-

Continued on page 6



Winter Park Mayor's Message

Mayor Steve Leary



Steve Leary

"The Government closest to the people, serves the people best." Thomas Jefferson

Jefferson's words have never been more appropriate. Your local officials hear, see and feel what you experience and have a better understanding of how these issues impact us the most. Those serving at the state and federal levels have different responsibilities than we do. Our governing structure works best when all levels of government understand, respect, and deliver upon their specific responsibilities.

Recognizing the importance of maintaining local governance, in 1968 Florida voters amended the Florida State Constitution to confer broad "Home Rule" powers to municipal government. More specifically in Article III, Section 2(b) our constitution states:

"POWERS. Municipalities shall have governmental, corporate and proprietary powers to enable them to conduct municipal government, perform municipal functions and render municipal services, and may exercise any power for municipal purposes except as otherwise provided by law. Each municipal legislative body shall be elective."

Home Rule gives us the authority to adopt our own ordinances and enact programs that enhance our city without permission from the state, provided our ordinances do not conflict with state or federal law. This constitutionally guaranteed right has been tested continually over the years and more specifically this past session by the state legislature in Tallahassee.

For example, Community Redevelopment Agencies (CRA) are contractual agreements between cities and counties wherein incremental property tax

revenues in a specified area, for a specified time, are reinvested in that specified area. This past legislative session a bill was introduced to have the state impose itself into the CRA process which would have added layers, reduced efficiencies and interfered with our governance. Creating additional bureaucracy, in the name of better accountability, only punishes those acting responsibly, while the abusers find new ways to circumvent the law.

As well, state leaders note the federal government's preemption of state's rights, which makes their interference in our local rule the height of hypocrisy.

There were other bills introduced that would have negatively impacted our ability to manage building codes, insurance liability, concurrency

fees and others. Most failed, though we expect many to be reintroduced this session as their sponsors return to Tallahassee. However, one of the most egregious examples of the state legislature's lack of respect for local consideration is the Advanced Wireless Infrastructure Deployment Act which became law on July 1st.

When our electric undergrounding initiative is complete in roughly 10 more years, we will have invested



approximately \$75 million dollars to remove telephone/electric poles from rights-of-way across the city to improve the reliability of the system and the aesthetics of the city. This past session, lobbyists and other representatives of the wireless industry descended upon Tallahassee and convinced our representatives that cities MUST allow installa-

Continued on page 6

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League Of Women Voters' October Showcase

Be informed and stay informed during these uncertain times – and have a glass of wine at the same time. The League of Women Voters Orange County, the largest chapter in the U.S., presents its semi-annual League Showcase/Orientation Session at 6:30 p.m. Tuesday, Oct. 24, at the Winter Park Community Center, 721 W. New England Ave., Winter Park (free and plentiful parking).



Open to men and women of all ages, the non-partisan LWV was at the forefront of the Florida redistricting campaign and continues to shine light on such watchdog issues as gun safety, the environment, immigration and education.

The free Oct. 24 session, open to current members, new members and future members, will feature wine, snacks, conversation and League info. For reservations, go to LWVOC.org. More information: membership co-chairman Pat Grierson, 407-608-2300.

Tax Aide Volunteers Needed

Volunteers are needed for AARP'S Tax-Aide Program. Tax-Aide counselors help prepare tax returns and assist with filing requirements for older taxpayers and others. Client facilitators greet the taxpayers and assist them in organizing their tax documents.

Individuals with an aptitude for tax preparation, experience in filing personal returns, good communication, and computer skills are urged to sign up. AARP membership is not required to be a volunteer with this program.

Volunteer counselors are trained by AARP in cooperation with the Internal Revenue Service (IRS). An orientation will be held in December and training for volunteer counselors begins around January 8th in the Orlando Area.

Anyone interested in joining the program should register at www.aarp.org/taxaide or call Jackie Sward at 407-647-5233.

Hurricane Irma Relief Drive

The Orange County Tax Collector's office is teaming up with Second Harvest Food Bank of Central Florida, the region's largest food bank, to host a Hurricane Irma Relief Drive. Supplies from the drive will benefit Irma victims and the Food Bank's more than 550 feeding partners across Central Florida.

According to Second Harvest Food Bank, in addition to food, there is a need for personal hygiene, emergency preparedness and child care supplies. The Tax Collector's office is asking residents to donate non-perishable food items; cleaning supplies; first-aid supplies; paper goods; flashlights and batteries; infant care items, such as diapers, baby formula and baby food; and more. Central Florida residents can drop off donations at any of the Tax Collector's seven tag agencies, Monday through Friday during regular business hours, 9:00 am to 5:00 pm.

"This effort was really borne out of the desire of our employees to lend a helping hand to the community in which they serve," said Scott Randolph, the Orange County tax collector. "I'm so heartened to hear so many of our team members express an eagerness to help their fellow neighbor, even as they continue to recover themselves."


"It's really great to know that Scott Randolph's team has our community's back during this extraordinary time of need," said Dave Krepcho, the president and CEO of Second Harvest Food Bank of Central Florida. "Their contributions will be joined with many others to help our neighbors get back on their feet with basic needs," Krepcho added.

The Hurricane Irma Relief Drive will run through October 20. For a full list of needed supplies, visit octaxcol.com. The office locations are:

- Clarcona – 4101 Clarcona Ocoee Rd., Orlando
- Downtown Orlando – 301 S. Rosalind Ave., Orlando
- East Orange – 10051 University Blvd., Orlando
- Lee Vista – 8185 Lee Vista Blvd., Orlando
- South Orange – 730 W. Sand Lake Rd., Orlando
- West Colonial – 2110 W. Colonial Dr., Orlando
- Winter Garden – 14035 W. Colonial Dr., Winter Garden

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Commission Stuart, from Page 4.

thing that still poses a dangerous safety hazard, please e-mail me at robert.stuart@cityoforlando.net

I also want to share, in order to reassure our citizens, how financially prepared we are for unforeseen situations like these. Because of our city's strong financial management along with the city council's prudent use of reserves and year-end surplus from prior years, we will be able to pay our share of hurricane-related costs, while still maintaining our reserve target, which is 25% of our current year's adopted general revenue budget of \$424 million.

