# The Park Pressient SEPTEMBER 2017 ~ Positive news that matters ~

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RUTH HILL YEILDING, MD YeildingMD.com



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### Breaking The All-Time Pet Adoption Record

Orange County Animal Services (OCAS) celebrated 922 adoptions in the month of June, the highest number of pet adoptions in the agency's 48year history. The adoption of 473 dogs and 449 cats, was the highest number the shelter has ever achieved in one month's time. The record was especially rewarding since the shelter reached capacity in early July with more than 500 animals in their care at one time. The spike in population prompted officials to place an urgent call for adoptive homes to the community and rescue partners, which was clearly heard. Pumpkin, a 15 lb. orange tabby cat adopted by her new family on July 31, was the adoption to break the all-time record.

"The 920 adoptions in one month is an incredible milestone to have achieved," said Mayor Teresa Jacobs of Orange County. "This record-breaking number demonstrates how deeply our community cares - and the same goes for our Orange County Animal Services staff. In partnership with citizens and local families, as well as our dedicated volunteers and awesome rescue partners, we continue to surpass expectations in finding 'forever homes' for our four-pawed friends."

In addition to the July record number of adoptions, OCAS celebrated additional milestones:

- 10,316 guests visited with animals at the
- 930 pet spay and neuter surgeries were performed by clinic staff.
- 170 pets were taken in by rescue partners.



also credits the Pet Alliance of Greater Orlando, United Paws Rescue and CARE Feline TNR with helping to find placement for dozens of cats and orphaned kittens requiring special care.

"We can't do this alone," acknowledged Dil Luther, manager of Orange County Animal Services. "We have an incredible team of staff and volunteers who love animals, and we're within a tremendous community that does as well."

Although adoption remains a top priority, shelter staff plan to do more work later this year to help encourage greater spay and neuter services within the community to control pet overpopulation.

Orange County Animal Services is Central Florida's largest pet rescue and adoption center. Last year, Animal Services received nearly 20,000 animals at its shelter. For more than 40 years, the agency's mission has been to protect the citizens and animals of Orange County. Its vision is to give abandoned and neglected pets a second chance to live long, healthy lives in safe, loving homes.

Orange County Animal Services is located at 2769 Conroy Road in Orlando near the Mall at Millenia. The facility is open for adoptions Monday through Saturday from 10 a.m. to 6 p.m. and Sunday from 1 p.m. to 5

p.m. For more information, visit www.ocnetpets.com.

Orange County Animal Services please call (407) 254-9150 or Pet Rescue and Adoption Center

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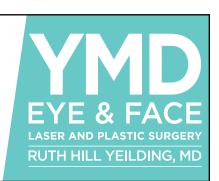
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INSIDE THE PARK PRESS

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John.Hurlburt@floridamoves.com

### Publisher's Message



As I'm writing this message, I have several recent events on my mind. First, the situation in which the Governor of Virginia called for the removal of all Confederate statues. I'm not sure why suddenly this initiative has come

to the forefront, but it quickly produced division, and then violence. I have no issue with a peaceful protest of any kind, but violence is unacceptable. Either way, history is written in books, and no one should lose a life over a statue.

The second event is the solar eclipse. Science was on full display, and I found it a little amusing that some of the electronic traffic message boards advised drivers to not wear their solar eclipse glasses while driving. Seriously, I couldn't see anything but the sun with those things on, let alone drive. I was intrigued how this event was shared across the country. Most of us will always

The American Red Cross is always a solid go-to, as well as donating blood at OneBlood of Central Florida.

remember where we were when this event took place. However, unlike many other significant events of our lifetime, it was unique yet positive. There was no division, and no violence. It had us all looking up in awe, and realizing a true perspective of our existence.

The third major event involves the destruction caused by Mother Nature in the form of Hurricane Harvey. Usually, hurricanes come in, and move along at a pretty good pace. But this one decided to hit, then move back out, and then hit again, and move slowly. The flooding is devastating, and the residents of Texas will need for many to unite to help them get back on their feet. It makes the first event that I mentioned trivial, and puts things back into perspective. I kindly ask that we all consider giving of our time, talents, or treasure to help those who have been tested to the edge of their resolve due to this hurricane. We all know, it could have easily been our great state that was hit. The American Red Cross is always a solid go-to, as well as donating blood at OneBlood of Central Florida. They've been shipping units of blood to Texas, and will continue to do so for weeks to come.

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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### Children Learn What They Live By Tricia Cable

When I decided to become a parent, I knew that I was inevitably taking on the most challenging role of my life. I knew that my small, quiet, and controlled environment would give way to a much bigger life, with many uncontrollable circumstances and a great deal of noise. What I didn't know, was just how big

and loud and out of control things would seriously get.

My true hope, aside from keeping them alive and well, was that I would be given the opportunity to support and guide them in different ways than my parents had done with me. I think it goes without saying that we all want better for our children than we had ourselves. Not that I didn't have an exceptional childhood, but there were definitely things that I wanted to do differently. I was blessed with two perfectly healthy babies and a clean slate. Their path was in my hands.

There was a poem that hung on our laundry room door growing up, "Children Learn What They Live," written by Dorothy Nolte. This poem was truly a road map through childhood and adulthood for me. I would read the words as a young person and very matter of factly could determine why I was the way I was. Some of the qualities have served me well; oth-

ers, have not.

"If children live with criticism, they learn to condemn." Growing up in a home with a military man at the helm, life was very much about doing what needed to be done, in a timely fashion, and doing it right the first time. Barking of orders was com-

I have two children and they are both very different from each other and therefore require different forms of parenting. What works for one doesn't necessarily work for the other; one can handle a more direct approach and the other prefers for me to lower the boom more gingerly...

mon, again, no criticism of him; he did what he did in hopes of motivating us to have pride in what we accomplished. There was no managerial training i.e.: tell them two things they did well before you hit them with the five things they did wrong. Communication was direct, no beating around the bush or blowing smoke.

