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







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

# Annual Sunday Running Group Food Drive

Continuing a ten-year tradition of reaching out to the needy in our community, the Winter Park Sunday Running Group will be collecting food for The Second Harvest Food Bank. Last year's donors included:

Orlando Runners Club
Track Shack Marathonfest Marathon Training Groups
Track Shack's Galloway Marathon Training Group
Teresa Williams Sunday Running group
The Winter Park Dawgs
Pro Form PT
Park Avenue merchants

The main collection effort will take place in Winter Park on Sunday, December 10th, beginning at 6:30 a.m.,



prior to the group's weekly 7:00 a.m. run (Park Avenue and Welbourne). All runners and walkers are encouraged to join us that morning to demonstrate our solidarity with the needy in our community. Participants also are invited to join the group for breakfast at the Park Avenue Panera after the run.

## HERE IS WHAT SECOND HARVEST MOST NEEDS:

Meat in a Can **Canned Vegetables** Nonfat Dry Milk **Canned Soup Oatmeal** Pasta/Macaroni Canned Meats/Poultry Canned and Dried Fruits Evaporated Milk Rice **Drinks Beef Canned Tuna** Stew **Nutritional Drinks Baby Food Dry Beans** 

For more information please email Jack Gallagher at jackgallagher534@gmail.com.





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OS POSTAGE

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## **QUESTIONS OR COMMENTS?**

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## Publisher's Message



Rick Cable

'Tis the season where I arrive at my annual "come to Jesus" with the cold hard fact that I do a terrible job packing up our holiday decorations. Sure, each year I intend to take a little extra time to do a better job, but somehow I just "rip" it all down,

toss it in a box and relish in how fast I got all of it shoved back up in the attic.

Many of the decorations have years of history, and some will actually bring up great memories of years past. This will ease my anxiety, but not for long as I know I have the dreaded nest of holiday lights to deal with. I save them for last, hoping that all the happyhappy-joy-joy that I've soaked up reminiscing will be enough to counter my impending frustration of untangling and getting the lights to work. They all worked last year, so one would think the odds are pretty good. But chances are, I will have to make a least one visit to the holiday aisle at a local retailer for a box or two more. This is about the time I start cursing Edward H. Johnson (no relation to Howard) as he is credited with being the father of electric Christmas tree lights. Yes, the VP of Edison Electric Light Company started this evergrowing tradition with 80 hand-wired lights on December 22, 1882.



Once the decorations are all up, I'll feel a sense of pride and accomplishment. I enjoy sharing the holiday cheer, and for each of you who decorate, please know I appreciate your time and efforts very much. Oh, and when this holiday season is over, I'll just rip it all down, toss it in a box, and relish in how fast I got all of it shoved back up in the attic.

Happy Holidays to you and your family!

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

Rick Cable Founder/Owner

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## 'Tis The Season! By Tricia Cable

Power up the DVR, it is time for a walk down memory lane! One of my favorite things about this time of year is the movies. Between the old black and whites, the mediocre color options from the late 20th century, or the high definition digital offerings available post millennium, I love them all!

Although, what I truly love about all these movies, is the memories that each one conjures up as the opening credits roll. To this day, when the theme song from "A Charlie Brown Christmas" plays, I am nine years old, sitting in front of the fireplace with our first dachshund, Madchen, on the blue carpet in the den of our Schaumburg

with Will Ferrell, there is literally something for everyone to enjoy and memories to be made.

new stuffing recipe I was trying blew up like a soufflé, nothing like a little Baileys in the coffee to

This is such a magical time of the year. Whether you are a child anticipating the arrival of Santa Claus or the first day of Hanukkah, or like me, just looking forward to all the social gatherings and a chance to reconnect with family and friends, the spirit of the season is all around to enjoy.

This is also one of the most stressful times of the year and we can absolutely let that get the best of us. So, as you are running around like a crazy person trying to get everything done, just remember the true meaning of the season. Although the new stuffing recipe I was trying blew up like a soufflé, nothing like a little Baileys in the coffee to help your guests forget about that one! How about the time the directions, and a few key parts, to your three-year-old's bicycle got thrown into the fire, prior to its assembly. We all have these stories and quite frankly, they are some of my favorite memories. Not that I am hoping for chaos this year, but laughter is good for the soul, so I say, "Bring it on!"

So this year, as you sit down with family or with friends, let the goal be a simple one, enjoy each other's company. Be there for each other. Tell some-



home. Or when I watch "White Christmas," I instantly remember the first time I saw and loved that movie. I was babysitting for our next-door neighbors, and as I walked home through the fresh fallen snow at 1 a.m. that morning, I gave Rosemary Clooney a run for her money with my rendition of "Sisters." Whether you are a Jimmy Stewart and "Pottersville" fan, or an "Elf" holdout

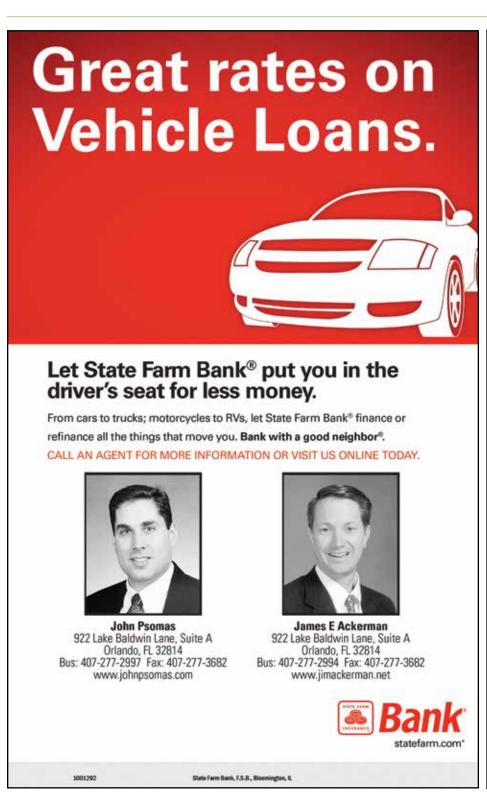
gifts are wonderful and the skill required to serve an entire dinner (while still warm) is to be respected, it really isn't about all that at the end of the day.

Think about it, what are your most treasured memories? Mine, for the most part, involve mishaps and mayhem. Like the time when the 10 foot Fraser fur in all her Christmas tree glory toppled over in the middle of a client party. Or when the

er's company. Be there for each

Not that I am hoping for chaos this year, but laughter is good for the soul, so I say, "Bring it on!"

one special how they make you feel and just how important they are to you. Tell your parents you love them and so appreciate all they have done for you throughout the years. Tell your children you are proud of them and why. Tell your friends your life would not be the same without them and you are grateful for their friendship...I know I just did!





The Park Press | DECEMBER 2017 **NEWS** 

# City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



When many of us reminisce about this time of the year, we think about being home for the holidays, enjoying time with family and friends.But there are many in our community who don't have a stable place to sleep at night, which makes all other aspects of life more difficult.

With this in mind, the Central Florida Commission on Homelessness along with Mayor Dyer, Mayor Alvarez (City of Kissimmee) and Mayor Triplett (City of Sanford) announced last month that our three cities were leading the effort to house some of the chronically homeless individuals in our communities. Out of the 129 individuals identified, 94 are from Orange County, 24 from Seminole, and 13 from Osceola. All have case management

and wrap-around services, but are in need of permanent housing. The Welcome Home Project is a two-part approach and one we hope may be a ( model moving forward as we work together to address this very real issue that affects

The first part of this strategy is raising public awareness about issues surrounding affordable housing, identifying

possible housing opportunities, organizing a direct minute class can truly save a life. Approximately mail campaign to prospective landlords, and incentivizing them to house clients. The City of Orlando

is offering a \$500 initial bonus to property owners who will house clients from Orange County along with an additional \$500 after the client stays continuously for six months.