The City, led by our emergency management director, Manny Soto, will also soon begin coordinating the City's oversight review committee of our hurricane response. I will share with its members the concerns I heard from residents, especially as it relates to adapting our communication strategies, so that we are even better prepared next time.

As always, thanks for all of your help in making our community an amazing place to live, work, play and raise a family. I am honored to serve you and look forward to continuing recovering together.

Mayor Leary, from Page 4.

tion of poles carrying wireless repeaters, within 500 feet of one another, with no requirement to collocate on a singular pole (they can place poles directly next to each other). Cities also are only allowed to charge a rate for these locations which is roughly 7.5 percent to 12.5 percent of recently negotiated rates for similar placements in nearby cities. This was all done in the name of a 5G network infrastructure. Interestingly enough, the 5G standards have not yet been agreed upon, though that did not stop wireless providers from lining up permit applications for new poles as soon as the bill was signed into law.

We are all for providing the latest technology to our stakeholders. However these programs should be negotiated and developed with local leaders so as to most appropriately meet the unique demands of each market.

Currently, the fight continues with a proposed Resolution 2017-03 where the Florida League of Cities (FLC) is urging the 2017-18 Constitution Revision Commission (CRC) to strengthen municipal Home Rule Authority and further restrict unfunded state mandates. The CRC meets every 20 years and is meeting in 2017-18 for only the third time in the state's history. This resolution is asking to strengthen our authority once again.

I accepted the appointment to the executive board of the Florida League of Mayors in part to combat these encroachments on our Home Rule. We are developing plans to reassert our constitutionally guaranteed authority to best govern as described by Thomas Jefferson centuries ago.

From Page 1.

and former member of the Florida House of Representatives.

Crossman was also instrumental in guiding a summer program that brought black and white children together in a positive, happy learning environment. He regularly attended city, county and state legislative meetings, encouraging lawmakers to remember the disenfranchised and tackle the problem of institutional racism in our state. "The dedication of the Reverend Kenneth C. Crossman bridge could not come at a more poignant time in our history. This tribute to a civil rights leader and 'bridge builder' is a fitting reminder that we all must show compassion for our fellow citizens as we endeavor to pursue happiness and form a more perfect union," noted George LeMieux, former U.S. Senator from Florida, chief of staff for Florida Governor Charlie Crist and chairman of the law firm of Gunster Yoakley and Stewart.

"Leaders like Reverend Crossman serve as guiding examples for future generations, and it's so important that we honor important figures in our history like him. I was proud to play a part in memorializing the vital contributions he made in furthering civil rights and human dignity," said State Representative Bob Cortes.

A former businessman, the senior Crossman was a pastor for nearly 35 years, including at First United Methodist Church in Winter Park. "It's wonderful to see Rev. Crossman honored in this way. He dedicated his life to making our community a better place to work and live. The naming of this bridge is a great symbol of his lifelong work to bridge the gap in civil rights. I'm honored to be a part of the dedication in late September," said Florida Representative Mike Miller.

Crossman has been saluted as an engaged Christian leader and conscience of the community for his special dedication for reaching the young, the poor and disenfranchised and being a dedicated voice for reasoning together.

"We are grateful to Rep. Miller, Rep. Cortes, Senator Bracy, Governor Scott, and many others who worked so hard to make this happen," said Rev. Crossman's son, John Crossman of Crossman & Company. "Our family is proud to live in a community where our leaders, of all backgrounds and beliefs, believe in bridge building."

There was a "Celebration of Bridge Building" on Sept. 26 at First United Methodist Church in Winter Park.

Get Your Blood Pumping For Hemophilia

The Hemophilia Foundation of Greater Florida (HFGF) is howling to host its annual Orlando Creepy Crawl 5K and Vampire Mile on October 29th at spooky Lake Baldwin at Baldwin Park, located at 4990 New Broad Street in Orlando. Runners and walkers are invited to register now for this hair-raising 5K and mile walk and encouraged to fundraise for the HFGF bleeding disorders community. Costumes are welcome! Wick- ed awards will be presented for top team and individual fundrais- ers, most spirited teams, best Halloween costumes, and top male and female runners in var- ious age groups. The 5K will be officially timed for runners.

This part isn't scary: Ap- proximately 90% of fundrais- ing dollars from events go toward supporting programs for Florida's bleeding disorders community such as the HFGF medically supervised summer Camp Spirit, family sup- port weekends, health educational programs, and financial emergency assistance. With the recent effects of Hurricane Irma, this year's walks are particularly important.

"Our patients have been affected by Hurricane Irma, and we are here



to help them," says Fran Haynes, HFGF executive director. "We will surely receive more requests this year for emergency financial assistance than we have in the past due to Hur- ricane Irma." HFGF has been serving the bleeding disorders community since 1996 by supporting healthier and more independent lives.

Visit hemophiliaflorida.org/orlando for more information, or to reg- ister for either the 5K or mile walk. 5K registration is \$30 per participant.

