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## Restore The Roar Island-Style Event At Showalter Field

By Lisa Ireton

The Winter Park High School Foundation is excited to announce our third annual 2018 Restore the Roar "Adults Only" event will take place on Saturday, February 24, 2018 at Showalter Field from 6:00 - 10:00 p.m.. Food and drink (full bar) will be provided by Sonny's and live entertainment provided by Patrick Simpson, musician from Bahama Breeze Island Grille.

This year, we are trying to engage all organizations at WPHS. We are thrilled to offer this opportunity to our donors with the goal to build community and support all WPHS students. In addition, the Foundation campaign will be focused on raising dollars for three specific initiatives, which impact the entire school:

- Phase III of Showalter Renovation to include a renovated collegiate locker room
- WPHS Campus Beautification: main campus and 9th grade center
- WPHS Academic Programs: modeling and simulation programs

We are currently accepting sponsorships and silent auction donations for this amazing community-based fundraising event. With almost 700 in attendance last year, we hope to surpass that this year. Our goal is to make Winter Park High School a best-in-class facility, and we couldn't do it without your support!

A local Foundation partner has generously agreed to a \$50,000 match for the event, so if you are interested in attending, please consider bumping your table

*Continued on page 6*



## Orlando Wetlands Festival

Come and enjoy the Orlando Wetlands Festival on Saturday, February 17, 2018, from 9 a.m. - 3 p.m. at Fort Christmas Historical Park. The Festival highlights the Orlando Wetlands Park, the City of Orlando's 1,650 acre water reclamation wetland.

Experience this unique wetland treatment system with the entire family! Event co-sponsor, Orange Audubon Society, will lead

*Continued on page 7*



*Guided tours are offered at the Orlando Wetlands Festival. Bring your camera and binoculars.*



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## Publisher's Message



Rick Cable

If you're like me, upon looking at my power bill each month, I often think, I really should look into what it would take to convert our home to solar energy. Well, the timing to learn more is now, as Orange County is building on the momentum of the State's largest and most successful solar co-op by again partnering with Solar United Neighbors of Florida to bring two additional solar co-ops to residents beginning in early 2018. Solar co-ops provide bulk discounts of up to 20 percent for a group of homeowners interested in purchasing solar panels. As part of a solar co-op, each participant signs an individual contract with the group-chosen installer, and all participants benefit from the discount. All homeowners who reside in Orange County, including in city jurisdictions, are eligible to participate in their respective co-op. Orange County launched its first solar co-op in the summer of 2016 with 515 participants. Of those households, 79 installed solar through the co-op, accounting for 702.83 kW of new solar capacity in the County. In addition, \$1.3 million was invested in solar with this co-op with a total energy savings over a lifetime of solar array of \$3.5 million. Orange County Mayor Teresa Jacobs and her family were among the 79 households who joined this first solar co-op. Solar power also supports Jacobs' goals in



her Sustainability Initiative, "*Our Home for Life*," which seeks to reduce barriers to alternative energy and increase renewable energy production by 10 percent in 2020 and 25 percent by 2040. Joining a co-op does not obligate members to purchase panels. The exact price of a Photovoltaic (PV) system is dependent on homeowners' preference in system size and their home's energy consumption. Homeowners have the option to install the size PV system that fits their budget. As part of this initiative, Orange County streamlines the permitting process for solar installations. New solar permits can be processed in a single day. To learn more, please visit [www.solarunitedneighbors.org](http://www.solarunitedneighbors.org). The next local session is Wednesday, February 28, 2018, 6 p.m. to 7:30 p.m. at the Rollins College Bush Auditorium located at 1000 Holt Ave. 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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#metoo By Tricia Cable

I am not feeling it. Despite the calendar straight up ensuring me that it's a new year, something is missing. Normally, I feel a surge of warmth and hope post-holiday season. And I count on that to catapult me into each new year with added energy and enthusiasm. Something is different this year and I am not sure what to attribute it to.

Last year was not without some fairly annoying challenges that took the wind out of my sails, but that can be said for every year and typically, I am thrilled to tackle them, put them behind me, and move on. I don't have anything that I am stressing about to blame my mood on and quite frankly, things are fairly smooth right now. So what is it?

If I were to venture a guess, having known me for 50 years, I would say it's the state of our union. Not politically speaking, don't even get me started...but morally speaking. The news of a trusted doctor having abused and stolen the childhoods and fractured the confidence of hundreds of young female athletes over the course of thirty years, broke my heart. Listening to their stories and knowing how alone they must have felt, so isolated as so many adults in their circle trusted him and defended him, left me angry. I feel for these young women and the parents who put their trust in a system that failed them.

We teach our children to be polite. We teach them to respect authority. But we fail to teach them what to do when they are made to feel uncomfortable, for whatever reason. That needs to change and as ugly as the topic is, we need to start the conversation earlier. We need to be advocates for all children and sadly, we need to incorporate this conversation in our parenting



playbook. It's not pretty and I don't like it, but we have to change the landscape so that these predators are stopped.