The second part is where the community's help is needed. The Central Florida Commission on Homelessness will be crowdfunding the \$2,500 per individual necessary to cover movein costs including furnishing, deposits, and pest control, once housing has been identified. Please visit rethinkhomelessness.org for more information on how we can all work together to alleviate the cycle of homelessness.

As we look for other ways we can help each other and our environment this holiday season, look no further than recycling your used cooking oil rather than pouring it down your sink. This simple practice prevents sewer backups, which in

> turn keeps our lakes system free from overflows and spills that can run into bodies of water through our storm drains. For more

information about this and other programs that can help our environment, visit cityoforlando.net/waterreclamation or call 407-246-2657.

Another way to help your family and friends is by participating in the Orlando Fire Department's (OFD) Hands Only CPR training. This free, thirty-

80% of heart attacks occur at home but 70% of Americans feel helpless to perform CPR because they are unsure of the procedure and don't want to exacerbate the problem. Yet immediate CPR following a heart attack truly saves lives. OFD has also connected their agency to a life-saving app called Pulse Point. This app allows a user to easily find out if there is an AED device nearby and it also sends a signal out to all CPR trained registrants in the nearby area letting them know an emergency situation is occurring. We encourage all citizens to get trained and download the app today to help us prevent cardiac deaths in Orlando. For more information visit cityoforlando.net/ fire or e-mail handsonlycpr@cityoforlando.net.

By supporting our numerous city amenities this season, shopping small at our local businesses for your holiday gifts, and enjoying the many wonderful community events, you can help Orlando's economy. From enjoying the City Christmas tree at Lake Eola, to visiting Leu Gardens' Holiday House, or attending a bowl game or a holiday festival in Baldwin Park or College Park, just to name a few-you can have fun with your family and friends while supporting your fellow citizens. For more information on all of the wonderful holiday happenings, visit our newly-revamped cityoforlando.net, which now includes an easy-to-read calendar on the home page. Or check out downtownorlando.com or orlandomainstreets.com for fun events and activities for the whole family.

As we are poised to ring in the New Year, let me express my personal thanks for your support of our District 3 staff, our city professionals, and our local neighborhood and homeowner groups. Merry Christmas, Happy Holidays and best wishes to you and your family for a prosperous 2018!





## Winter Park Mayor's Message Mayor Steve Leary



As I write this, we are almost two months removed from the September 9 landfall of Hurricane Irma. The city is mostly back to pre-hurricane status, and below I provide detail to our storm-related efforts.

The city began feeling the effects of Hurricane Irma the afternoon of Sunday,

September 10. The Emergency Operations Center (EOC) had been at Stage 1 readiness since early that morning. However, we had been preparing for a system such as this for weeks and years.

When we purchased the electric system from Progress Energy Florida, now Duke Energy of Florida, in 2005, we developed plans to underground our distribution lines. Winter Park Electric serves roughly 80 percent of properties within our city boundaries. Transmission lines from our providers bring power to our substations from which distribution lines running along the streets supply power to our customers.

In 2008, we began implementing our undergrounding program and originally estimated a 20to 30-year plan to have all our distribution lines underground. We are on schedule with the more rapid 20-year plan, with roughly 60 percent of our system underground, and approximately nine years remaining to complete.

Back to the EOC - a full week before Irma hit, we had crews out hardening our system. Electric and urban forestry crews worked right up until mid-day September 10, when 35 mph winds made it too risky to have bucket trucks operating. Our police and fire-rescue crews began their preparations and worked with all other city departments and contracted crews.

Orange County issued a mandatory curfew and

our residents were advised to shelter in place beginning at 6 p.m. on September 10. Thank you for your cooperation. Police and fire-rescue were staged throughout the city during the worst of the storm to respond to life-critical situations, when needed. We had one tragedy during the storm as Brian Buwalda lost his life when he left the safety of his home to assist a friend whose residence had become compromised. Our prayers are with Brian's family.

Immediately after the storm, our crews began restoration and clean-up efforts. Initially over 9,000 customers lost power. Roughly 50 percent were restored within 24 hours and our last customer was connected on day seven. We collected over 860 tons of bagged and containerized waste, 55,000 cubic yards of loose debris, and 7,000 cubic yards of heavy wood.

While many municipalities dealt with a shortage of, or simply zero assistance from previously contracted crews, Winter Park's partners worked alongside our own staff for weeks. Thank you to Heart Utilities of Jax, Inc., Ceres Environmental Services, Inc., Tetra Tech, Inc., HDD, Davey Tree Service and A Budget Tree Service, Inc., for their commitment to our community.

In total, we had 51 electric utility individuals from Georgia who came to help. We also had 15 contracted tree crews working in the days after the storm, and five large loader trucks that came after the initial passes to remove the heavy wood.

The total cost of the hurricane response is estimated to be \$5 million, with up to \$3 million related to debris. We are working with our state and federal partners to secure reimbursement for the majority of this expense. We speak often of our fortunate cash position, with well over 20 percent of our annual general fund in reserve.

This allows us to fund these restoration efforts and seek reimbursement, instead of waiting for funds to support our efforts.

Thank you for your efforts to clean up your properties as well as help friends and neighbors bring the city back. Also, your support of our contractors and staff as they made their way through the city made an enormous impact every day. Pulling together to face adverse times reminds us of how fortunate we are to call Winter Park home.

## WAYS TO STAY INFORMED:

- Website > cityofwinterpark.org the city's most comprehensive tool
- citEnews > cityofwinterpark.org/citEnews subscribe & receive city info via email
- OUTREACH > sign up at cityofwinterpark. org/outreach for the city's emergency alert system where you can receive a phone call, text or email with important information
- Facebook > cityofwinterpark.org/facebook (@ winterparkfla)
- Twitter > cityofwinterpark.org/twitter (@winterparkfla)
- Nextdoor > sign up at nextdoor.com
- Instagram > cityofwinterpark.org/instagram used to share photos, not necessarily to post emergency information
- Information exclusively about city lakes > sign up at cityofwinterpark.org/lakes & click on "Sign up for lake notifications"
- Winter Park Police Department e-newsletter > wppd.org/newsletter

# **Boy Scouts Continue Good Deeds**

Boy Scouts with the Central Florida Council of the Boy Scouts of America recently collected more than 375,000 pounds of non-perishable food donations for the Second Harvest Food Bank of Central Florida. The Scouts went door-to-door across the region as part of their annual "Scouting for Food" event, which was sponsored by Florida Hospital.

A week prior to the event, the Boy Scouts placed 600,000 door hangers

on homes in Central Florida, asking residents to leave non-perishable items on their doorsteps for collection. With the help of their troop leaders, the Scouts revisited the homes to pick up the donations, which they then delivered to the food bank and additional pantries.

"About one in six Central Floridians are living with food insecurity, often forced to choose between a meal or shelter," said Dave Krepcho, president and CEO at Second Harvest. "Many of these people rely on Second Harvest's local network of feeding partners to get the food they need to survive. Thanks to the Boy Scouts, more than 70,000 meals will



For more information about Second Harvest Food Bank of Central Florida, visit www.FeedHopeNow.org.

be given to children, families and seniors in our community."

"The Boy Scout slogan is 'Do a Good Turn Daily.' Scouting for Food is a wonderful opportunity for Scouts to not only do their good turn, but to invite our entire community to come a priority to do our part and look fortogether to help those in need," said Eric Magendantz, CEO and scout executive of the Central Florida council. "With so many families facing hardships in our community, we make it

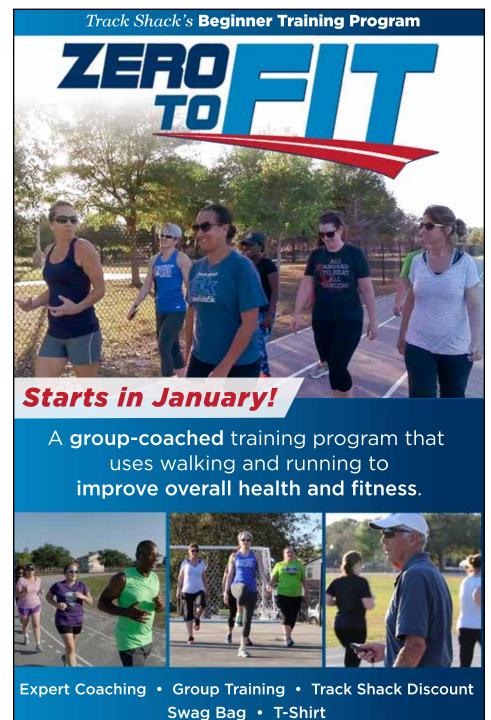
ward to this project every year."