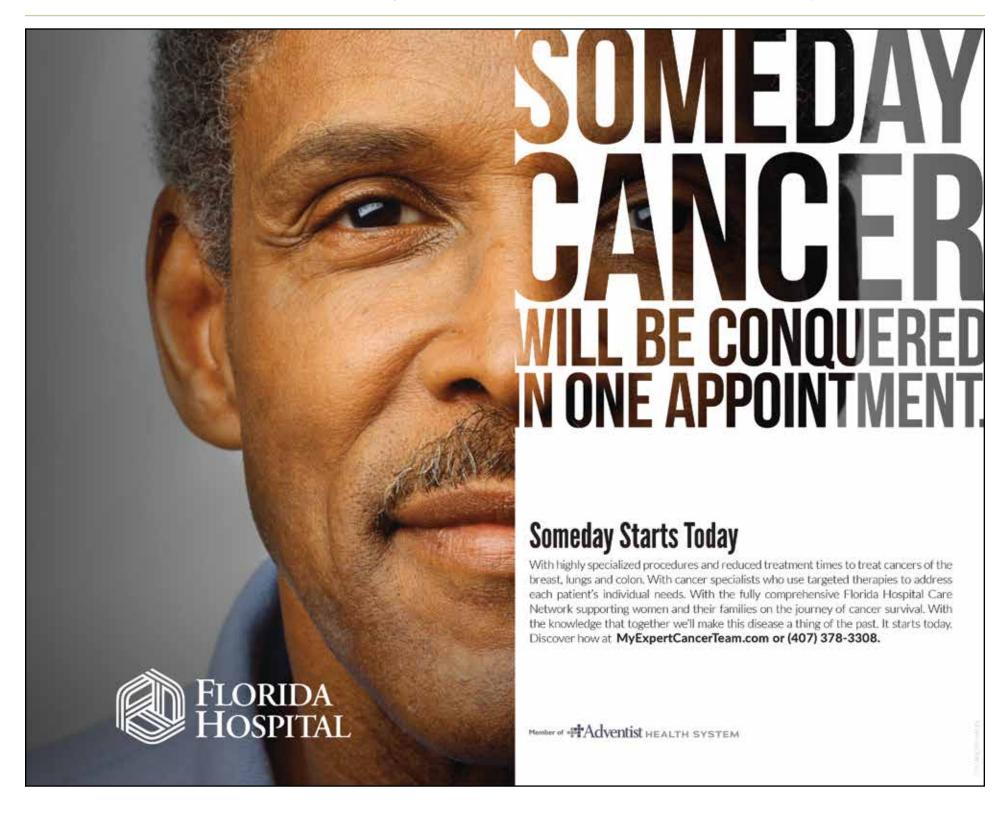
With four of us kids in the house, it worked well on some of us and not so well on others. Let's face it, no one likes critism, constructive or otherwise, but some of us handle it better than others. Based on my upbringing, I find I appreciate and respond well to more direct communication and conversely, I have

had to tone down my home-grown communication techniques as not to offend the masses!

I use that education when parenting my kids today. I have two children and they are both very different from each other and therefore require different forms of parenting. What works for one doesn't necessarily work for the other; one can handle a more direct approach and the other prefers for me to lower the boom more gingerly...ha-ha! So, I have learned to deliver my criticisms with a "you can do it" spin. Thirty years in management in corporate America has helped, thank God for all the management training I

have received...I use it all on my kids daily!

The way I look at it, I am about three quarters of the way down the path with my two. By now we all know each other pretty well and we can focus on what works. Using the poem as a guide, we still have some work to do, but we are heading in the right direction, slow and steady wins the race!



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### City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert E Stua

As we celebrate the start of a new school year, the start of football season and the beginning a great fall, I wanted to take a moment to provide some home safety tips from our Orlando Police Department. Whenever I talk to residents or attend meetings, crime prevention is always the most popu-

lar topic. As a lifelong resident of Orlando, there is nothing that makes me more heartsick, and let me be honest- angry- than when we have a crime spike of any kind in our neighborhoods. While I am grateful that our violent crime rate is low, I know any type of crime is frustrating and disheartening. I know we all think we have heard it all, but reviewing their advice is always a good idea.

- 1. Lock all of your home's entryways 24/7, even when you are home. Most unlawful en try is through doorways and more than half occur during daylight hours. More than 2 million burglaries occur every year- one every 13 seconds.
- **2. Deadbolt all exterior entrances.** Every exterior entryway into your home needs a deadbolt with a full 1" throwbolt. Treat doors leading from the garage to house as exterior doors, install deadbolts. Exterior doors should be solid, 1 3/4" hardwood with secure frames.
- **3. Please don't hide your key.** Never hide keys under a mat, in planters, or taped above a door jamb...burglars know these places. Only leave keys with trusted neighbors and family.
- **4. Glass can shatter your security.** A sliding glass door is lifted into position when

- installed and can be easily lifted out without some precautions in place. Adjust screws in the door track to limit clearance. Place a wooden dowel or broom handle in the door's track. Retrofit ground floor windows with locking hardware.
- **5. Maintain the appearance of occupancy.** Use automatic timers to turn on different lights at different times when you are out of town. Have a trusted neighbor pick up your mail and newspapers or put on hold until you return.
- 6. Intruders fear the spotlight. Use motion-activated light fixtures when possible. Exterior lighting around a home's perimeter creates a psychological barrier. Light porches and other entrances with at least a 40-watt bulb. Trim overgrown bushes, tree limbs, or landscaping to the height of porches or windows.
- 7. Help the police help you! Report suspicious activity, always. House numbers should be at least 4" 6" high, reflective and visible from the street. Numbers should be illuminated at night. Call the police. Don't worry about false alarms. Be safe, not sorry.
- 8. Burglars prefer cash. Criminals want cash and items easily fenced for cash like small electronic equipment, computers, cameras, jewelry, and guns. Leaving empty equipment boxes on the curb is a strong temptation for criminals to inquire within. Hide your valuables or keep them under lock and key. Engrave your valuables with "This Property Stolen From..." and include your driver's license number. Marked property is difficult to fence and easier to recover.

- **9. Gone in 60 seconds.** Research by the National Crime Prevention Institute shows that burglars generally will work no longer than 60 seconds to obtain entry.
- **10. Join Neighborhood Watch!** Neighbors watching out for each other are the most effective method of crime prevention. For more information on how to join, visit cityoforlando.net/police.

Our City's annual National Night Out event, which helps promote Neighborhood Watch is taking place in the fall again this year, rather than the summer. So goodbye to stifling heat and a high probability of showers and hello to National Night Out on the evening of Tuesday, October 3rd! This night is a great evening where neighbors can come together for large or small gatherings, on their block or in their neighborhood, where they get a chance to fellowship with neighbors and their local first responders in order to build a cohesive network that can help prevent crime in our community.

If you have never been to or hosted a National Night Out event on your street or in your neighborhood, there is no better time to start. With everything going on in our world, now more than ever, we can be the torch bearers for how police/ community relations can and should be.

One last fact, did you know the Orlando Police Department offers free residential security surveys for our citizens? Under this program, an officer will come out to your property and instruct you on how you can better safeguard your home. To schedule your free security survey, call 407.246.2369.

As always, thanks for your support of our great City! Be safe out there and I look forward to seeing you around town this month.



### Winter Park Mayor's Message

Mayor Steve Leary



Steve Lear

We are in an exciting time as we prepare for the city's new library & events center. We are very fortunate to have assembled an amazingly strong team to build this state-of-the-art facility for our community. Through an extensive Re-

quest for Proposal process, we have selected one of the world's most internationally-acclaimed architects, Sir David Adjaye, who is working in association with HuntonBrady Architects to design this new facility. Adjaye was recently knighted by Queen Elizabeth II and was named among talked at tance of 2017 by TIME magazine. To have an architect on board of this caliber is quite a statement and achievement for our city that I am extremely excited about.

Just last month, we approved Brasfield & Gorrie and Lamm & Company as the construction manager who will be responsible for building the library & events center. With each of these reputable and talented entities in place, city staff is working with Pizzuti Co. serving as the city's project manager (Owner's Rep), to make sure it comes within budget and stays on schedule with an expected completion in 2020.

As we move through the pages of our next chapter, Adjaye and associates have incorporated information from all the input and work gathered in 2015 and integrated it with the most recent input as the base for his conceptual design. In June of this year, the design architect team held multiple meetings with targeted stakeholders and the public for input. This consisted of

meetings with various members of the community such as the arts & cultural entities, city staff, library board of trustees, and parks & recreation board members. They also visited and spoke to people from different places in the city including the Hannibal Square Heritage Center, the Cornell Fine Arts Museum, the Winter Park Public Library, the civic center and Martin Luther King, Jr. Park. At the public meeting held at the civic center in June, over 200 people attended and shared their thoughts about facility amenities, technology, and the actual building site. There were various tables set up at the meeting with different topics at each table. This is where we talked about design requests such as the importance of natural light, open space, rooftop deck,

striking architecture,
Florida materials,
sense of arrival, and
a celebration of the
outdoors.