Additionally, the momentum of the #timesup movement and the reports of so many having experienced harassment in the workplace, hit a little closer to home. I have been a female in a male-dominated industry for thirty years. In order to be taken as seriously as my male counterparts, I have had to work longer, harder, and smarter. And although in a perfect world, that would not have been the case, I am okay with it.

I am okay with it because, I have proven to myself time and time again, that I am strong. There really isn't any task that I am presented with that I can't manage. There are very few challenges or obstacles that over the course of my career I have not overcome. I draw from them every day and only get wiser and more nimble with each year.

Sure, it sucked at times. I have dealt with gender pay gap issues. I have been passed over

for promotions because, and I quote, "He has a wife and kids to support and needs it more than you." I have been subjected to stricter criticisms in leadership roles because when a female is firm she is labeled a bit differently than a man. That too, I can handle. And not surprisingly, I too have been a victim of harassment.

So although the added attention to these matters is positive and the much-needed increased awareness will undoubtedly bring about change, it forces me to address or readdress my own life experiences. Maybe my mood is directly affected by these current events which require me to re-live my own personal experiences and yet again come to grips with my own journey; the good, the bad, and the ugly. Closure is the best medicine and if sharing our stories with each other brings about closure more quickly, then I say bring it on. If I can help, I will. One thing is for sure, lifting each other up is key to recovery and knowing you are not alone is a good thing. #timesup

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<sup>\*</sup> U.S. News & World Report, 2017-18 Best Hospitals.  
<sup>\*\*</sup> Leapfrog Hospital Safety Grade, Fall 2017. Leapfrog Top Hospital award, 2017.





# City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

February is a great time of year to live in Orlando as it brings many great annual events to our community! It's a busy month with lots to celebrate.

One of those occasions is Valentine's Day. Take your sweetheart for a picnic at Leu Gardens. Here you can find an evening of music and dancing with Ricky and the Buzzcatz. Buy your tickets in advance for a wonderful time! For more information, please visit [leugardens.org](http://leugardens.org).

Our culinary scene is also buzzing and there are great restaurants in every neighborhood for Valentine's Day or any day. Restaurants like Domu at East End Market and Osprey Tavern would make a great date night.

Lovers of sentimental folk songs and fine art can stop by the Mennello Museum's fourth annual Indie-Folkfest. This is an annual FREE family and pet-friendly event that takes place on February 10th from 12 to 5 p.m. The Mennello Museum is excited to bring the community and families together again this year! The community is invited to enjoy local music, food, beverages, and art. For more information visit [indiefolkfest.wordpress.com/](http://indiefolkfest.wordpress.com/).



Disney's The Lion King will be making its return to Orlando and could make a great family outing for Valentine's Day. Opening February 14th and running through March 11th, this Broadway spectacular will be back in action at the Dr. Phillips Center for the Performing Arts. For information and tickets visit [drphillipscenter.org](http://drphillipscenter.org).

A great way to get ready for or celebrate Valentine's Day is checking out our local farmers' market scene. Enjoy the new Parramore Farmers' Market which takes place on Saturdays from 8 a.m. to 1 p.m. near the soccer stadium. Then on Sundays head to Lake Eola for the Orlando Farmer's Market. Then on Monday evenings, head to Audubon Park to enjoy their community market that truly earns its moniker and serves as a wonderful community gathering place.



Another great way to celebrate our neighborhoods and our community is by joining us at Mayor Dyer's 13th Annual Neighborhood and Community Summit on February 10th. Three hundred neighborhood and community leaders will come together for a day of learning, networking and sharing of ideas. This will help the participants gain knowledge, gather the resources necessary to build a strong and vibrant community and connect with our City staff. Sign up with the early bird special and pay only \$15.00. Visit [www.cityoforlando.net/summit/](http://www.cityoforlando.net/summit/) for more information.

On February 17th celebrate philanthropy and our city's sense of humor by joining Cupid's Undie Run. This is a "brief" fun run that takes place in the middle of a big downtown party, while raising money to find a cure for Neurofibromatosis! Visit [cupids.org](http://cupids.org) for details.



Also on February 17th from noon to 6 p.m. is the 9th annual North-western Mutual Orlando Chili Cook-off. I still remember when this event, started by some amazing local residents, got its feet off the ground in Baldwin Park and now has grown into a signature event that takes place at Orlando's Festival Park. Enjoy more than 100 chili booths, live music,

games and a kids' zone while raising money for Alex's Lemonade Stand, Foundation for Childhood Cancer. Visit [orlandochilicookoff.com](http://orlandochilicookoff.com) for information.

We also celebrate Black History Month in February. Join in the celebration on February 25th at Orlando Fashion Square Mall. Featuring a dynamic showcase of the art, culture and business community representatives, this family-style celebration will feature a "walk through of Africa through art" presentation, a fashion show, and more.