This was an important initiative for Florida Hospital to support, as food insecurity in the region is one of the organization's top con-

> cerns." Food insecurity is a significant challenge in Central Florida that affects the overall health of our community, as good nutrition is a key to good health," said Yamile Luna, assistant vice president of Florida Hospital Community Impact and Volunteer Services. "The impacts of food insecurity are far reaching, with both short and long-term impacts. We're honored to partner with the Boy Scouts and Second Harvest on this initiative to help our neighbors."

> Donations are still accepted online on the Scouting for Food drive form. A \$10 gift can provide 40 meals to families in the community.





Start Moving at ZerotoFit.org!

Track Shack

# Holiday Ice Skating

The City of Winter Park is bundled up once again for "Winter in the Park," the city's annual holiday ice skating rink, presented by the Community Redevelopment Agency. The rink is located in Central Park West Meadow at 150 N. New York Ave., on the corner of New York Avenue and Morse Boulevard. It is open daily through Sunday, January 7.

The rink will feature discounted entry for everyone at just \$6 per skater! Snowflakes of all ages and skill levels are invited to chill out at "Winter in the Park" during the following hours:

- Monday through Thursday, 3 to 9 p.m.
- Saturday, 10 a.m. to 10 p.m.
- Friday, 3 to 10 p.m.
- Sunday, Noon to 8 p.m.

See the City website for extended school holiday hours.

Snow angels are invited to skate all day for only \$13 per skater or two skaters for \$25 (skate rental included). For a blizzard of 20 or more people,

Continued on page 6



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## Harbor House Receives State Funding For Attorneys

Harbor House of Central Florida (HHCFL), Orange County's only state-certified domestic violence organization, has received State funding through the Victims of Crime Act to participate in the Florida Coalition Against Domestic Violence (FCADV) Civil Injunction for Protection Project.

The FCADV Civil Injunction for Protection (IFP) Project funds three Florida Bar-licensed attorneys to provide free legal advice relating to, and free legal representation in, Civil IFP proceedings to individuals referred by Harbor House and other community agencies. The attorneys are available to speak with eligible individuals about how Florida laws provide for domestic, dating and sexual violence, and stalking civil injunctions, which may protect them from being hurt or harassed.

"This program has provided do-

mestic violence survivors with court representation, which is unheard of – and at no cost," said Michelle Sperzel, the CEO of Harbor House of Central Florida. "The attorney's representation allows for every stone to be turned, which typically generates a greater outcome than a survivor representing themselves."

The IFP Project attorneys' services include filing IFP petitions on behalf of eligible survivors of domestic violence, dating violence, sexual violence, and stalking, and representing survivors at final injunction hearings. Additionally, IFP Project attorneys are available to provide free representation in court proceedings to modify or extend existing injunctions, and to initiate civil show cause actions for violations of injunctions. Injunctions for Protection can secure court orders granting domestic violence survivors temporary exclusive

use of their homes and temporary child support. The IFP Project attorneys are available to assist same-sex relationship survivors. Survivors do not have to have received any other service from Harbor House to be eligible for the IFP Project attorneys' free legal services.

"The attorneys are working on the survivors' behalves daily, handling one-to-five cases each day just in Orange County," continued Sperzel. "Since the program's inception, they've worked with more than 225 survivors. Due to the program's success thus far, we've secured additional VOCA funding to add a fourth attorney."

In 2016, nearly 750 women, children and men were sheltered from domestic violence in Harbor House's temporary emergency housing facility. The organization also assisted more than 5,000 survivors through-

out Orange County through its proactive community outreach services, at 12 sites located throughout the county. Furthermore, the temporary emergency housing facility has operated at capacity since April 2017, with more than 50 percent being child survivors.

If you or anyone you know might be experiencing domestic abuse, call the 24-hour crisis hotline at (407) 886-2856 or 800-500-1119 (Florida). To learn more about Harbor House of Central Florida, visit www.harborhousefl.com.

This project was supported by VOCA-2016\_Florida Coalition Against-00842 awarded by the Office for Victims of Crime, Office of Justice Programs. Sponsored by the Florida Coalition Against Domestic Violence-Legal Project (FCADV) and the State of Florida.

# Local Blood Donors Inducted Into Donation Hall Of Fame

Dwayne Hutcheson and George Soper were inducted into the Donation Hall of Fame, sponsored by Fresenius Kabi. The Donation Hall of Fame recognizes individuals nationwide who have demonstrated an extraordinary commitment to blood donation. Blood centers across the country submitted nominations for this year's Donation Hall of Fame. Winners were chosen based on their demonstrated commitment and passion to donating blood and/or encouraging blood donation.

"It's a fitting tribute to a couple of our most dedicated donors," said Pat Michaels, spokesperson for OneBlood. "Both men have self-lessly given the gift of life to patients in need and are heroes to our community." Hutcheson and Soper are two of 12 inspiring donation stories across the country selected for the Fresenius Kabi 2017 Donation Hall

of Fame. The two OneBlood donors have each donated hundreds of gallons in their lifetimes.

## **Wayne Hutcheson**

Hutcheson has worked at Kennedy Space Center for over 20 years in Titusville, Florida, where he was raised. In his spare time, he has set up many blood drives at local churches. He volunteers on those drives to help recruit future donors. He enjoys preaching about the importance of blood donation. He likes to remind people that "blood doesn't grow on trees" and that following accidents or illness, donations can be the thing that "helps people survive, to be with their families." He believes he has encouraged more than 1,000 people to become blood donors over the years.

Hutcheson has donated more than 133 gallons of blood, platelets and plasma. Dwayne always donates the maximum amount he can in a year,



(Left to right) Wayne Hutcheson and George Soper.

From Page 5.

cool group discounts are available. If you are interested in bringing your whole igloo to celebrate birthdays, special events, private parties, or corporate holiday gatherings, the rink is available for rental opportunities. Advance reservations are required for private party and group events, to avoid an avalanche of skaters.

Holiday music, games, special guests, and so much more will flurry around as you enjoy "Winter in the Park"! For more information, including the event calendar, please call 407-599-3203 or visit cityof-winterpark.org/witp.

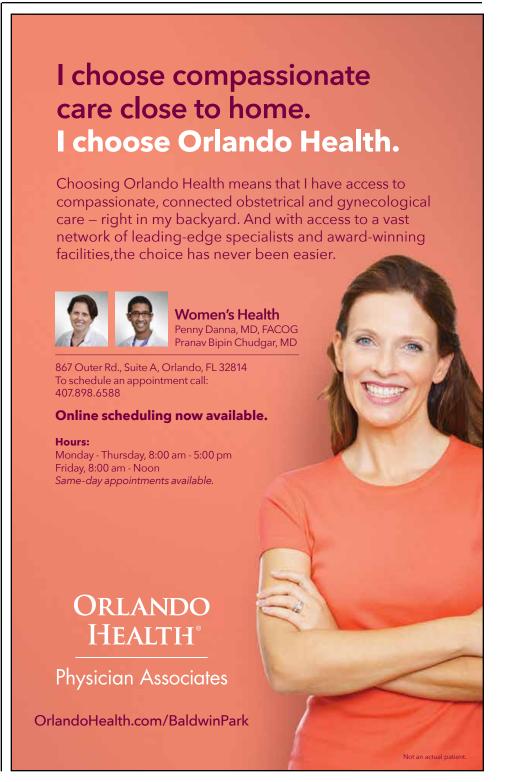
because, as he says, "It's more important to give than receive."