On Wednesday, September 27, at 5:30 p.m. at The Alfond Inn located at 300 E. New England Ave., Sir David Adjaye and his team will present Adjaye's concept design response to the various public input comments received. He will explain the elements incorporated into the design concept and how it is important to the



overall feel of the new library and events center. This is one presentation about our #nextchapter-wp you do not want to miss. For more information regarding the library & events center, please visit cityofwinterpark.org/nextchapterwp.



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### **Community Champions**

Mayor Teresa Jacobs of Orange County and the Board of County Commissioners recognized several Community Champions and the 2017 Distinguished Citizen of the Year- One Orlando Alliance- at the 22nd Annual Community Conference this past summer.

Since its inception in 2016, the One Orlando Alliance has served as a vital support system to strengthen the community following the Pulse Nightclub tragedy. Currently, more than 40 local service organizations comprise One Orlando Alliance, which is committed to unifying and empowering LGBTQ organizations in Central Florida.

On June 12, 2017, Orlando United Day | A Day of Love and Kindness, and Orange County joined the City of Orlando and onePULSE Foundation to observe the one-year remembrance of the Pulse Nightclub tragedy. One Orlando Alliance joined Orlando United Day with the Acts of Love and Kindness movement, which encouraged the community to honor all those who have been affected by the Pulse tragedy. By June 12, nearly 6,000 volunteer hours were reported and thousands of positive posts were shared via social media. Engaging in the movement was a respectful and loving way to remember and honor the lives of those taken and to show compassion to those who need support.

On June 12, 2016, a gunman killed 49 people and injured 68 others at Pulse Nightclub in the City of Orlando. It is considered the deadliest mass shooting by a single gunman and the deadliest incident of violence against the LGBTQ community in modern U.S. history.

In addition to Mayor Jacobs' 2017 Distinguished Citizen, each Orange County Commissioner recognized an individual in their district.



#### District 1:

The District One Citizen of the Year, Haki Nkrumah, founded *The Young Fathers of Central Florida* with the goal of improving teen fathers' participation in their children's lives. He has taught parenting classes and helped navigate the legal system for teen fathers, both for child support and visitation. He hosts an annual Father's Day week-long event and brings in experts to speak to young men. He also holds conferences to share best practices and hosts speakers from other communities with new ideas to help teen fathers. He is an advisor to Fathers in Education and is a Florida Supreme Court Certified Family Mediator.

#### District 2:

The District Two Citizen of the Year, Danyiel Yarbrough, created *New Journey Youth Center (NYJC)* located at the John Bridges Community Center in Apopka in 2009. NYJC was established to provide local youth with skills in STEM robotics, performing arts, career development, job readiness and life skills. New Journey Youth Center offers students mentoring and tutoring throughout the school year and over academic break periods. Yarbrough em-

bodies the principles of community leadership, selflessness and integrity by being an example.

#### District 3:

The District Three Citizen of the Year, Judy Blackman, has served as president of the South Goldenrod Safe Neighborhood Association for several years. She spearheads efforts in the community to motivate the community in creating activities that promote safety and enhance the visibility of the South Goldenrod Safe Neighborhood Association.

#### District 4:

The District Four Citizen of the Year, Victor Collazo, promotes good citizenship and has a true passion for his community. He has served on numerous local civic and charity boards including the Avalon Park Foundation, Avalon Park YMCA, Starfish Fund, CURE Bowl, local churches and more. From his service with these organizations, he has provided "Blessing Bags" for the homeless, raised funds for those struggling through hard times, and provided countless hours of community service opportunities for students.

#### District 5:

District Five's Citizen of the Year, Maria Bolton-Joubert, has been involved with Florida's Water and Land Legacy Campaign, Floridian's Clean Water Declaration Campaign and with Floridian's for Solar Choice Campaign. She is also involved with the Ban Fracking in Florida Campaign and the "No Foam Zone" polystyrene ban in the City of Orlando. As a community advocate, she actively encourages others to be in the know, encouraging them to attend meetings to get on public record.

 $Continued\ on\ page\ 6$ 



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### Jon Meacham Will Open Winter Park Institute Speaker Series

Jon Meacham will present "The Art of Leadership: Lessons from the American Presidency," on Tuesday, September 12, 7:30 p.m. at Knowles Memorial Chapel to open the 2017-18 Winter Park Institute (WPI) at Rollins College Speaker Series.

Presidential historian, Pulitzer Prize-winner, and contributor to TIME and The New York Times Book

Review, Jon Meacham is one of America's most prominent public intellectuals. A regular guest on Morning Joe, he displays an indepth knowledge of politics, religion, and current affairs. He understands how issues and events impact our lives and why historical context matters.

Meacham's latest Presidential biography, Destiny and Power: The American Odyssey

of George Herbert Walker Bush, debuted at #1 on the New York Times bestsellers list in November 2015. His other national bestsellers, include Thomas Jefferson: The Art of Power, Franklin and Winston, American Gospel, and American Lion: Andrew Jackson in the White House, which won the Pulitzer Prize in 2009.

Named a "Global Leader for Tomorrow" by the World Economic Forum, he is a member of the Council on Foreign Relations, a fellow of the

Society of American Historians, and chairs the National Advisory Board of the John C. Danforth Center on Religion and Politics at Washington University. Meacham is a Distinguished Visiting Professor of History at the University of the South and a Visiting Distinguished Professor at Vanderbilt.

He is currently at work on a biog-

raphy of James and Dolly Madison.

This tenth anniversary son will continue WPI's tradition of bringing intellectual leadership to Central Florida. Future speakers include basketball legend Kareem Abdul-Jabbar, astronaut Story Musgrave, artist Candy Chang, poet Billy Collins, and activ-

ist Lauren Bush Lauren.

"Members of the audience leave energized and better equipped to engage with others," says WPI's executive director, Gail Sinclair. "Raising the level of awareness about important artistic and societal issues has a profound ripple effect."

Information on the entire WPI Season can be found at rollins.edu/ WPI. Tickets can be purchased online or by calling the box office at 407-646-2145.



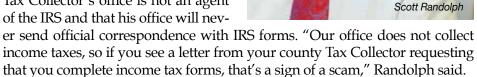
Photo by Gasper Tringale

**Orange County Tax Collector Warns Of New Scam** 

Orange County Tax Collector Scott Randolph is warning local taxpayers to be on the lookout for a potential new scam, after tax collector customers were targeted in one Florida Panhandle community.

The scam involves fraudulent letters presented on letterhead that closely resembles the local Tax Collector's official letterhead and identifies the office as an agent of the Internal Revenue Service (IRS). The letter also includes IRS forms to be completed and returned with certified funds.

Randolph emphasized that the Tax Collector's office is not an agent



Randolph said his office is not aware of this particular scam occurring in Orange County, but urged local residents to be vigilant. Scammers can be very aggressive when contacting a potential victim and often communicate in a threatening tone. Many scammers will demand immediate payment and threaten law enforcement action if a victim does not make a payment over the phone.