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The Scariest Time Of The Year


No, we're not talking about the start of the school year or being in the midst of hurricane season, we're talking about the upcoming Halloween holiday. While preparing for this ghoulish event, we want you to keep these tips in mind:

- 1.) When picking out costumes, ensure there is good visibility and try to avoid masks that impede peripheral vision. Also, wear comfortable shoes with adequate tread. Costume lengths should allow freedom of movement to prevent tripping.
- 2.) Make sure you trick or treat during appropriate hours. Nothing says that you have to wait until darkness falls before beginning. Also, as a courtesy, treat gathering should end by 8:30 p.m.
- 3.) Young children should be accompanied by a parent or responsible adult.
- 4.) Trick or treat in neighborhoods you and your children are familiar with in case you get separated.
- 5.) Only go to homes decorated or with a porch light on and never go inside a stranger's home.
- 6.) Make sure costumes have some portion that is reflective and carry a flashlight or "glow" stick.
- 7.) Only cross streets at corners and never "cut" between parked vehicles.
- 8.) If older children are going out alone or with their friends, have an agreed-upon route and return time.
- 9.) Never eat non-sealed candy or treats.

When driving through neighborhoods, proceed slowly, and pay close attention to sidewalks as you exit and enter driveways. When parking, do not block sidewalks or walkways. Anticipate heavy pedestrian traffic and pay particulate attention at all intersections.

Check walkways that lead up to your front door for trip hazards and remove any excessive vegetation from the area. Make sure pets are secured when opening the door as this is a scary time for them as well.

Have a safe and happy evening and don't forget that Police Officers really like chocolate!





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Ron Frechette

cybersecurity awareness by Ron Frechette, The Cyber Guy

Beware Of The Zombie Apocalypse

October is the time of year between fall and winter when our days begin to get shorter and the nights longer... and much cooler. This is also the time of year we celebrate Halloween. The threat of witches, vampires, werewolves, and zombies are looming around every corner, ready to cast a spell or take a bite out of us and turn us into one of them. As children growing up, many of us have a scary Halloween memory or two we still remember. As we grew older, we began to realize there are no zombies hiding in our bedroom closets that were going to get us... and the horror of Halloween began to wear off over time.

What if I told you that zombies really do exist? At least they do in cyberspace. In the cybersecurity world, we call these monsters, "Computer Zombies!" Based on a significant increase in data breaches and compromises we are seeing this year, we could very well be experiencing a Computer Zombie Apocalypse! In fact, the odds are extremely high that some of you have already become victims of these horrific acts. If so, your computers may be causing great harm to others and you have absolutely no idea what and when this is happening. Talk about spooky! What is a Zombie Computer?

A zombie computer is a computer connected to the internet that has been compromised by a hacker or computer virus that can be used for malicious purposes under

the direction of a cybercriminal from a remote location. Most owners of zombie computers have no idea their system is being used in this manner. Because the owner is unaware, these computers are symbolically compared to fictional zombies.

"A key sign that your computer is under a zombie spell is when it suddenly begins working extremely slow for no reason whatsoever."

This is probably because it is busy attacking other computers as part of a botnet.

What is a Botnet?

A Botnet is an army of literally tens of thousands of internet connected devices that are controlled by a group of cyber criminals. Botnets can be used to perform distributed denial-of-service attacks (DDoS attack), steal data, send spam, and allow attackers access to the device and its connection. The Marina Botnet, one of the largest discovered, had an estimated 6,215,000 bots. Imagine an internet army of over six million enemy soldiers that can attack at once. And then imagine that your personal computer is participating in the attack without your knowledge of it ever happening.



Botnets are Big Business on the Dark Web

Creating zombie computers for botnets is an extremely lucrative business in the cybercriminal world. The group that controls the botnets will pay another group for every computer they infect with malware that allows them to control our PCs remotely for malicious purposes. Cybercriminals are very good at tricking us into loading malicious software. Often, they masquerade themselves as legitimate anti-virus software when, in reality, we are loading malicious software that enables malware developers the ability to install things like rootkits and botnet enabling software.

How Can We Avoid the Zombie Apocalypse?

- NEVER click a link you are not familiar with or provide personal information to anyone when chatting online. - When talking on social media sites like Facebook, if your friend starts asking off the wall questions, make direct contact to make sure it is really them.
- Consider using a second scanner. Many anti-virus programs don't detect bot net-related software. Install a second opinion scanner such as Malwarebytes to ensure your primary anti-virus software did not miss anything.
- Constantly strive to educate yourself about cybersecurity best practices. is power! Get smart about cyber!

Wishing you all a safe and fun Halloween in cyberspace! Please share any feedback or additional insight!

Sources: <https://www.lifewire.com/what-are-malicious-bots-2487156>; <https://en.wikipedia.org/wiki/Botnet>; [https://en.wikipedia.org/wiki/Zombie_\(computer_science\)](https://en.wikipedia.org/wiki/Zombie_(computer_science))

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 Iosue

family business perspective by Dan Iosue

Family Dynamics – A Constant Force?

For family business big or small, family dynamics is often their heaviest weight to lift into the next generation. There's an essay on weightlifting and life by Henry Rollins that's well known in the fitness community (by folks in my generation, anyway). In it, Rollins talks about how finding weightlifting as a young man helped him build strength both physically and mentally. Rollins affirms that circumstances and people will change throughout life but that, "...two hundred pounds is two hundred pounds." I think one of his points is that the "iron" is a constant, something that will always challenge him and that will always be there to guide him like a beacon in the night.

The same way in which the iron is there for Mr. Rollins, family dynamics are a constant force to be dealt with for family businesses. Never will they be more necessary to address than when a family business is going through the ultimate challenge of continuing the business from one generation to the next. In my experience with clients, our first meetings can include rigorous discussion of their needs and concerns around estate planning as it relates to their business and their children. There is talk of business performance, management synergy, leadership, strategic planning, and efficient corporate structures. And yes, these are all important considerations that are both interrelated and interdependent

from one another. But the driving factor that motivates people like no other, is the underlying Family Dynamics. If they are strong, the fear is usually how to keep them that way, to not rock the boat. If they are weak, then the fear is how can the business continue without them getting better- especially if the patriarch or matriarch is no longer around to help keep them together. The dynamics of the business family and the ways in which they must be organized through Family Governance are always close to the core of the issue for our clients.