## **George Soper**

Soper originally started donating blood when he was just 20 years old, at the start of his 23-year career in the U.S. Navy. Whenever there was an appeal for donors, he was ready and willing to serve. He has retired from 15 years teaching high school science in Satellite Beach, Florida. He remains actively involved in many school ac-

tivities, helping out with the drama club and the volleyball, basketball, and softball teams at Satellite High and Eastern Florida State College. He still finds time to donate platelets every two weeks, 24 times a year.

Over the span of 26 years, he's donated a total of 141 gallons of blood — helping to save approximately 3,384 lives in the process. George is truly a hero, and admired by many in his dedication to the cause.



WINTER PARK

## protection and service by Winter Park Police Department

# Ho...Ho...Holy Cow...The Holidays Are Here Already!

Whether you are one of those people who look forward to the holidays or the person who dreads the holiday party invitations, one thing that you can definitely count on is the fact that they are here again and the crime trends that accompany them will begin to show up! To keep you and your family safe and drama-free, here are a few tips to keep you jolly through this time of year.

- When out searching for that perfect gift, don't forget to "keep your head in the game." Pay attention as you walk from parking lots to stores. Always check your surroundings and do not bury your head in your phone.
- If you carry a purse, keep it close to your body. While walking down a row of parked cars, place the purse on the parked car side of you to prevent anyone in a moving vehicle from attempting to grab it as they drive by.
- With the arrival of fall came the time change, causing it to get darker earlier. Try to park in well-lit areas.
- When unlocking your car doors remotely, wait until you are almost to your vehicle

to avoid any possible Scrooges from entering your car before you do.

• Place packages in the trunk of your car or under the cargo cover in your SUV as quickly as possible so as not to advertise to any looky-loos in the parking lot that someone in your life is getting that "got to have" present.

When that day has arrived and the gifts are opened, take time to document any serial numbers and, if possible, photograph the item(s) and serial numbers for future identification in case the item(s) is/are stolen. If you have large or "big ticket" items, do not dispose of the box at your curb. This is just an advertisement to potential burglars that there is something they may want inside of your home. Instead, stop by the Winter Park Police Station between December 15th and January 5th and take advantage of our Cardboard Crime Container (large dumpster located on Swoope Avenue at Virginia Avenue) and dispose of all those boxes!

The Winter Park Police Department wishes everyone a joyous holiday season and nothing but good things for the New Year!

Stay Safe!









Mayor Teresa Jacobs of Orange County has launched the 2017 Holiday Heroes Toy Drive. This is the seventh year Mayor Jacobs and her team have organized the toy drive, which serves local children in need (from infants to 18-years-old). Residents are encouraged to bring new, unwrapped toys to participating drop-off centers. No cash or gift cards can be accepted.

Last year, Orange County collected more than 7,000 toys for area children. Since the Toy Drive's inception in 2011, more than 24,000 toys have been donated to children and families in need.

Donations will be delivered to children in need through the Orange County Neighborhood Centers for Families, Wraparound Orange, Orange County Public Schools' Homeless Program, United Against Poverty, and U.S Corps Reserve Toys for Tots. Mayor Jacobs' Holiday Heroes Toy Drive lasts until Dec. 14.

Special thanks to WOFL FOX 35 for its sponsorship and media partnership again this year.

## Donations can be dropped off at the following locations:

- Orange County Parks & Recreation Facilities
- Orange County Administration Office 201 S. Rosalind Ave., Orlando, 32801

For a list of additional drop-off locations and more information, visit www.ocfl.net/holidayheroes.

In addition, Orange County Animal Services has created a promotional campaign - Give Love, Get Love. By simply bringing in an unwrapped toy to donate to Holiday Heroes, adoption fees will be reduced to just \$10 during the month of November.





Why The Shift?

billion

attacks pulverized the general public and

small businesses. Sadly enough, it's only just

beginning. Large companies have had their

share as well, such as Equifax, Google, and

several others. But most of the cyber-criminal

activity in 2017 was focused on smaller targets.

can we reverse this trend to avoid becoming victims?

Why the shift towards "the small guys" and how

Why #1 - The online human attack surface will

reach six billion people by 2022 - currently 3.8

Why #2 – Larger enterprises c are more secure

Why #3 - Most small businesses and the general

The world has launched into the Digital Age so fast that many of us are just waking up to it now.

Cybersecurity is a buzzword we hear in the media

on an almost daily basis. But larger companies have

been dealing with malicious hacking issues since

the beginning of the internet. Over time, they have

increased their cyber security defenses, making it

harder for cybercriminals to penetrate. As a result,

attacks. Small business owners and the general

public are easy targets for cybercriminals.

today - harder to penetrate.

## Cybersecurity awareness by Ron Frechette, The Cyber Guy

# Cybersecurity Year in Review and Future Trends

As we reflect on 2017, public are especially vulnerable targets. In 2016, over it will most likely be 50% of cyber-attacks were against small businesses. The cybersecurity community and major media outlets predict that cybercrimes will cost the world phishing and ransomware \$6 trillion annually by 2021, up from \$3 trillion in

outlets predict that cybercrimes will cost the world \$6 trillion annually by 2021, up from \$3 trillion in 2016. It's like the California Gold Rush for cyber thugs. The time for us to act is now.

Noteworthy thoughts about the state of cybercrime:

- Ginni Rometty, IBM's chairman, president and CEO, said, "Cybercrime is the greatest threat to every company in the world."
- Billionaire businessman Warren Buffet takes it a step further and says, "Cyber-attacks are the number one problem with mankind, even worse than nuclear weapons."
- Ransomware attacks on healthcare organizations — the No. 1 cyber-attacked Industry — will quadruple by 2020.



## **Reversing The Trend**

It starts with us as individuals. We need to get educated, diligently practice good cybersecurity hygiene, and embed these behaviors into our daily lives. Like brushing our teeth. Of course, there is always the option of reverting back to old days of relying on the telephone and U.S. Postal Service. Unfortunately, the postal system and telecom companies rely too much on today's Digital Age technology. There is no going back.

My hope is that over the past year, our readers have been able to protect themselves better by reading *The Park Press*. We have covered various topics about cybersecurity filled with tips on how to avoid becoming a victim of a cyberattack. They are all available for review online in *The Park Press* archives.

We need to be especially vigilant through the upcoming holiday season as we traditionally see a rise in online criminal activities. Read, "Don't Fall for Phishing Attacks" for a holiday refresh.

Our plan for 2018 is to get more granular with our readers and provide a more detailed view of things they can implement into their daily lives to keep them safe in cyber. If you have a cybersecurity topic you want to learn more about, please let us know. Send me a tweet @GoldSkyRon.

Wishing you all a Blessed Holiday Season and New Year filled with Joy and Peace!

cybercriminals have shifted their focus to those lesseducated and equipped to protect against cyber-Wishing you all a Blessed Holid

Sources: https://smallbiztrends.com/2016/05/cybercrime-targets-small-businesses.html; https://www.csoonline.com/article/3153707/security/top-5-cybersecurity-facts-figures-and-statistics-for-2017.html

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

# family business perspective by Dan losue

# Replacing "What You Do" With "Why You Do It"

I recently had a late lunch with my good friend, George. Ten minutes late, I entered the restaurant feeling rushed, but

also feeling energized after the phone conversation I had just ended.

Apologizing for my delay, I explained to George the call was with a business owner interested in engaging our firm to help transition the business to the fourth generation of ownership. Being the gracious guy that he is, George replied inquisitively asking how the conversation went. "Well, you

know, George, this was the second conversation with her about who we are as a firm, what we do, and how we do it."