If you feel you've been the victim of a tax scam:

- Contact your local police department or the Sheriff's Office to file a
- Report the incident to the three major credit bureaus, Equifax at 1-888-766-0008, TransUnion at 1-800-680-7289 and Experian at 1-888-397-3742;
- Contact your bank or financial institution and report the incident to your creditors; and
- Report the incident to the Treasury Inspector General for Tax Administration at treasury.gov/tigta/contact\_report\_scam.shtml and the IRS at phishing@irs.gov



From Page 5.

District 6:

District Six's Citizen of the Year, Frank Brantley, Sr., has lived in Orange County since 1951 and has volunteered his time, talents, and money to help his community thrive. He served his neighbors in various roles including neighborhood watchman to the resident landscaper of homes along Mary Church Court and Prince Hall Boulevard, faithfully mowing their yards weekly. He annually hosts, Brantley's Family

Mother's Day Brunch, to help single mothers in the community.

The 2017 Community Conference is hosted by Orange County's Neighborhood Preservation and Revitalization Division. The annual conference provides valuable information about County services and programs that can help neighborhoods thrive and prosper. Workshop topics included information on neighborhood grant opportunities, code enforcement and social media.





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\*\* 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.

### protection and service by Winter Park Police Department



### **Celebrate October 3**

You may already be planning to celebrate National Te-

chies Day, the day on which students are encouraged to pursue a career in Technology; or National Boyfriend Day, the day designated to celebrate the often overlooked "good" things that boyfriends do. However, the Winter Park Police and Fire Departments will be celebrating National Night Out at our annual "Open House" from 6:00 to 8:30 p.m.

This year, representatives from the national sponsors, ADT and Ring, will be present as well as local businesses that specialize in residential security. Our partners from AAA, Home Depot, and the Victim Service Center of Central Florida will also be on hand to showcase safety products and services. Once again, Winter Park Lost pets along with Orange County Animal Services and the Veterinary Emergency Clinic will be on site to offer free microchipping of pets. Walgreens will be offering free flu shots to those who qualify, along with coupons and

Hot dogs and hamburgers will be served by the Winter Park Police Department and additional refreshments will be provided by Kona Ice and Chick-Fil-A.

The Winter Park Fire Department will provide information on their newest programs as well as provide bay and truck tours.

The Police Department will display the S.W.A.T. vehicle along with a patrol boat, the Crisis Negotiation vehicle, DUI simulator/driving course, and K-9 units. A crime scene scenario



POLICE . COMMUNITY PARTNERSHIPS

will be available for budding detectives.

Make sure to mark it on your calendar and when you are done celebrating technology and your boyfriend, plan on coming down to the station located at 500 N. Virginia Ave from 6:00 p.m. to 8:30 p.m. and join in a family-friendly evening featuring fun, food, and interactive educational opportunities.

### AT&T Donates \$28,000 To Heart Of Florida United Way

For over 60 years, AT&T has supported the homeless families. United Way. Today, AT&T continues this legacy of support through a contribution of \$28,000 to Heart of Florida United Way. In 2017, AT&T gave \$4 million to more than 400 local United Ways across the country.

Heart of Florida United Way will use the contribution to support programs that create lasting change in our community. For example, in the past year, the organization funded 59 programs in the areas of education, financial stability, health and basic needs, ranging from mentoring for students and job training to free health screenings and housing assistance for

"We are grateful to AT&T for their continuous support," said Jeff Hayward, the president & CEO of Heart of Florida United Way. "Last year more than 650,000 Central Floridians were impacted by a United Way program. It's our hope that we can reach even more this year."

"AT&T shares United Way's commitment to strengthening communities and improving lives," said Dan Pollock, regional director, external affairs. "Heart of Florida United Way support for programs with proven results improves the lives of our citizens by connecting them with resources and expertise that helps them succeed."



Above, left to right: Dan Pollock, AT&T and Jeff Hayward, Heart of Florida United Way



MARK MERRILL



DR. LINDA MINTLE

# DEEM BUILD STORE

Conference



9.15.17—9.16.17



DONNA VANLIERE



DARRYL STRAWBERRY

### First Presbyterian Church of Orlando

A Parenting Conference for parents of teens and pre-teens, addressing issues such as social media, addictions, anger, rebellion, abuse, cutting and much more











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### Cybersecurity awareness by Ron Frechette, The Cyber Guy

### **Don't Fall For Phishing Attacks**

down as we head into the cooler weather months and focus on our final sprint towards the holidays and end

of 2017. As part of our hunkering down process, we need add the practice of cyber vigilance to the list. We have seen a dramatic increase in breaches due to phishing attacks over the first half of 2017... and it doesn't seem to be slowing down any time soon. Most of the victims are small-midsize businesses and the general public, like you and me.

#### What is a Phishing Attack?

A phishing attack is an attempt by cyber criminals to steal our sensitive information (i.e. user names, passwords, credit card data, healthcare information) and use it for malevolent purposes. Phishing attacks are disguised as a trustworthy source, usually in an electronic communication. It can be carried out on many platforms including instant/text messaging, social media, email, or by telephone. Some of the more recent phishing attacks have been extremely sophisticated and highly profitable for cyber thugs.

#### **Case in Point**

I was recently a potential victim of a classic email phishing attack. As you will see to the left, there is an actual screen shot of the email I received. Let's take a closer look at this email and examine the things that we might consider to be red flags.

The first thing we see is the Fidelity Investments logo which happens to be a

Fall is here! Time to hunker company I have been doing business with for several years. At first glance, any untrained person would typically be comforted by the sight of the logo. This is a common tactic used by cyber criminals to comfort their prey and weaken our defensive mindset.

> Just below that we see Account Locked in big black bold letters,

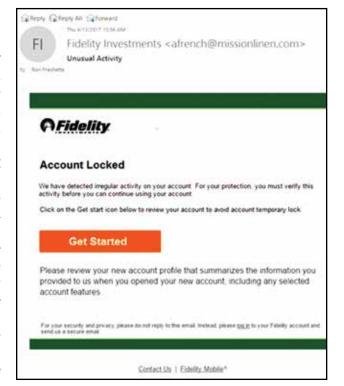
> Right below that is a big orange button that is prompting us to Get Started. I'm sure by now, we can all see the red flags here... one might think.

> But... think for a moment about how we typically behave on the computer as we sludge through emails at work day after day, or just play around in our emails clicking whatever may come into our paths of natural human inquisitiveness. I could have reflexively hit that button if I were not paying attention. If I were a betting man, I'd bet pushing that big orange button would have been the beginning of a whole lot of problems and headaches that would have most likely adversely affect the quality of my life for many years to come. The cyber criminals are betting if they send out enough of these types of emails, a certain percentage of recipients will fall prey and push that big orange button... and many do.

> This is where the practice of cyber vigilance pays off!