So, what's the solution? Communication. Simple in explanation but difficult in execution. Just like two hundred pounds will always be 200 pounds, talking to one another productively will always be the answer for making family dynamics better. At the very least, we almost never see it make things worse. However, you wouldn't just walk over and pick up two hundred pounds and put it over your head, would you?

I'm guessing that you might opt to build your strength up over time, so that you can lift that kind of weight. Likewise, there should be some structure to the conversation. A forum to provide a safe place for building the skills necessary to listen to one another's opinions and to encourage productive communication between business family members about the business as it relates to the family. This is one of the most critically consistent factors that can help lead a family business out of the current generation and through the next generation successfully.



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Dan Iosue is an Associate of The Rawls Group, a business succession planning firm. Dan specializes in dealing with the issues that must be resolved by business owners to implement succession strategies geared towards building business value. For additional information, visit www.rawlsgroup.com or call 407-578-4455



Stephen & Kristin Pategas

in the garden

by Stephen and Kristin Pategas

What Grows Up – Must Come Down

In your lifetime, numerous trees that you become attached to will reach the end of their life span. In fact, if a tree reaches its lofty height and spread it is likely that it is already reaching maturity. This is followed by the onset of either a natural slow decline or, if it is compromised, by a rapid or even instant death. This is especially true for trees in more urbanized settings where their growing conditions are not ideal and at times horrendous. Natural hazards include lightning, which has the power to instantly kill a tree; hurricanes, which can topple or weaken a tree; or diseases, often carried by insects.

Situations to avoid - many are created by construction work or improper care:

- Soil compaction
- Root damage
- Chemicals dumped on the ground
- Alteration of the soil pH (concrete products are alkaline and increase the pH)
- Damage to the trunk
- Improper pruning
- Removal of large limbs which are unlikely to seal over and provide entry points for pathogens
- Use of sealers on wounds or cuts or filling cavities with foam

What to look for:

- Loss of foliage
- Thinning of the canopy with dieback on the ends of the branches as the tree marshals its reserves to protect its main trunk
- Discoloration on the bark coming from areas where trunks or large branches are joined
- Shedding of limbs as the tree’s health declines
- Shedding of bark

What to do:

- Find out the optimal pH for the tree you have or want to plant and have the soil tested through the Orange County Extension Service. Sometimes amendments can be added to adjust the pH.
- During construction, protect trees with barriers that keep vehicles, workers, debris, and chemicals well away from the trunks. Damaging the tree roots can destabilize the tree and cause them to topple.
- Schedule regular inspections by a certified arborist and have branches removed before they drop.
- At some point, removal of the whole tree becomes the best course of action.
- Contact your municipality to obtain a tree removal permit. The permit process should include instructions on what type of replacement is required. In some cases when it is not possible to plant another tree on the property, a payment into a “tree fund” can be made.

What to do if the tree is on adjacent property:

- Have a conversation with the property owner.
- Typically, homeowners’ property insurance policies will not cover damage to the property if it is not a structure.
- If there is damage to your insured structure you will be responsible for the damage and your deductible unless prior to any damage occurring you send a certified letter noting your concerns to the neighboring property owner along with a copy to your own insurance company.
- If there is damage to your property, insist that your insurance company seek compensation from the neighboring property owner’s insurance company.

Some trees are the largest and oldest living objects on the planet. With proper selection, planting, pruning, and care even urban trees can live long lives. To provide environmental, aesthetic, and financial benefits - plant trees now to plan for future loss.



At left: Trenching is harmful since most tree roots are in the top 12 - 18 inches of soil. Middle: Cutting major roots can destabilize a tree and cause it to topple. At right: In decline in 2014, this tree is now hazardous three years later. 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@hortus oasis.com



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real estate in the parks by Scott Hillman and Sam Hillman

Fall Landscaping – Perfecting Your Curb Appeal

We are often asked by clients, “What can we do to improve the look of our home?” While the answers can vary depending on the home and the condition, one thing that is almost always suggested is to enhance and clean up the exterior of the home. Your home’s exterior is the first thing that potential buyers see when they drive by and arrive for their showing. It is almost always the first photo they see online. Perfecting your curb appeal is only going to boost traffic to the home. If the outside shows care, is tidy, and manicured with pops of color, then the inside becomes more enticing. Fall is the perfect time to work on your home’s exterior, including the landscaping, as we begin to experience cooler temperatures.

A good first step is to stand at your curb and really look at your home, yard, and landscaping. Florida summers can be rough not only on your yard but your home as well. As it becomes more tolerable to be outside in the sun, consider pressure washing your home’s exterior, you may be surprised to see how much crisper the home begins to appear. Additionally, cleaning the windows can not only

make them shine from the exterior but can help to brighten up the inside as well.

After a good pressure cleaning, it’s a good idea to take a closer look and see if there are areas where the paint has begun to chip or fade. It may just need a few areas of touch up, or perhaps



the shutters need a fresh coat of paint. One area that tends to get overlooked is the gutters. Less humidity and a drop in heat makes fall an ideal time to get those gutters cleaned out.

Does your yard have any brown patches?

No problem, fall is the perfect time to get those patched, getting the yard looking lush once more. While you are in the yard, grab those clippers to tidy up any hedges and shrubs, helping to give them a more manicured appearance. It is also a great time to trim up your trees and remove any scraggly branches.