I continued to share more with George. As I was doing this, I could feel myself swelling with pride. "We are a quirky group of individuals with a diversity of backgrounds and professional experience. But what makes us unique is that we all have an absolute passion for what we do. We do everything we can to facilitate the continuity of a business THROUGH the next generation of ownership and management," I said

wide-eyed and smiling. "That sounds awesome," George remarked and then continued with, "The passion I hear in your voice and see in you as you're talking is powerful in a way that if I were someone in need of your firm's services, makes me want to do business with you." He then shared, "It would be important to me to know who you are, why you do what you do and how you work." Nodding in agreement, "But?" I replied with a short laugh. Taking a deep breath, George said, "Well, I would challenge your thoughts on 'what you do'." "Really?" I blurted, "How so, George? I feel like I'm pretty



thorough." George responded, "No, no, I completely agree with you there! However, talking to me about what you do is exactly what you said, it's a DESCRIPTION. In my opinion, you are conveying your passion when you talk about the WHY."

A light bulb went off in my mind, "YES!" Why we do what we do is at the core of who we are. Our "why" is the belief that we are able to make a tremendously positive impact in the lives of our clients, their families, and all of the extended people reliant upon the continued success of their business. It's why we do what we do that's important to

us, and as a result, is most important to people in need of our help.

I also realized that the why we do is where the passion rises inside every one of us, regardless of what we do. When we allow ourselves to let that passion show, it becomes infectious. Passion also allows for more connectivity with the other person or people. It removes the barrier of others needing to know the "description" of what you do (or as I might say, the tactical execution). You have moved their focus from concern about "the what" to "the why."

## in the garden by Stephen and Kristin Pategas

# Challenge Us 4.0

We continue to love a good challenge when it comes to consulting or designing a garden. We encourage our clients to share their concerns with us. To share them with you we created this list and added our solutions.

Stephen & Kristin Pategas



The maintenance crew won't let our hedge grow up to the height we want. - After notifying the company to change their practices, pound some stakes of metal rebar into the ground with the top at the height you want the plants to grow up to. The stakes will stand up to the shears and get their notice. Another option is to hang a bi-lingual sign on the plant.

Every time a frost or freeze is predicted, we struggle to figure out which plants need protection. – Homeowners and service personnel would benefit from the Design Intent Document we offer. It inventories the plants in a garden and provides the following information: suggested mature heights and widths, time of year to trim if they flower (preserves the flower buds), cold protection required, and other cultural information. Otherwise some research using a combination of books and web sources should do the trick.



Our new house has a landscape with weed mat everywhere and weeds are still sprouting all over the place. What's the deal? – The power of marketing has sold millions of square feet of a mostly useless product that is a waste of petroleum. Mulch on top of weed mat decomposes into soil and provides conditions for weeds to grow. Remove the useless weed mat and apply mulch directly on the soil. Maintain a 2 to 3 -inch depth of organic mulch such as pine bark or leaves from trees in the neighborhood. As the mulch slowly decays it will add organics and feed the plants just like they do in forests.

We planted all native plants and some of them look terrible. I thought natives are bulletproof? – Whether the plant is native to California, South Africa, China, or Orlando, to



thrive it must be planted in the right soil (pH and soil drainage) and light conditions and then obtain the necessary water and nutrients. Usually, urban areas have soils very different from the soils of Florida native plant habitats. Research the conditions in your garden and what the plant requires before purchasing them.

The wound from a branch removed from our tree is not healing. – Unfortunately, the damage has been done and the tree may never properly

seal off the cut. Make sure future branch removal cuts are made just outside the branch collar that can usually be seen as a ridge or swelling on the branch near the trunk. If in doubt, leave a slight branch stub which will rot away naturally.



All photography 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



In a serene, park-like setting with gardens, ponds and a walking trail, The Mayflower provides a plan for a sustainable future in a resort-style environment where residents like Bob and Linda Maraio continue to grow and thrive.









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

# 2017 Market Update

look back at how the current market conditions compare to the previous year. This year had its ups and downs, but overall the state of the Central Florida real estate market is healthy. The 2017 market has been active, and while single family home prices have continued to increase at a steady rate, inventory (active listings) has been on the decline across the region. Central Florida continues to be a desirable location, and earlier this year U.S. News and World Report named Orlando as one of the top 25 most desirable places to live in the country.

Orange County's reduced inventory of single last year, while closed sales fell. Homes are staying

As 2017 comes to a close, we family homes has begun to lead to a decrease in total closings. These factors, combined with homes selling faster, contribute to a market which is very appealing to those selling. Condos and townhomes have seen an inventory decline at an even more rapid pace, dropping 19.7% when compared to the end of the 3rd quarter last year. Closed unit sales of condos and townhomes rose slightly, which, when coupled with the decrease in new listings, will potentially create an even more favorable sellers' market down the road.

> Similarly, Seminole County's single family home prices continue to rise, increasing 7.6% from

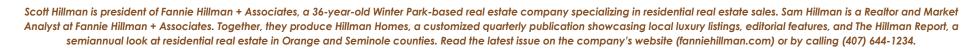
> > on the market for an average of a mere 42 days. All these factors combined are quite agreeable for sellers.

> > In Winter Park's zip code 32789, home prices increased 7.3%, with inventory and closed sales declining at a similar pace compared to this time last year. Furthermore, time on the market

decreased slightly, while overall supply numbers remain healthy, indicating a fairly balanced market. Condos and townhomes actually saw an uptick in both new inventory and closed sales. Units are continuing to sell relatively quickly, while overall inventory remains consistent. If these trends continue we could see market conditions begin to tip in favor of the buyers in the condo and townhome space.

One would be remiss not to address the impacts that Hurricane Irma had on the real estate market in Central Florida. Irma caused damage and flooding in many areas which created a slowdown in the market towards the end of the 3rd quarter. The hurricane took some people's thoughts from listing and buying to recovery and repair. The good news is the beginning of the 4th quarter is showing signs that there will be a return to an active real estate market in Central Florida. We do wish all those negatively affected by the hurricane are doing better and are on the road to recovery.

Overall, the Central Florida real estate market is solid. Home prices are on the rise, inventory continues to decline and homes are closing quickly, and while Hurricane Irma caused a pause in the market, it appears people have begun to catch their breath. We anticipate a strong finish to 2017 and look forward to the New Year ahead.



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

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Orlando Business Journal

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



**Enough...** 

It's that old familiar time of year marked with food, celebration, family, friends and... Excess. Something happens with the turn of the weather and, come Thanksgiving, all

of a sudden what started as a completely normal month takes a flying leap into the madness and overindulgence of what we explain away as "the holidays." We cook, eat, buy, stress... too much.

Despite best intentions every year for 'this year to be different,' most of us never seem to escape the vortex of all the 'to-dos' and 'to-gets.'

We begin, with a frenetic energy, to overstimulate each of our senses and then indulge them in equal measure. What could, and certainly should,

be a soft and tender time of year turns into an aggressive growl of acquisition and gluttony.

The more lights, the more parties, the more dinners, the more presents, the more food, the more drink, the more... the better.

Is it?

Clinically speaking, this is a time of year that is painfully wrought with angst and disappointment. Salve-less hurts and subconscious microaggres-

sions. This is a time of year when people begin to rapidly run from who they truly are and race towards some unconscious notion of who the world, industry, marketing efforts, friends, family or the proverbial Joneses would want them to be. This is the time of year in which we feel smothered by never fully satiating excess.

Completely sound and sane parents begin consuming at feverish rates to acquire their children the biggest, best, greatest quantity, and most lavish gifts, despite the negative impact it has on their budgets or, more importantly, their children's souls.