#### 10 Ways to Avoid Becoming a Victim of Phishing Attacks

1. Learn to Identify Suspected Phishing Emails (take some time to review this case study)



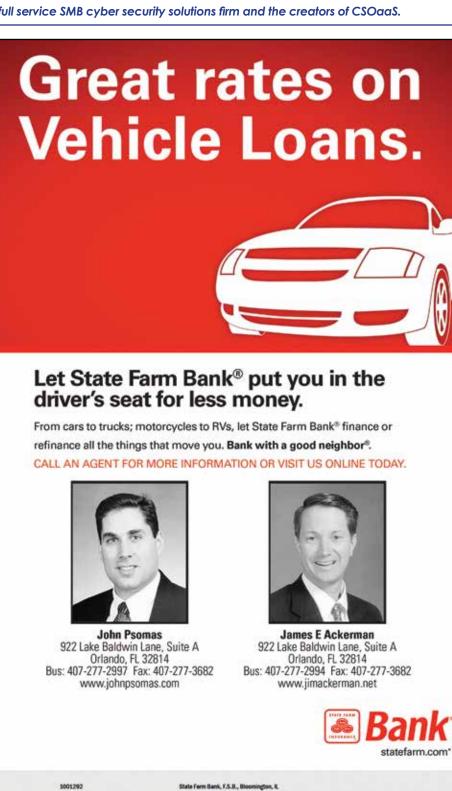
- 2. Check the Source of Information from all **Incoming Mail**
- **3.** Never Go to a Website by Clicking on Links in Emails you do not recognize
- **4.** Enhance the Security of Your Computer (set spam filters to high, patch and update frequently)
- **5.** Enter Your Sensitive Data in Secure Websites Only (must begin with 'https://)

Continued on page 9.

Sources: http://www.pandasecurity.com/mediacenter/security/10-tips-prevent-phishing-attacks/ http://www.phishing.org/what-is-phishing https://en.wikipedia.org/wiki/Phishing

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.





The Park Press | SEPTEMBER 2017

### family business perspective by Dan losue

### Are You Prepared For The Family Business Hurricane?

Transitioning a family business to the next generation can feel a lot like hunkering down for a tremendous storm. Just like the winds and rain that

push the walls and windows of a home, so too can the anxiety and stress in the family business push many past their breaking point. Often, you know the storm is coming with time to prepare, but hoping the storm will pass gets in the way of taking action. And, the closer the storm gets, the less time you have to fully prepare. It is, no doubt, stressful considering the impact of the storm, but ignoring it does not change the inevitable.

Proper hurricane preparation includes gathering batteries for flashlights or they're not of much use. Gas for the generator and the chainsaw, water for cooking and drinking, screws for the plywood, sand for the sandbags, etc. Preparing well in advance makes the task at hand less overwhelming and with

enough time, you can not only double check your work, but also catch anything that may have been missed. Whereas waiting until the last minute gives you fewer options, and you potentially end up huddled together, riding the storm out and hoping for the best. This is not the soundest strategy and sets you and your family up for potential disaster.

Just like riding out a storm, ensuring that the family business grows successfully through the next generation takes forethought, preparation, and commitment to ensure longevity. Without fail, the foundation of the business and the family will take on the wind and rain of change. You must shore it up in advance by addressing multiple factors.

Like preparing for the big storm, business succession planning consists of various interrelated steps. Not all steps need to be done at the same time. However focused intentionality on the 10 factors of the Succession Matrix are vital to ensure you do not miss any along the way, as well as set yourself

up for ensuring the legacy of the family business. Considerations need to include what your financial independence looks like separate from the business and how to build an environment to allow the next generation room to grow and learn. Family dynamics and communication will need to be functioning effectively to allow for the appropriate governance structures to be put in place. The business will need to be performing at a high level to allow for financial independence. A strong understanding of vision, mission and values will be necessary to guide the way for both the family and the business.

Rather than waiting until the proverbial storm clouds are on the horizon, act. Acknowledge that there is time to prepare. Take appropriate action in advance of the storm to greatly improve your odds of weathering the storm together and coming out of it a stronger family unit, with the business growing in value. Who knows, you might even enjoy the process along the way!

Dan losue 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

#### From Page 8.

- **6.** Periodically Check Your Accounts (look for irregularities within accounts)
- 7. Be Mindful that Phishing Attacks Come in Various Forms Through Various Industries
- 8. Phishing is a Global Issue and Knows All Languages
- **9.** If Even a Smidgen of Doubt, Do Not Click

(reject any email asking for confidential data)

**10.** Stay up to Date on the Latest Malware Threats (there are an estimated 500,00 new malware variants being released into cyberspace daily)

Upon further review of this email, I noticed in the top section the email states Fidelity Investments, but the actual email address to the right does not even reflect a fidelity address. Stopping to look for simple signs like this can keep you from becoming a victim of a phishing attack.

As we head into the fall season, make it a point to practice cyber vigilance daily and I promise your new on-line behaviors will help keep you safe in cyber which will make for a joyous holiday season!

We would love to hear from you. Please share your input or comments.



Be part of the MOVEment! Walk. Bike. Swim. Dance. Garden. Do Yoga - Just get moving for 60 days! Participate in MOVE60 and be entered to win great weekly prizes like:

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- · And more!

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Healthy Central Florida is a community-based partnership, founded by Florida Hospital and the Winter Park Health Foundation.





HealthyCentralFlorida.org

### real estate in the parks by Scott Hillman and Sam Hillman

### Getting The Look Of Luxury – Affordably

Every day we're consulting with clients about how best to stage their home for sale. There are occasions where it is beneficial to call in a professional staging company, however most of the time the work can be easily performed by the sellers themselves. Clients are always told to declutter first, and this holds true with establishing the look of luxury. Here are a few additional, easy tips that'll change your home's dynamic without spending a fortune.

Controlled Lighting. Living in Florida, the majority of our homes are built to allow for natural light by day. By night, being able to control lighting can help set the tone and mood; whether it's for a casual family evening, an exquisite dinner party, or even a romantic dinner for two. Additionally, by installing dimmer switches in the main living areas, it allows one to control any additional light needed during the day without having it drown out a room.

**Textures and Patterns.** Be selective and keep balance in mind when making these selections. Using fabric or unusual wallpaper behind an open-back bookcase will add interest in any room. Pillows should be thought of jewelry for a room; so, add textured or patterned pillows for a luxurious accent. A patterned wall covering or textured paint on the headboard wall in your

bedroom can be an effective way to add richness and enhance the warmth of the room. Add slip covers to worn chairs in your living areas.

**Metallics.** Whether you choose to use a lavish silver, modest bronze, or a lush gold, metallics can help to add a touch of luxury to any room. If you incorporate a mirror, especially one with an interesting shape, you could then paint the frame with a metallic color, such as antique gold. Keep your pieces simple, so as to not to overpower the room. It is often recommended to keep these items to only one or two pieces. Metallics can be added through light fixtures, art work, and even simple décor items.

**Focal Points.** A sure-fire way to add the feeling of luxury is to give a room a focal point. Many times this can be done by using items you already possess. Is your fireplace an overlooked detail in your home? Excellent! Perfect time to dust it off, add a mantle or even hang a mirror above it. Have a large window that provides a ton of natural light? Wonderful! Simply add a bench beneath it or a window seat to help draw the focus to its beauty. Feel you don't have a focal point to draw attention to? No problem. Add some lamps to help create and frame a cozy sitting area in your living room. Channel your artistic side and create a piece of art for your home office.

**Linens.** Window treatments will complete a room and soften a home. It is important to stay away from heavy and dark draperies. There are linens that will provide the look of silk and satin, but at a much lesser cost. Look for polished cotton, cotton sateen, synthetics, and linens – all are much easier to care for versus dry-cleaning. Dress up curtains with ribbons, tassels, and other items found in any craft store.