After cleaning out the landscaping beds, getting rid of weeds and unwanted leaves, see if you have holes that could be filled with a new bush or shrub. Fresh mulch in the landscaping beds can truly make your plants appear neat and well-kept. Tie all your hard work together by adding some rich and wonderful fall colored plants. A nice finishing touch is to add or update your decorative lights. They help to illuminate walkways and lighten up your beautiful landscaping in the evening hours.

A neat, fresh and orderly front exterior is a fantastic step in improving your home. Simply tackling one or two problem areas outside can do wonders for a home. You will be surprised how adding a pop of color and sprucing up the exterior can help a home to truly shine.

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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live meaningfully

by Ayesha G. Shenk, M.A.



Ayesha G. Shenk

Lights Out

As I sit here in a darkened home after the howling winds and driving rain has passed, I think of so many whose issues are far greater than a sticky night ahead. At last count, more than 12 million people in Florida enter tonight without power, and still we are the ‘lucky ones.’

With families all over the state and region being turned away from their homes due to the damage and destruction left in Irma’s wake, I wonder what sort of sense can be made in this kind of chaos.

What memories have been lost? What grief is yet to be discovered around every turn? Where do you find the grace and acceptance to carry on and put the pieces of life back together?

How do you possibly find the good humor and perspective to stay afloat and not punish those around you with the pain of your own loss? Today is a day full of grief. Today is a day full of sorrow. Today should also be a day full of gratitude.

The collective unconscious can be balanced yet again in the wake of devastation. With such grief comes so many others who should be equal in their measure of their gratitude and their extension of help. Yet, it’s so uncommon. We often don’t stop long enough to balance the energy of the universe with our own good fortune. We don’t take these moments to pay it forward. We are acutely aware of those transgressions and pains that we’ve sustained, yet in the moment of

minor discomfort we luxuriate in it instead of feeling the grace with which we’ve been blessed and paying it forward.

The thing is, there is no sense that can be made in this kind of chaos. There is no ‘silver lining’ that can be offered when all feels like it is lost. The only grace possible is from those of us not as significantly affected in the same moment. Those of us who can offer a cup of coffee to a neighbor, a can of gas to a loved one, a sturdy back to lift limbs and debris from another’s lawn, a kind word or a hug reminding one another of the fleeting nature of all moments - even the worst ones.

The only balance that can be attained is the awareness that this moment may not be the one in which we, personally, are most adversely affected but life is full of ebbs and flows and we are only a revolution next to the sun away from another day in which things could be different. It is now that we are able to extend ourselves and positively impact the lives and pains of others.

We choose to see the grace and the light in our own lives and offer to share a bit of it when the darkness seems most saturating to those around us. Life is really difficult at times... for all of us. There are moments when it just doesn’t seem possible that we’ll feel any differently than we do in that red-hot-moment. But inevitably and invariably, we do and we will.

When my mother was alive, she often used to say, “This too shall pass” whenever whatever heartache felt the most overwhelming to me. I



would say, “Yes, yes I know,” and then bemoan the pain of the moment, whilst quietly hoping and praying that she was right.

She always was, you know.
It absolutely did always pass.

Most of the time it left me a bit different after the fact though... a little older, a little wiser, a little more tender. In hindsight, it turns out that those were my stepping stones to emotional maturity. Whether we want them or not, there’s a lesson and an opportunity in every turned corner.

This is just another stone across the river. I’m hoping you fared well throughout the storm and the aftermath. I’m also hoping that whether or not it affected you personally, you operate as though it’s all personal and reach out to counterbalance the pain of so many others. Service, prayers, light, and love can do a lot for those who lost so much...

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.

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Rachel Calderon

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Stabilizing And Rebuilding In Irma’s Wake

The reminders of Hurricane Irma were stark and hard to miss in Central Florida, from the sparse shelves of restocking supermarkets to the toppled trees and piles of debris that line our streets.

We are slowly coming back from the worst hurricane to hit Central Florida since Charley in 2004. Irma and her associated tornadoes were responsible for nearly three dozen deaths and economic losses estimated at between \$35 billion and \$75 billion throughout the state. At one point, more than 1 million homes were without power in Metro Orlando.

The urge to help in our community is as strong as the winds that Irma packed. And we are ready to contribute, too, at Central Florida Foundation, the region’s community foundation, which con-

nects philanthropy and strategy to community issues in Orange, Seminole, Osceola, Lake, Brevard, Volusia and Polk counties.

The Foundation activated the Hurricane Irma Relief Fund as the storm made its way to our region to support stabilization and rebuilding efforts. In short, we are here to assist in just about any way we can.

Donations to the Fund will gird local nonprofits that were damaged by Irma and are struggling to get back to providing the critical services and programs they offered before the storm, especially to those

hurting the most, such as low-income families and seniors and the homeless.

The struggles facing Central Florida don’t end when we all dry out and FEMA leaves town. It takes long-term focus to stabilize the community and fill in the gaps in federal, state, and insurance benefits to help nonprofits continue to help those they help.

The Foundation has assessed the needs of more than 1,000 nonprofits in the seven-county region. From that we are able to identify gaps and the most pressing shortfalls for the nonprofits to address during the difficult days ahead. In essence, we are providing a road map for the best tactics to help nonprofits get back to business as usual.

We appreciate the natural impulse of such a caring local and global community to lend a hand as quickly as possible and we encourage people to do the right thing – but they should do so carefully and strategically. Give your time and money where it can do the most good, both now and in days and months ahead.

“

At one point, more than 1 million homes were without power in Metro Orlando.



Photo by MSN.



Photo by CNBC.

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.