Seemingly happy couples fight about money, time together, lists of duties, and familial obligations. Rational human beings begin to automatedly and methodically check off lists of "people for whom to buy" one by one, irrespective of wish or thoughtfulness. Gifts which are so often not procured because they are reminiscent and 'perfect for' a loved one but rather by compulsive mandate. Lists must be checked and presents must be wrapped and accounted for. Children begin to eye every possible desire of their imagination (driven by the magic of television and advertisement) with the understanding that if they are 'good' they will get everything they may want.



did we all unwittingly board that finds us racing away from that which is meaningful and important during this time of year? To where did the grace, generosity, soulfulness, Godliness and love go? This is a time of year that is supposed to be marked by the depth and breadth of spirituality, family, togetherness and wonder. This is the time of year when families are supposed to gather and delight in one another's very essence. This is the time of year where the gently falling snow is supposed to serve as the metronome for our pace and interactions. This is the time of year when children (and adults) remember what it means to be

part of something greater than themselves and what joy and gifts can be found in giving rather than receiving.

Is this how your holiday season looks?

If so, I tip my hat to you and yours. You have figured out not only what the holidays truly mean, but you've also maintained your ability to hold sovereign what it means to be good and holy and true amidst the tapestry of more...

If this is not how your holidays look, why not? Perhaps we have found our way far from whom we truly are and that which we truly believe, due to a loss of meaning and accuracy. Perhaps we have societally lost the meaning of "enough."

Our homes, our closets, our pantries, our What happened here? What unmanned train schedules, our children, our lives are enough.

> In fact, most importantly, we are enough.

> Thanksgiving is supposed to kick off the time of year where gratitude reigns supreme and the milk of human kindness flows freely... I recognize that in many ways it does; but in so many ways it also gets lost in the frenzy. May I encourage you to take this moment to breathe in deeply and set an intention as to what this holiday season will look like for you and

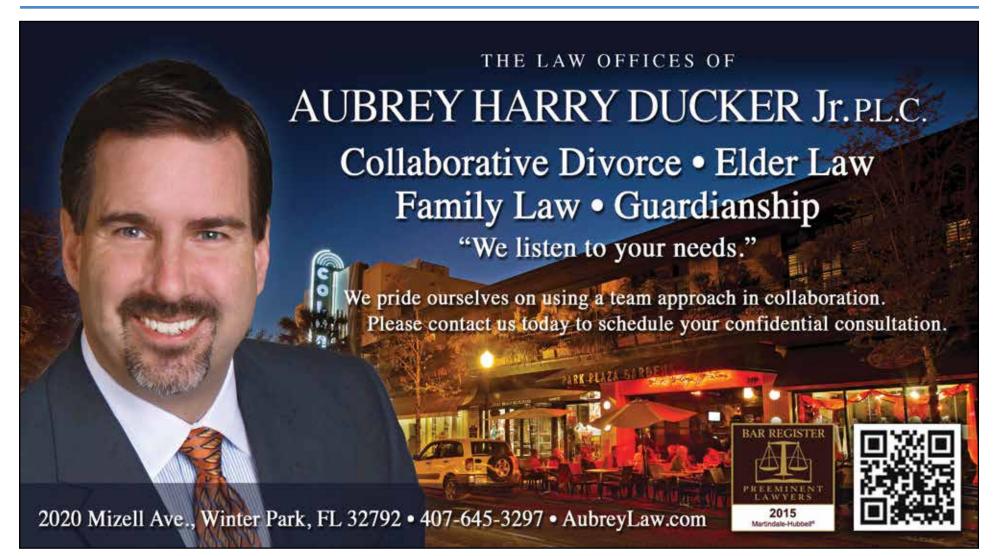
your loved ones?

In what ways will you safeguard your heart and your mind against the pressing insistence for more. With what words will you remind yourself (and others) that you are enough and that we live in a place of abundance rather than scarcity... and thereby let us share it.

With my wish to you for a truly joyful, soulful and meaningful holiday season; I thank you for being enough.

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.



# **End The Year By Helping Others**

planned giving by Rachel Calderon

Many of us became "accidental givers" in 2017, as we reacted to the tragedies and crises that roiled our hometown, as well as the world.

This year presented us with many opportunities to be generous with our time and money - whether it

was writing a check for the victims of the mass shooting in Las Vegas, or helping a neighbor clear a downed tree limb from Hurricane Irma.

These acts of kindness, no matter how small, keep our community strong. And as the year winds to a close, it's a fitting time to consider what type of giving we want to engage in now and in the future. That's what we call purposeful philanthropy.

At Central Florida Foundation, we stand ready to help you identify and support the causes and nonprofits that you care about - and make a lasting impact through stronger giving.

Because of tax consequences and possible write-offs, the end of the year is often the time that people pay extra attention to

giving. That's particularly true when a life-changing event has happened or is on the horizon, such as coming into an inheritance or reaching the age of 70½, when we must by law start drawing down our 401(k) retirement plans.

We can offer advice on how to maximize your contribution in a variety of ways, whether contributing to an array of existing funds or striking out on your own with a cause that is vital to you.

Take, for example, our Hurricane Irma Relief

a giving circle at CENTRAL FLORIDA FOUNDATION



**WOMEN STRONG** 



At left, Leslie Hartog is the Co-Founder and CEO of Community Seal and is pasionate about helping nonprofits increase their impact. At right, Avani Desai, is the Co-Chair and the Executive Vice President and Shareholder at Schellman \$ Company. She has a strong passion for helping women and children.

Fund, designed to aid nonprofits serving our region. While many nonprofits were fortunate to weather the storm unscathed, others had damage to their buildings or other operational challenges. Thanks to generous community support, we issued grants totaling more than \$50,000 to help nonprofits get back to business as usual.

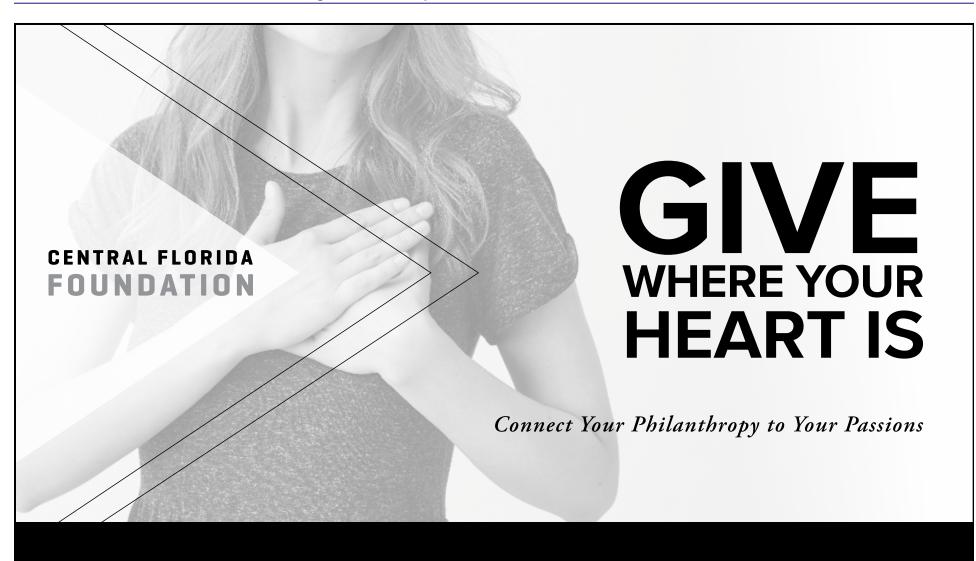
> Another possible route would be the one followed by one of our board members, Avani Desai. Avani, an executive with an IT compliance firm, and her husband Neeraj, a maternal fetal medicine physician, wanted to give back, in part to show their two young children that it's the right thing to do.

> Passionate about women's and children's issues, the couple began their philanthropy journey at the Foundation. As co-chair of our 100 Women Strong giving circle, Avani also gives generously of her time and influence.

> As you can see, when it comes to practicing more intentional giving, there are countless ways to direct your resources and align with others who share a similar objective. Exploring your options for how to

make your community the place you want it to be starts with a conversation. At Central Florida Foundation, we are happy to help you take the first step.

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



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

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

CONNECT WITH US AT 407.872.3050 OR VISIT CFFOUND.ORG.