The Small Details. Be sure to spend time considering details at all levels of a space. Mix unique objects suitable to your tastes. Incorporate candles with candle plates or holders to add detail and scent; add flowers and greenery, such as orchids, a palm plant or a single flower in a small vase; or add a vase with spindly twigs or a bowl filled with river stones or glass to bring life into your home.

These are just a few of the details to consider and all can be inexpensive. It is often said that less is more and this is true in this arena as well. Just adding one or two special touches to each room can help to create a luxurious space. Search online and keep an eye out for craft store sales, and you should be able to find the pieces to dress up your home.

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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Orlando Business Journal

### in the garden by Stephen and Kristin Pategas



Stephen & Kristin Pategas

### Rainwater Capture

Before development, our now-urban areas were water absorbing natural areas with a wide diversity of native flora and fauna.

Lakes and rivers were clean and clear. Then, growth caused large swaths of aquifer recharge areas to be paved over and polluted stormwater was directed into storm drains that lead to water bodies. The pressure on the environment remains, as infill continues and structures consume larger footprints on sites leaving less green space.

Little water-absorbing pervious area remains after subtracting impervious roof area, swimming pools, pavement used for roads, driveways, walkways, and patios. Without intervention, these impervious areas usually direct water onto pavement where pollutants (oils, chemicals, fertilizer, and organic matter such as grass clippings and leaves) are carried to the storm drains and into our lakes and rivers. Over time, the water works its way into the aquifer which supplies drinking water.

At first, municipalities required only large developments to provide onsite retention. Now, they also have ordinances that require single family home sites with new construction or substantial remodeling to hold a certain amount of stormwater (first inch is typical) onsite, where it can percolate into the ground. Stormwater is required to be held onsite and not run off onto neighboring property. Creating these water catchment areas and setting grades to minimize runoff is an important part of the landscape design and installation process.

The design of these stormwater retention areas takes into consideration the slopes and where water flows from impervious surfaces. Rain water from roofs can usually be directed to retention areas by use of gutters, downspouts and underground piping. In many cases the retention areas can be relatively shallow so they temporarily hold only an inch or two of water. When they are this subtle they may be distributed throughout the landscape. These depressions can collect water from surfaces sloped towards them and downspouts that are



piped underground directly into them.

A side benefit is that before the water retained onsite travels down into the aquifer, some of it is used by trees and nearby plants in the landscape. If an area that captures water is always moist it can be planted with plants that thrive in those conditions. These areas are called "rain gardens."

Capture and use the water on your property to reduce potential problems with neighbors, collect rainwater for plantings, benefit the water bodies within your watershed – and never dump anything into the storm drains.

At right: An NDS Pop-up can distribute water from the end of a piped downspout.



Photos by Stephen G. Pategas/Hortus Oasis

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



With gracious hospitality and luxury accommodations, living at The Mayflower is like vacationing at a 5-Star retirement resort – with one very big perk: the guarantee of onsite quality long-term care.







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

### Back To School...

So it's that time of year when the world takes on a different pulse. Whether you have children, grandchildren,

neighborhood children at the bus stop - September brings with it the appearance of yet another beginning. What a wonderful opportunity for those of us no longer lucky enough to be part of roll call in the morning.

The beginning of the school year creates a distinct shift in the tide of the populus and I encourage you to ride the wave that's offered.

What begs for reflection? In which arenas of your life do you need a new pattern, rhythm, or routine? Which areas call for complete abandonment of that rigidity altogether?

I find myself so often presented with people who are desperate to feel "better" or longing to be "more" ... no matter their slot in life. They are often the most brilliant, beautiful, and accomplished people I know, feeling a sense of malaise over not having yet gotten to the place or achieved the piece (or peace) they so desire. They find themselves mired in the losses and longings of time passed or activated by the anxieties and the desires of that which has not yet arrived.

Why is this?

More importantly, what is the cure for this curse that ails us?

From where does this deep unrest rise up with-

If I had a hard and fast answer to this, I'm sure I would have a much larger readership than I do at present... I'd also need a much longer column to get into my theorems as to why I believe it occurs.

So, for now, let's triage a bit.

Where are your feet now... exactly at this moment. No, I mean literally.

Are they up on the couch after dinner?

Are they nestled inside your slippers under the breakfast table?

Are they crisscrossed (applesauce) in your chair? Look down at them.

Uncross them.

Don't judge them.

Place them both firmly on the ground.



(preferably barefoot)

(extra points if you can put them on the grass or a piece of the earth)

And feel the sensation of the world beneath you being as sturdy as it is.

Straighten your legs, lift your spine, pull your shoulders back and raise your arms to the ceiling (extra points if it's to the sky.)

Look up and stretch and lengthen your body to as strong and as straight a profile as it can be.

Just for a moment.

Be. here. now.

Take a deep breath and inhale the growth and possibility and gratitude of this very moment.

It doesn't mean everything has to be perfect. It doesn't even mean that you're ok with everything as it is right now.

But that stance, that deep oxygenating moment, can mean that you are ok with you as you are right now.

No matter the curl of your shoulders or the spread of your hips - in this moment, what if you are strong and brilliant and beautiful and *enough*?

What if life may always be perfectly imperfect and that is ok too?

What if focusing on just this very right now is the antidote and what if gratitude is the salve?

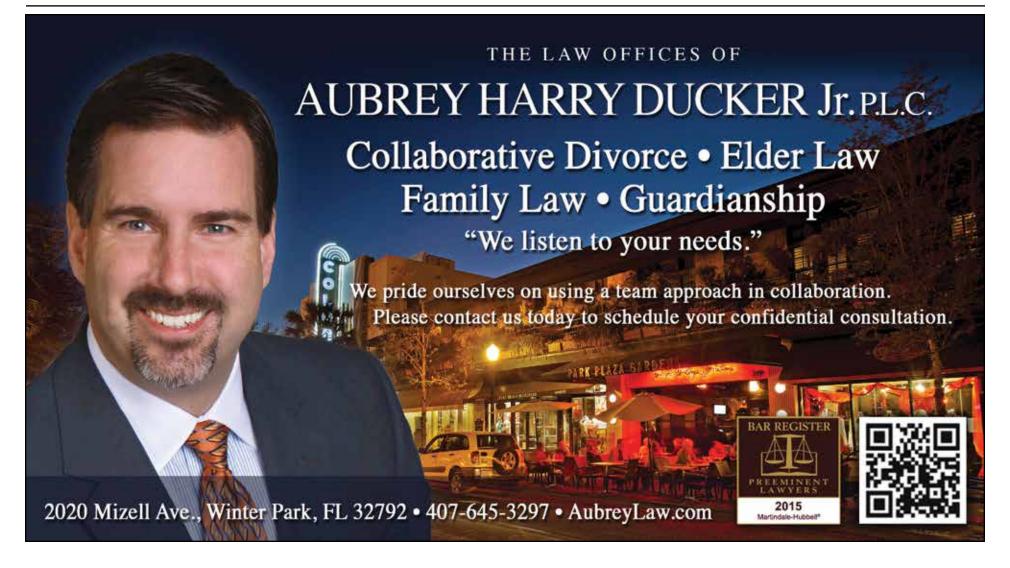
It's ok if it doesn't last longer than a moment. But knowing when and how to offer yourself these moments is key.