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pop culture detours

by George McGowan

There’s Just Something About Space And Space Travel

On September 15, NASA’s Cassini spacecraft ended a 20 year trek into space by disintegrating into the atmosphere of the planet Saturn. Coincidentally, later that same day, the McGowan family watched a wonderful movie about the unsung women of NASA’s Mercury space exploration program, *Hidden Figures*. Of course, this got me to thinking, what are the best pop culture offerings with space as their subject?

But first some interesting numbers. The total cost of the Cassini mission is estimated by Wikipedia to be \$3.26 billion, less than half of the box office revenues for all of the *Star Wars* films combined, which is \$6.82 billion (according to the-numbers.com) and which should easily break \$8 billion when the revenues from *Star Wars* Ep. VIII: *The Last Jedi* (which will be released in December of this year) are tallied up. As of this writing, the worldwide box office for *Hidden Figures* is about \$231.4 million (according to BoxOfficeMojo.com) and the NASA planetary science budget was \$1.63 billion in 2016, or about 0.04% of the federal budget (according to Forbes.com).

We Americans, especially we Floridians, have a special fascination with space and space travel. My wife grew up in Cocoa Beach, home to many men (including her dearly-departed father) and women who worked and continue to work for the space program. If you attended UCF in the 1980s, like me, you got to witness several rocket launches from campus, including the first night launch of the Space Shuttle on August 30, 1983. What a spectacular site!

So, what spacey music is out there? Here are my top five songs about space: 1) “Space Oddity” by David Bowie, 2) “The Galaxy Song” by Eric Idle (from the movie Monty Python’s *The Meaning of Life*) and one of my science-teacher wife’s favorites, 3) “Man on the Moon” by R.E.M., 4) “I Wish I Was the Moon” by Neko Case and 5) “Spaceman” by Harry Nilsson. Honorable mention to Janelle Monae, one of the stars of *Hidden Figures*, who has a space song of her own called “Sally Ride.” Of course, one would be remiss if the classic “Rocket Man” by Elton John was not included, especially since it has somehow gotten into the news lately, and I already know that everyone’s favorite is “The Final Countdown” by Europe. But I bet you didn’t know that my favorite version of that song is by the Winter Park

High School “Sound of the Wildcats” marching band! What other space tunes do you love?

There are very many books set in space or which involve the space program, including “The Right Stuff” by Tom Wolfe about the Mercury program and early test pilots, “Apollo 13” by Jim Lovell and “Failure is not an Option” by Gene Kranz about the Apollo 13 mission, and other biographies and memoirs by individual astronauts. For fiction, you can’t beat “The Hitchhiker’s Guide to the Galaxy” by Douglas Adams or “Contact” by Carl Sagan. I need more recommendations in this area – my space reading is lacking!

There are almost too many movies and TV shows set in space, in fact, there are two new TV series – the straight-forward space opera “Star Trek: Discovery” and a parody of that genre “The Orville.” My lovely wife is especially fond of Joss Whedon’s space cowboy film “Serenity” which was a companion to his long-lost and too-brief TV series “Firefly” which just observed its 15th anniversary. There are many, many others of course. Check out space.com for a listing of their favorite space movies and let me know which ones are your favorites.



theater in the parks

by Barbara Solomon

Heroes

JESUS CHRIST SUPERSTAR - THE GARDEN THEATRE
MAN OF LA MANCHA - ORLANDO SHAKES
BIG RIVER - MAD COW THEATRE

In this busy month, heroes seem to dominate the theatre scene. The most important and famous of these is “Jesus Christ Superstar.” As you probably know the story, I’ll concentrate on the musical itself. Written by the wonderful team of Tim Rice and Andrew Lloyd Webber, every song is a gem. My favorite is “I Don’t Know How to Love Him,” beautifully sung by Natalie McKnight Palmer as Mary Magdalene. The other strong voices were provided by Jesus (Benjamin van Diepen), Judas (Shea Rafferty), and Simon (Adam McCabe). Brett McMahon’s Pontius Pilate’s lovely voice gives us “Pilate’s Dream.” The dancing chorus was quite charming in its supporting role. Playing through October 1 at The Garden Theatre.



Laura Hodos as “Dulcinea” in *Man of La Mancha*, now playing at Orlando Shakes through October 8.

Not only was Jesus fighting religious persecution, but so was Miguel Cervantes centuries later. In justifying himself to his fellow prisoners in the dungeon of the Inquisition, Cervantes tells the story of Don Quixote, the “Man of La Mancha,” based upon the most famous Spanish novel ever written. The set for the play was immersive—as you walked into the theatre, you felt as if you were imprisoned with Cervantes.

I love the score to this show: The Impossible Dream,” “Dulcinea,” even

“I Really Like Him” sung humorously by Sancho Panza (Matt Zambrano). Laura Hodos stole the show as Dulcinea, the scullery maid. Her persona was perfect for the role, and as always, her acting and voice were incomparable. I particularly like her rendition of “It’s All the Same.” Although David Gaines’ Quixote was well acted, his voice lacked that soaring quality necessary for the role. Victor Souffrant’s voice, however, was perfect for the message in “To Each His Dulcinea.” As Don Quixote fights his imaginary enemies, he shows the courage of a true hero. My favorite two lines from the show are “Facts are the enemies of truth” and “Build your life on dreams.”