## pop culture detours by George McGowan

## The Sacred And The Profane

Have you ever heard of the phrase "the sacred and the profane"? It is often used to describe our fascination in equal measures with both the amazing (or awesome) and the seedy (or mundane) in our human life. In popular culture, artists hit a "sweet spot" when they combine the two - think of the dichotomy of Elvis Presley combining his love of gospel music with the devilish new "rock and roll." I believe it reflects an internal need for humans to seek out things that combine the two into a superior "whole."

Some have simplified this phrase by encapsulating sacred as our religious experience and profane as everything "popular" and earthly, including our popular culture. Let's go to the source of all wisdom, Wikipedia, which states that "the sacred-profane dichotomy is an idea posited by French sociologist Émile Durkheim, ... the sacred represented the interests of the group, especially unity (through religion) ... the profane, on the

other hand, involved mundane individual concerns." Especially interesting is that Durkheim "... explicitly stated that the sacred-profane dichotomy was not equivalent to good/evil. The sacred could be good or evil, and the profane could be either as well." In other words, the sacred is that which transcends the everyday while the profane is the everyday (as one website I consulted puts it depressingly: "our jobs, our bills, and our rush hour commute").

With this sociology lesson behind us, let me suggest two items of popular culture which I consider "sacred" and two others you may describe as "profane." Two treasures of popular music, Miss Sharon Jones and Miss Mavis Staples, have graced the world with their voices over the last many years. Sadly, Miss Jones died last year but before she passed, she was working on new music. The result is the album "Soul of a Woman" which is a fine final recording by this fantastic singer and performer. Her album ends with a gospel wonder named "Call on God" which is a must-listen during these times. Miss Staples is, thankfully, still here and putting out challenging and important music herself. Her latest is "If All I Was Was Black" and it is the best of her recent collaborations with the producer and musician Jeff Tweedy of the indie-rock band, Wilco. The album is full of wonderful lessons and I recommend "Try Harder" in which Mavis acknowledges the evil within her and that she needs to "try harder" and not pretend that "she is as good as she will ever be." A good lesson for all of us from one of the best teachers in popular music.

I must also acknowledge my admiration for the "profane" in popular culture, including two recent TV shows - "Liar" on Sundance TV and "The Deuce" on HBO. "Liar" is a timely study of the effects of "toxic masculinity" in our culture and contains some great performances of some uncomfort-



able material. "The Deuce" is an immersive trip to the bad old days of the "skin trade" as offered in Times Square, New York City in the 1970s. In this series, we get the bad

and worse, but somehow we find solace in the humanity of the characters, which adds up to an admirable and worthwhile combination of both the sacred and profane.

# theater in the parks by Barbara Solomon

# **How Lucky Can You Get?**

**DADDY LONG LEGS** WRITTEN BY PAUL GORON AND JOHN CAIRD **DIRECTED BY ROY ALAN** STARRING LARRY ALEXANDER AND HANNAH LAIRD

Lucky us, the Playhouse has get that nowadays, sweet and deep outdone itself with this show. The set, designed by C. J. Sikorski and built by my friend Daniel Cooksley is marvelous, the performers are marvelous, the direction is marvel-

ous, and the story is marvelous! It is a tale of a young orphan and her wealthy benefactor who sends her to college on the condition that she write a letter to him every month telling of her college life and studies. The letters are charming, sung by them both, and he soon falls in love with her. Of Larry Alexander stars in "Daddy Long Legs"

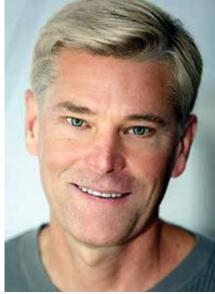
course, complications ensue, but all's well that ends miss it. well.

ry, a refreshing change from shows with great songs but not much of a storyline. How many times do you

at the same time? And philosophical here and there. Larry Alexander not only has an amazing voice, he can act as well. So can Hannah Laird. She sang my favorite song, "Like Other

Girls" to perfection.

The other great song was "The Secret of Happiness," which gave meaning to the story. Sung in both acts, the line "living in the now" sums things up pretty well. The past is gone, the future is unknown, but today is the present, take it as a gift. And today's present was "Daddy Long Legs," don't



now playing at The Winter Park Playhouse.

Playing through December 17 This is an utterly charming sto- at The Winter Park Playhouse, 711 N. Orange Avenue. For more information call 407-645-0145 or visit winterparkplayhouse.org.



# On The Edge

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**ORPHANS** WRITTEN BY LYLE KESSLER: DIRECTED BY MARKCO DIGEORGE STARRING ADAM MINOSSORA, ZACK ROUNDY, AND ALLAN WHITEHEAD

Since the demise of Theatre as we sit in the intimate theater. Downtown, we have been wishing for something to replace it. Theater on the Edge has answered our prayers, presenting brutal American realism in the tradition of Frank Hilgenberg's early productions.

I was blown away by the acting, the direction, and the set. All three men were superb, but I felt Adam's portrayal of Philip was right on the mark. Samantha DiMarco's set was perfection, right down to the vintage wallpaper and working TV and refrigerator. She has a love of hyperrealism, and it shines through

Though an intense drama, there is some humor as well. It is the story of two orphaned brothers, now out on their own. The elder (Zack Roundy) is controlling and temperamental, while the younger is sweet and naïve. When Treat brings home Harold (Allan Whitehead), he changes their lives forever.

Don't miss this story of relationships and growth. Playing through December 3 at Theater on the Edge, Hansel Avenue. For more information call 407-334-1843 or visit www. TheaterOnTheEdge.org.



Photo by Monica Mulder.

BARB'S BEST BETS FOR DECEMBER: "DADDY LONG LEGS" AT THE WINTER PARK PLAYHOUSE, "ANNIE" AT THE GARDEN THEATRE, AND "BORN YESTERDAY" AT THE MAD COW.

## schools



According to the 2013 UN Projected World Population Report, by 2065 French is projected to be the third most spoken language on Earth, after English and Chinese. The goal of the Alliance Française of Greater Orlando (AFGO) is to propagate the French language abroad.

The Alliance Française, founded in 1959, accomplishes this mission in two ways in Central Florida.

First, through the language school, where French is the major language being taught (check our website's "School" page.) Second: AFGO propagates French culture through social events, with a mix of small and big events.

Each month there is a potluck picnic, followed by the traditional French "pétanque" ball game, at Mead Botanical Garden in Winter Park. Proposed is a monthly movie night with a potluck dinner followed by viewing a French movie, subtitled in English.

There are several major events each year, such as the Christmas party (Dec. 2 this year), Crêpes party (January), Book Fair (March), Spring Grand Picnic (April), Independence/ Bastille Day (July), Wine and Cheese party (November). For each of these events, members and non-members are invited to participate.

Whether you are interested in the language courses, social events, or membership, you are invited to visit the website: www.aforlando.org.



The goal of the Alliance Française of Greater Orlando is to propagate the French language abroad.



# Audubon Park Elementary PRINCIPAL ANNA FERRATUSCO

The holidays can be a chaotic time at an elementary school as the students prepare to celebrate in their own individual ways. While receiving a physical gift can be exciting, sometimes the best gift is the gift of time. During the month of December, teachers are given the "Gift of Time" where they are given a large enough amount of time to go off-campus with their team and enjoy a meal together and each other's company. Their classes are taught by a member of the administration team so that no instructional time is lost and they know their students are in safe hands. This allows teachers some time to relax and get to know their team on a personal level. They typically return feeling refreshed and appreciated!

From everyone at Audubon Park Elementary, we hope you have a wonderful holiday season filled with family and lots of laughter. We wish all our students a restful break with plenty of extra time to play. Happy Holidays to all and see you in 2018!



# Brookshire Elementary PRINCIPAL SUSAN MULCHRONE

There are a lot of great things going on at Brookshire Elementary. In November, one of our fourth-grade classes participated in a "Bubble Lab." They created bubble wands for this hands-on approach to their science lesson.