So, with this next roll of the tide, take a long deep breath and feel the new year/season/ month/tide/shift wash over you. Find the ways in which the moments matter and the views that make it feel meaningful.

Till the next time, 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



### Forging A New Path To Help Homeless Families

As families across Central Florida settle back into their school routines, many find themselves without a stable home to return to at the end

of the day. While some children do homework at the kitchen table and moms prepare dinner in a well-stocked kitchen, their peers might be hunched over books in a crowded car that doubles as their bedroom, and their parents are wondering where they will find their next meal. This scenario is far too common, and we need to do more for the most vulnerable families in our area.

That is why Central Florida Foundation is

proud to partner with the Central Florida Commission on Homelessness and city and local governments to test a new solution.

Our pilot program, known as Impact Families, will test and evaluate a new system of care for homeless families in Orange and Osceola counties. Impact Families will focus on the root causes of family homelessness – housing stability, employment, and income.

After an intake process, families will be assigned to a Rapid Rehousing program. Then, they'll be matched with a job placement coordinator through Goodwill Industries of Central Florida, who will assess their skills and connect them with job, education, and certification op-

portunities.

In addition, Homeless Services Network and the Corporation for Supportive Housing will



convene a cohort of nonprofit organizations and local governments. The cohort will gather case managers, employment specialists, and other resource providers once a month over a one-year period. The partners will focus on a variety of topics relevant to their work, including traumainformed care, motivational interviewing, resource mapping, and case discussions. This effort will work to align service providers around the Housing First model as it relates to families.

Central Florida Foundation will manage and evaluate the grant-making for this pilot against criteria approved by the Central Florida Commission on Homelessness. The Foundation has managed the investments in the Housing First initiative, with more than \$7 million in contributions to the Homeless Impact Fund at the Foundation.

This pilot program signifies a culture shift in the way our community helps families. By aligning around a common purpose and combining our resources, expertise, and infrastructure, we can achieve a greater impact than what was pos-

> sible before. Above all, we know that having a stable, safe, and nurturing place to live will make a profound difference for children and families in the community we all call home.



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



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

CALL US TODAY AT 407.872.3050 OR VISIT CFFOUND.ORG.

### pop culture detours by George McGowan

### Love 'Em Or Hate 'Em

Ah! September. The month we love to hate in Florida. All of our northern friends and relatives are starting to feel a chill in the air, while we still swelter. The only sports on TV seem to be the NFL and college football since the MLB playoffs and the NBA season don't start until next month. Which brings to mind the pop culture things we love to hate (or hate to love, in some cases). I have some examples for you to consider and I wonder which side of the fence you live on!

First from the world of music. Randy Newman has a new album out - Dark Matter - which is jampacked with Newman's typical grumpy look at the world and its leaders. Randy's music is absolutely an acquired

taste, one which many will not give the time it needs to grow on you. While he doesn't include his rumored song satirizing our

president on this record, he does parody the Russian leader in fine form with his song "Putin." Lyrics include: "Putin puttin' his hat on, Hat size number nine, 'You sayin' Putin's gettin' big headed?', Putin's head's just fine!" Newman mixes in some wonderful love songs among his political commentary which makes his newest album one to love, not hate.

Next, movies. I've had some great conversations regarding the movies that I love which others hate (Raising Arizona, Scott Pilgrim vs. the World) and movies I hate which others love

> lation). In all of these cases, I have and

> > Composer-singer Randy Newman has a new album, Dark Matter.

(Tootsie, Lost in Trans-

had to end the discussion (argument?) by agreeing to disagree with my counterpart. But since I have the floor, I will go on record with the following - Raising Arizona is hilarious and gets better with each viewing; Scott Pilgrim is a comic book come to life and Mary Elizabeth Winstead is gorgeous; Tootsie is a misogynistic mess with a terrible lead actor; and Lost in Translation is just plain boring.

TV may be the worst when it comes to loving it or hating it! Just the reality TV genre itself is chock-full of examples, but I will settle on just two names: Kardashian (just plain hate!) and Chrisley (must admit - hate to love!). But I will gripe about something else about TV these days - the

news media social networks are just overthe-top

obsessed with Game of Thrones! I have seen the first season and it was goodto-great. I plan to watch the rest of the episodes when I can but can everyone please stop filling my eyes with references to what has happened and crazy/awesome/nuts/mindblowing it all is? Thanks. Rant over. What are your "hate to love" or "love to hate" examples?

I can't end the month without recommending the latest album from Grizzly Bear, Painted Ruins, it is fantastic. I've also discovered some great country music over the past month, so I recommend you check out the following musicians and bands: Secret Sisters, Wildwood Kin, Twin Bandit, Whitney Rose and Jade Jack-

> son. I don't listen to country radio, but I can guess that the music from these artists are not getting enough attention. Check them

### theater in the parks by Barbara Solomon

### The Clouds Are Fabulous

THE AMISH PROJECT WRITTEN BY JESSICA DICKEY, DIRECTED BY MARK EDWARD SMITH STARRING TRENELL MOORING

So is the rest of the set. Kudos to Lisa Buck, the scenic charge, and Erin Miner, the lighting designer Not so the subject matter. It is quite dark, although there is a ray of light through the clouds.

ing in an Amish town in Pennsylvania. We see the through events different seven people all played one actress, Trenell Mooring. was excellent, especially her characterizations. My favorite was the murdered girl,

who flies through the clouds metaphorically.

Unfortunately, I found the piece confusing and preachy, constantly telling the audience how forgiving the Amish are.

In contrast, "Fences," playing next door on the main stage, is exceptionally well written, directed, and performed. An August Wilson play, it

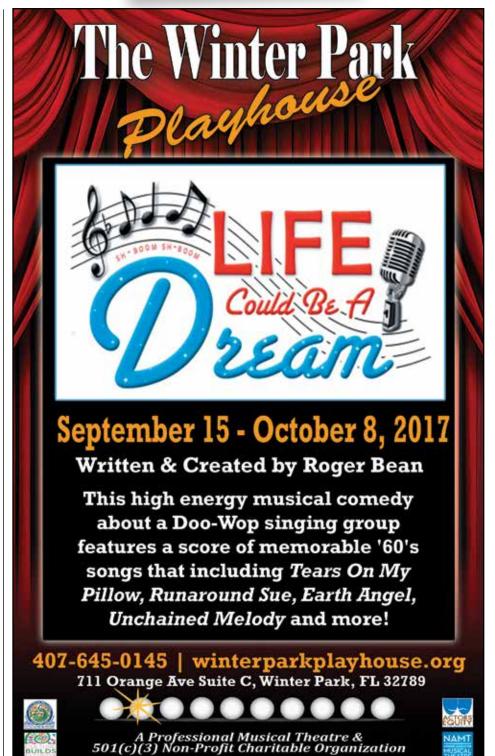
reveals the ups and downs of a black family in the '50s. Through all of their heartaches, they persevere, putting family first. Orlando is lucky that Tony Simotes moved here a year ago – his direction is simply marvelous. The story is about a school shoot- Although all of the actors were won-

derful, three stood Johnny Lee Davenport owned the stage as Troy Maxon, the patriarch of the family. His wife, played by Sheryl Carbonell, was the perfect mix of wifely devotion and wifely control. But my favorite is always Jim Bras-

well, playing the brother Gabe, a plum of a role he gets the most out of. I found this show as uplifting as "The Amish Project" is depressing. Go see them and tell me what you think.