I conclude with “Big River,” where Huck Finn is the unlikely hero. It stars Jeffrey Todd Parrott as Huck Finn,

Continued on page 14

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The Honky Tonk Angels

May 11-20, 31 & June 1-10, 2018

Central Florida’s Professional Musical Theatre

407-645-0145 winterparkplayhouse.org

A 501(c)3 non-profit charitable organization

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Liam O'Connor as Tom Sawyer, and Clinton Harris as the runaway slave, Jim. We follow the episodic adventures of Huck and Jim as they navigate the Mississippi on a small raft. Although Huck's comedic talents are great, his voice was not adequate for the role. On the other hand, Jim's was strong and vibrant, as was his whole performance. I also enjoyed the antics of Mickey Layman as the scoundrel, King, and the adorable Ben Campbell's rendition of "Arkansas." Bobby Bell was outstanding as Huck's pap, playing it for all it was worth. And I must give praise to Alex Wittenberg, who designed not only this set, but the post-apocalyptic vision of "Jesus Christ Superstar" as well. Playing through October 22 at The Mad Cow Theatre.

theater in the parks by Barbara Solomon

Back To The '60s

LIFE COULD BE A DREAM
WRITTEN BY ROGER BEAN
DIRECTED BY ROY ALAN
STARRING TAY ANDERSON

The '60s—my favorite era, and what wonderful songs that have endured all these years and become known as "Oldies." Some of my favorites in this show were: "Get a Job," "Earth Angel" (which I danced to on TV on "The Alan Freed Show"), and "The Glory of Love." But my all-time favorite is the classic "Unchained Melody," which ends both acts.

This is the best of its genre because the songs actually flow from the story line. It concerns four guys whose dream is to win a radio talent search, and the girl who helps them reach their goal. Eugene (Michael Scott Ross), the geek, kept me in stitches with his comedic talent, as evidenced in his rendition of "Tears on My Pillow." Skip



(Andrew LeJeune actually had the best voice and put it to good use in "The Wanderer" and "Run Around Sue." Bert Rodriguez as Denny and Zach Nadolski as Wally filled out the wonderful foursome. But it was the talent of Tay Anderson as Lois that won over our hearts, as well as Skip's, with her brassy voice and feminine charms, aided by the costumes of A.J. Garcia.

Roy must have had a ball directing this show. In conclusion, "There's a perfect someone for everybody." I've found mine, hope you've found yours. And may all my Jewish readers find health and happiness in this New Year, "L'Shana Tovah."

Playing through October 8 at The Winter Park Playhouse. For more information call 407-645-0145 or visit winterparkplayhouse.org.

BARB'S BEST BETS FOR OCTOBER: "OF THEE I SING" AT UCF, "HOUND OF THE BASKERVILLES" AT ORLANDO SHAKES, AND "NEWSIES" AT THE REP.

schools

Audubon Park Elementary

PRINCIPAL ANNA FERRATUSCO

Here at Audubon Park Elementary, October brings us cooler weather (we hope!) and a fun holiday- Halloween! Of course, students are always so excited to dress up and eat a little extra sugar. While school is reserved for learning, we like to take part in some fun here and there also. To help satisfy the excitement of dressing up around this time, the entire school participates in the Book Character Parade. The parade will take place on Thursday, October 26th around 9:00 am.

Each class chooses a book to dress up as, which includes costumes, banners, and anything else to make the book come alive. The class spends time reading and understanding the book prior to this parade and the event acts as the culminating piece to their learning. All of the classes then go for a walk through the Baldwin Park community on the parade day to show off their hard work. Community members and families line the streets of the parade route to see the classes stroll through. It is a great opportunity for our students to feel the holiday spirit of dressing up while tying it to literacy so students are still engaged in learning.

Dommerich Elementary

PRINCIPAL KAREN VERANO

When children at Dommerich complete reading logs, they don't get just a pat on the back, they get a "Party on a Backpack!" complete with colorful balloons, keychains, and streamers. Why? Because reading is always celebrated here.

After students read recommended novels, they speak with the media specialist, Marcy Aydt, who says "It's part oral exam, part mini book club." The program falls in line with a district initiative to promote critical thinking. Last year, 1100 reading

interviews were conducted.

Weekly, Aydt supervises 40 classes, including fifth graders who run the live WDES Morning News, televised daily for 700 eager viewers. The media center also boasts students in the role of book purchasing consultants, a spelling bee, oration contest, birthday book club, author visits, and a competitive chess team. To promote digital citizenship, the library circulates two copies at a time (one for child, one for parent) of *The Tapper Twins Go Viral* by Geoff Rodkey, a book about using social media responsibly. Aydt slips in bookmarks, tip sheets, and a list of resources to help families keep students safe online.

Dommerich encourages a lifelong love of learning, not only by aligning lessons with current educational standards but also through storytelling, read-alouds, face to face discussions and individualized reader advisory. Aydt credits work experience in big cities, private schools, and public libraries for making her service-oriented, saying, "Kind notes and tearful hugs from parents show me that my efforts are appreciated. I couldn't

imagine doing less for our families and hope to do more."



Lakemont Elementary

PRINCIPAL DR. BRENDA CUNNINGHAM

We are very proud to announce our Teacher of the Year for Lakemont Elementary. With nearly three decades of experience as an instructor, Mr. Siegel continues to be an enthusiastic, consummate professional. He has a love for children and a strong commitment to educating all students in physical education, wellness, and healthy lifestyles. Mr. Siegel continues to seek opportunities to increase his professional knowledge, writes grants to obtain additional funds for our school, works diligently with our Healthy School Team, and runs several after-school clubs. He is hard-working, an outspoken advocate for wellness, and loved by all who come in contact with him. His long association with the Winter Park Health Foundation, Healthy Central Florida, and others, make him a true icon of health and wellness in our community.

We are also very proud of our Support Person of the Year, Mrs. Jeannine

Hunter. Friendly, Helpful, and Hard-Working are all titles that can appropriately be assigned to her. Although it's her first year, this award nominee takes her position of secretary/bookkeeper very seriously. Mrs. Hunter is committed to providing the best customer service for staff, parents, and students. When she doesn't know the answer to a question, she actively seeks information and advice from others. She has a great sense of humor and always has a kind word and smile to offer. We are glad she is part of our Lakemont Leopard Family!