The students of Brookshire also participated in our Veteran's Day Ceremony on November 10th where we paid tribute to the men and women who risked their homes, security, and their lives for us and our country.



## **Dommerich Elementary** PRINCIPAL KAREN VERANO

Dommerich Elementary students worked collaboratively this fall to create new grade level signs for our Community Garden! These signs were generously cut out and prepared by a Winter Park High School student, Findlay Lyons - a former Dommerich Chief! Findlay has been working with the Dommerich PTA Garden Committee over the past year to carry out and implement a \$500 grant she was awarded through



Disney Summer of Service YSA! The signs are one example of the several projects we have been able to implement due to this grant money! The signs will soon make their debut in our beautiful garden!



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

## schools



I can't believe that we are now almost half-way through our school year! Lakemont Leopards have been keeping busy with all sorts of assignments and activities this second nine-week period.

We had a wonderful Fall Family Dinner and Literacy Night in November, and many students and parents came out to participate in our workshops, shop at our book fair, hear stories from a great storyteller from the Winter Park Library, and have a wonderful dinner from one of our Partners in Education, Outback Steakhouse. It was a great evening of family fun!

Our Lakemont Mathletes placed

At left, Lakemont Elementary School's Mathletes placed first in the East Area Math Competition. Pictured below, the Fall Family Dinner and Literacy Night.

FIRST in the East Area Math Competition. Congratulations to Zachary Fenton; Nikolas Polsinelli: Anna Ruess; Scott Rinaldi; Logan Lumucso; Charlotte Batten; Allie Burfield; Jackson Kracht; Dahlia

Bellmany; Hailey Kelsey; Madison Goodner; Jillian Kinsella; Sydney



Larson; Van Messina; Calleigh Kirk; Tiffany Nguyen; Christian Pelt; Alex Sadovski; Fatima Waller; Isaiah Rivera; Rayyan Chehab; Lo-

rena Daily; Charles Bertizlian.

I hope you have a blessed and safe holiday season!







Every year on All Saints Day the second graders dress up as a saint. The students made costumes with their family and on November 1st wore them to the all-school Mass. The students entered church to the tune "When the Saints Go Marching In." During the homily, the school was introduced to the saints, ranging from Mary to Saint Charles

Above, left: St. Charles Borromeo Catholic School's students, faculty, and families invited veterans to attend a special morning courtyard prayer assembly for Veteran's Day. At right, second graders dressed up as a saint and wore their costumes on November 1 to celebrate All Saints Day.

Borromeo. Students also presented in class a biography of the saint they researched.

SCBCS students, faculty, and families invited veterans to attend a special morning courtyard prayer assembly for Veteran's Day, honoring those who have served in

the military. Father Ralph DuWell, Principal Nadeau, and seminarian Adam Marchese led the recognition, blessing, and "Thank You" to these courageous men and women. After the middle school hand bell group played "America the Beautiful," a token of appreciation was

blessed and given to each person.

St. Charles Borromeo Catholic School serves PreK - 8th grade students. We are cultivating responsible, respectful, trustworthy individuals who are confident in their knowledge and compassionate in His service.



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# COMMUNITY CALENDAR

## **Audubon Park Garden District Events**

### **Ongoing Events**

**Every Monday night Community Market** – 6:00 to 10:00 p.m. at Stardust Coffee parking lot located at 1842 E. Winter Park Rd. For information call 407-590-8776.

# Baldwin Park, College Park and Orlando Area Events

## **Ongoing Events**

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

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

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

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

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

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

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

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

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

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

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

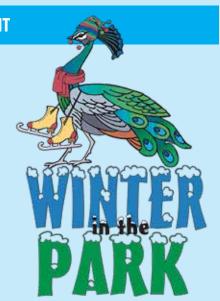
Every Saturday Tribe H.I.I.T.: A Total Body Boot-Camp Style Workout – Combining H.I.I.T. techniques with brief recovery periods to give participants maximum fitness results. Class is every Saturday at Florida Hospital Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Free for Health Village Fitness Center members. Call 407-303-2552 for more information.

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

## **DECEMBER HIGHLIGHT**

## **NOW THROUGH JANUARY 7, 2018**

Holiday Ice Skating - The City of Winter Park is bundled up for "Winter in the Park," the city's annual holiday ice skating rink, presented by the Community Redevelopment Agency. The rink is located in Central Park West Meadow at 150 N. New York Avenue, on the corner of New York Avenue and Morse Boulevard. Holiday music, games, special guests, and so much more will flurry around as you enjoy "Winter in the Park." For more information, including the event calendar, please call 407-599-3203 or visit cityofwinterpark.org/witp.



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

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

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

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

**December 13 Ask the Expert** – 5:00 p.m. to 6:30 p.m. at Track Shack located at 1104 N. Mills Avenue. This event is free. Florida Hospital physical therapist, Denise Mitchell, will be available in store for questions and assessments. This event is free. For more information, please visit www. TrackShack.com.

January 20 Park Avenue 5k Presented by Florida Hospital – 7:30 a.m. at Central Park located at 251 N. Park Avenue. Includes 3.2 ile run/walk event for runners/walkers age 8 and above; free kids' run for kids 10 and under. Registration is required. Benefits the Track Shack Youth Foundation. For more information, please call 407-896-1160, or visit www.TrackShack.com.

January 27 Florida Hospital Lady Track Shack 5k – 7:30 p.m. at Loch Haven Park located at 777 E. Princeton St. Includes 3.1 mile women's only run/walk event for runners/walkers age 8 and above; free kids' run for kids 10 and under. Registration is required. Benefits the Florida Hospital Breast Cancer Care Fund. For more information, please call 407-896-1160, or visit www.TrackShack.com

**February 4 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**

Now - January 7 Holiday Ice Skating - The City of Winter Park is bundled up once again for "Winter in the Park," the city's annual holiday ice skating rink, presented by the Community Redevelopment Agency. The rink is located in Central Park West Meadow at 150 N. New York Avenue, on the corner of New York Ave. and Morse Boulevard. Holiday music, games, special guests, and so much more will flurry around as you enjoy "Winter in the Park." For more information, including the event calendar, please call 407-599-3203 or visit cityofwinterpark.org/witp.

**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

**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/.

visit www.morsemuseum.org.

**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.

**December 5 Appalachian Trail Food and Equipment Class** – 11:30 a.m. at REI located at 430 N. Orlando Ave. For more information, please call 407-647-0731.

**December 7 39th Annual Christmas in the Park** – 6:15 to 8:00 p.m. in Central Park. This free event includes an exhibition of century-old Tiffany windows in Central Park, the Morse and the City of Winter Park present an outdoor concert of holiday favorites by the Bach Festival Society Choir, Youth Choir, and Brass Ensemble. For more information, please visit www.morsemuseum.org.

**December 10 Live Music** – 5:00 p.m. to 8:00 p.m. Beautiful Music Asian Trio (flute, harp, and violin). This event is free and hosted at the Morse Museum. For more information, please call 407-645-5311, or visit www.morsemuseum.org.

**December 10 Annual Sunday Running Group Food Drive** – 6:30 a.m. at the corner of Park Avenue and Welbourne. For more information please email Jack Gallagher at jackgallagher534@gmail.com

**December 15 Live Music** - Beautiful Music Jazz Quartet (bass, flute, guitar, and trumpet). This event is free and hosted at the Morse Museum. For more information, please call 407-645-5311, or visit www. morsemuseum.org.

**December 24 Christmas Eve Open House** - 1:00 p.m. to 4:00 p.m. at the Morse Museum. Free admission and featuring seasonal music by the Raintree Chamber Players. For more information, please call 407-645-5311, or visit www.morsemuseum.org.

January 21 Camellia Society of Central Florida's 71st Annuall Camellia Show - 10:00 a.m. - 4:00 p.m. at the Winter Park Garden Club Clubhouse in Mead Botanical Gardens, 1300 S. Denning Dr. For more information, visit www.camelliacfl.com