Playing through September 10 at The Mad Cow Theatre, 54 West Church Street. For more information call 407-297-8788 or visit madcowtheatre.com.





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### schools



Welcome back Audubon Park families! We know that this year is going to be a great one! A few reminders as we head into the 2017-2018 school year:

If you were an ADDitions volunteer last year, you must reapply this year. Each school year requires a new application. Being an ADDitions volunteer is required to attend any field trips or volunteer in the classroom with students. You can find this application at additions.ocps.net.

This year the district has made some of the required informational forms digital. You can access the forms to fill them out through your Progress-Book account at parentaccess.ocps.net. You will need to click on the district link on the left-hand side to find the required forms. By completing these forms online, the updated information will link with the student information system automatically.

It is always very warm at the beginning of the year so please send your child with a water bottle for PE and dressed in light comfortable clothing. They may want to bring a light jacket for the classroom since it can get chilly in some classrooms.

Finally, meal benefits must be reapplied for also. Please make sure to fill out an updated application at https://www.myschoolapps.com to ensure your child's account is updated and active. Don't forget to check your child's account to ensure there are funds to purchase lunch. A full belly helps to have a healthy and active brain!

We can't wait to see what fun this school year brings!

## Lakemont Elementary PRINCIPAL DR. BRENDA CUNNINGHAM

The school year is off to a great start! Our theme for the 2017-2018 school year is: "Get in the SWIM of Things!" SWIM stands for Strength Within Me and we will be focusing on helping students find their passion and perseverance with their school work and extra-curricular activities.

Our Open House is scheduled for September 12 at 6:30 p.m. We invite all parents out to visit the classrooms and to see what the children are learning. Parents, please be sure to check your child(ren)'s planners each day for upcoming information regarding Open House and other events.

Our wonderful PTO, under the leadership of Paige Cooper, has



planned events to involve parents and community members. The first general PTO meeting will be right before Open House, at 6:00 pm. We are grateful to PTO for all they do to support our students and school.

Thank you for a great start to the school year and we look forward to reporting on our successes as the year progresses.





Above: St. Charles Borromeo Catholic School welcomes their students to school.

### New Faces At St. Charles Borromeo Catholic School

The new school year always brings excitement. St. Charles Borromeo Catholic School opened its doors to 323 smiling faces, 104 new to the school. SCBCS also welcomed new faculty and staff members.

Jill Voitik, fifth-grade teacher, has a bachelor's degree in elementary education from the University of Central Florida and has been a substitute teacher at both SCBCS and Annunciation Catholic Academy. She brings much enthusiasm to the classroom.

Barbara Schirard, middle school science teacher, has over 14 years' experience. She earned her undergraduate degree at the University of Central Florida and her Master's from St. Leo University. In addition to her many years of experience, she comes with the accolade as the 2012-13 Diocese of Orlando Teacher of the Year.

Celena Brown, middle school religion teacher, earned her bachelor's degree from Ave Maria University and has most recently served as the middle school Language Arts & Religion teacher at St. John Vianney Catholic School. Celena will also assist in promoting of the faith life of the school in various capacities.

Cindy Elzer was able to begin at the end of last school year in the position of receptionist and front office manager. Cindy brings a great deal of experience with her in the office setting.

Several new instructional assistants- Cecilia Wilson, Julie Bates and Karen Danisovszkyhave joined the Bulldog team in providing support to the learning taking place in the classroom.

It's going to be a great year!

# Winter Park Presbyterian PreSchool

We are so happy to be back in school! Many new families joined us this year, and we are getting to know them and also reconnecting with our returning families. Welcome all! Our staff and teachers are

thrilled that everyone is settling in and becoming a part of our WPPP family.

September is the month that we really get into the swing of things. Our weekly chapel program, art classes, music & movement classes, and afterschool enrichments all start in September.

Our WPPP families and their children are invited to an open house on Friday, September 15. Parents and children will be able to

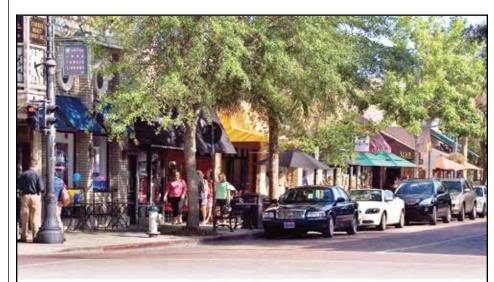
visit with the teachers, meet other

families, and see what the children have been learning during the first month of preschool. Families will also enjoy dinner and dessert. This special event is just the beginning of a very busy school year. We look forward to seeing all of our WPPP families at open house!



Above and below: kids from Winter Park Presbyterian PreSchool are busy learning and having fun with activities.





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

16 CALENDAR The Park Press | SEPTEMBER 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 Rd. Master Gardeners are available. Please stop by with your plant problem or soil for pH soil testing. Call 407-254-9200 or visit http://orange.ifas.ufl.edu/res\_hort/ for more information.

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

**September 5 The Tarflower Chapter of the Florida Native Plant Society Meeting** - 7:00 p.m. at Harry P. Leu Gardens located at 1920 N. Forest Avenue. For more information, please call 407-647-5233.

**September 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.

September 22 "One Voice Orlando: A Year in Reflection" - A special presentation in response to the Pulse Tragedy featuring a screening of "Love the Sinner" with music from Opera Orlando - 1:00 p.m. and 7:30 p.m. (a procession from Pulse to Timucua will be held before each presentation at 12:15 p.m. & 6:25 p.m.). Proceeds benefiting Proyecto Somos Orlando. For more information and tickets please visit www. timucua.com/onevoice.

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.

#### **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

#### **SEPTEMBER HIGHLIGHT**

### SEPTEMBER 22 - ONE VOICE ORLANDO: A YEAR IN REFLECTION

A special presentation in response to the Pulse Tragedy featuring a screening of "Love the Sinner" with music from Opera Orlando - 1:00 p.m. and 7:30 p.m. (a procession from Pulse to Timucua will be held before each presentation at 12:15 p.m. & 6:25 p.m.). Proceeds benefitting Proyecto Somos Orlando. For more information and tickets please visit www.timucua. com/onevoice.

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

**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.

**September 10 & 24 Camino de Santiago Series** – 2:30 p.m. at REI Winter Park. For more information and to register, please visit www.rei.com/winterpark.

**September 19 The Winter Park AARP Chapter #1047 Meeting/ Potluck** – 12:00 p.m. at the Winter Park Community Center located at 721 New England Ave. Bring a dish to share. For more information, please call 407-671-8393.

**September 25 Documentary Cinema** – 9:30 a.m. at the University Club of Winter Park located at 841 North Park Ave. For more information, please call 407-644-6149 or visit uclubwp.org.

**September 28 Camping in the Dry Tortugas** – 11:30 a.m. at REI Winter Park. For more information and to register, please visit www.rei.com/winterpark.

**October 2 Free Ballroom Classes** – Every Monday and Wednesday at 1:30 - 2:30 p.m. American style Waltz, Foxtrot, Tango, Rumba, Cha cha, and Swing. Parnter not needed. Small annual facility fee for non-residents. City of Winter Park Community Center, 721 W. New England Avenue, 407-599-3275.

**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.