St. Charles Borromeo Catholic School

PRINCIPAL NATHAN NADEAU

St. Charles takes the custom of the collection for the offertory to heart. Each week, SCBCS students along with Morning Star students collect non-perishable food items and cash donations for Brother's Keeper, a food pantry located at 4353 Edgewater Drive. During the offertory, students present their donation at the altar as an expression of gratitude to God for the blessings He has given to us.

Brother's Keeper is an outreach ministry of St. Charles Borromeo Catholic Church that provides assistance to the community at large. Bags of groceries are given out on a weekly basis, distributing over 9,500 bags each year. This outreach ministry has been of great assistance to individuals and families in the College Park area.

The effort is coordinated by the SCBCS Chapter of the National Junior Honor Society. In just the few weeks since returning to school, students have collected 296 items for Brother's Keeper. The weekly food collection isn't the only way Bulldogs give back to the community. Students also participate in special collections throughout the year for the Sister Diocese in the Dominican Republic.



When Dommerich Elementary students complete their reading logs, they get a "Party on a Backpack."

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 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

OCTOBER HIGHLIGHT



OCTOBER 7 - BREAKING CANCER, AN EVENING WITH RJ MITTE

Known as “Walt Jr.” from the Emmy-winning television show, *Breaking Bad*, will be the special guest for this event. Proceeds provide financial assistance to local families of children with childhood cancer. For more information and tickets: www.bebravefoundation.org.

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.

October 7 Cornerstone Hospice Seeks Volunteers -Volunteer training from 9:00 a.m. to 5:00 p.m. at Orlando Regional Medical Center, South Tower, 2nd floor located at 52 W. Underwood Street. Advanced registration is required. For more information and to register, please contact Cornerstone Hospice Volunteer Specialist Kayla Lopes at 407-514-8205 or email klopes@cshospice.org.

October 7 Breaking Cancer, An Evening with RJ Mitte -6:30 to 10:00 p.m. at Beth's Burger Bar located at 9938 Universal Blvd, Suite 120. RJ Mitte, international film and television star, often known as “Walt Jr.”, from the Emmy-winning television show, *Breaking Bad*, will be the special guest for an event in Orlando. The Be Brave Foundation will use proceeds from the event to provide financial assistance to local families of children with childhood cancer. For more information and tickets, please visit www.bebravefoundation.org.

October 5 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.

October 29 Orlando Creepy Crawl 5K and Vampire Mile – 7:00 a.m. at Lake Baldwin located at 4990 New Broad Street. Cost is \$30 per 5k participant, and proceeds benefit The Hemophilia Foundation of Greater Florida. To register and for more information, please visit hemophiliaflorida.org/Orlando

November 2 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.

November 2 Caring for Caregivers Summit – 10:00 a.m. to 2:00 p.m. at the Winter Park Community Center located at 721 W. New England Ave. This event is hosted by Florida Hospital, and includes tips for navigating the healthcare system, avoiding caregiver burnout, and wellness tips for staying healthy while caregiving. Registration is required. To RSVP please call 407-303-1700.

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily.

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

Winter Park Events

Ongoing Events

Every Tuesday and Thursday “Hands-on Gardening” 9:30 a.m. - Noon at the Albin Polasek Museum and Sculpture Gardens. For more information regarding this free year-round event please call 407-647-6294.

Every Tuesday, Friday and Saturday Winter Park Benefit Shop – The shop is located at 140 West Lyman Avenue and is open from 9:30 a.m. - 1:00 p.m. on

Tuesdays and Fridays, and from 10:00 a.m. - 1:00 p.m. on Saturdays. Donate or purchase clothing, bedding, jewelry, kitchenware and more. Proceeds benefit various children's programs and the local branch of Orlando Blind. For more information please call 407-647-8276.

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

October 11 Winter Park Garden Club General Meeting – 10:00 a.m. at the WPGC building located at 1300 S. Denning Drive. For more information call: 407-644-5770 or email us at winterparkgardenclub5@gmail.com.

October 14-15 25 44th Annual Winter Park Autumn Art Festival – 9:00 a.m. to 5:00 p.m. in Central Park located at 251 S. Park Avenue. This community-oriented sidewalk show presents quality visual art and live entertainment the whole family can enjoy. For more information, please visit www.winterpark.org.

October 21 Neil Diamond Tribute – 7:30 p.m. at The Winter Park Playhouse. For tickets and more information, please call 407-645-0145, or visit www.winterparkplayhouse.org.

October 22 OCA Fourth Annual Bowl-a-Thon – 1:00 p.m. at Aloma Bowl. Proceeds from this event will help OCA continue to provide programs at an affordable cost to the Central Florida community. For more information, please visit info@GoOCA.org.

October 24 League of Women Voters Orange County New members Orientation – 6:30 to 8:30 p.m. at the Winter Park Community Center, 721 W. New England Ave. Bonus: Everything is free, including wine, food and parking - and men and women of all ages are welcome. For more information, please call Pat Grierson at 407-608-2300.



MORE COMMUNITY SOLAR INNOVATION

Since opening Central Florida's first community solar farm in 2013, OUC – The *Reliable One* has led the way, making innovative solar solutions affordable and accessible to all its customers. OUC has completed its newest community solar array at the Stanton Energy Center – one of the first in the country to sit atop a closed byproduct landfill near a power plant. This subscription-based option allows OUC's residential and commercial customers to receive the benefits of solar power without the upfront costs of installing their own panels.

To sign up or learn more, visit ouc.com/communitysolar

**SIGN UP
NOW!**