I look forward to seeing you out and about our Great City this month and thank you for your continued support of our shared community!



Broadway smash "Disney's The Lion King" roars into Orlando, Feb. 14-March 11 at the Walt Disney Theater at the Dr. Phillips Center for the Performing Arts. For more information and tickets visit [www.drphillipscenter.org](http://www.drphillipscenter.org).



# Winter Park Mayor's Message

Mayor Steve Leary



Steve Leary

## Be Inspired At The City's Inaugural "Weekend Of The Arts"

The inaugural "Weekend of the Arts" celebration in Winter Park will shine a spotlight on extraordinary live music and theater, free art exhibitions, children's arts and crafts, and other cultural treasures Friday, February 16 through Monday, February 19, 2018. The inspiring long weekend of events, presented by the City of Winter Park and 18 nonprofit arts and cultural groups, will offer locals and visitors alike the chance to sample Winter Park's diverse array of cultural experiences.

It doesn't matter if you've lived here for 50 years or if this is your first 50 minutes in Winter Park, this is the chance to discover the amazing art & cultural amenities the city has to offer. If you enjoy the performing arts, live musical performances, one-of-a-kind exhibits, or large family celebrations, the Weekend of the Arts will of-

fer a cultural experience for everyone.

In June 2015, at the conclusion of the year-long Vision Winter Park process, the city adopted a new vision statement:

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

With "arts and culture" in the forefront, the city officially launched an Arts & Culture initiative of the Public Art Advisory Board in September 2016 with the mission to enhance and improve awareness and visibility of these 18 unique entities as a whole. The "Weekend of the Arts" is a celebration of these organizations' commitment and dedication to importance of the arts in our community.

Art is not only food for the soul, but according to Arts & Economic Prosperity 5, the Americans for the Arts study released in June 2017, there is "evidence that the nonprofit arts and culture sector is a significant industry in the City of Winter Park—one that



generates \$46 million in total economic activity. This spending—\$16.6 million by nonprofit arts and cultural organizations and an additional \$29.4 million in event-related spending by their audiences—supports 1,649 full-time equivalent jobs, generates \$32.7 million in household income to local residents, and delivers \$4 million in local and state government revenue. This economic impact study sends a strong signal that when we support the arts, we not only enhance our quality of life, but we also invest in the City of Winter Park's economic well-being."

To read more about the economic impact of the arts, discover all the exciting experiences the inaugural Weekend of the Arts has to offer or find a comprehensive directory of all arts & cultural entities and events, please visit [cityofwinterpark.org/arts-culture](http://cityofwinterpark.org/arts-culture). #wpinspires



# Free Income Tax Assistance

Tax-Aide volunteers, trained and certified by the IRS, will provide free income tax assistance at numerous sites throughout the Orange and Seminole County area Thursday, February 1, 2018 through Tuesday, April 17, 2018.

Individuals seeking assistance should bring pertinent tax documents such as a copy of last year's income tax return; forms showing income earned, pensions and Social Security; 1099 Forms showing interest and dividends; information showing health insurance coverage; photo ID of self, plus Social Security cards for all those listed on their return. Free electronic filing will be available at all sites.

For additional information and the location of the site nearest you, call (407) 647-5233, or call our toll-free number 1-888-227-7669 or visit our website at [www.aarp.org/taxaide](http://www.aarp.org/taxaide).



# Take Precautions This Flu Season For A Flu Free Florida

In Florida and throughout the U.S., flu activity is on the rise. Locally, the Florida Department of Health in Orange County (DOH-Orange) is also seeing an increase.

"This year's flu activity is already widespread and unusual since the strain is changing rapidly," said DOH-Orange Health Officer Dr. Kevin Sherin. "It is even more important to wash your hands, cover your cough, and there is still time to get a flu shot."

DOH-Orange is urging residents to get your flu vaccine now if you have not already. There are still weeks of flu activity to come. The flu vaccine is safe, and recommended for everyone six months and older, including pregnant women.

Flu vaccines can vary in effectiveness from season to season, but they continue to be the best way to prevent influenza infection and serious complications. To locate a flu shot provider

*Continued on page 6*

# Cattle Baron's Ball Benefiting The American Cancer Society

The 2018 Cattle Baron's Ball is Saturday April 14st at Rosen Shingle Creek in Orlando. This annual event includes great food, music, and auction items, all for a great cause. Over 50 restaurants and some of Central Florida's top chefs will be showcasing their culinary skills. Proceeds from the event go towards benefiting the American Cancer Society of Central Florida, which is dedicated to ongoing education and life-saving research.

The Cattle Baron's Ball was founded in 1999, and has become an important part of the American Cancer Society of Central Florida's mission to fight to end cancer. This year the event's focus will be on improving the lives of children through improved care and advanced research.

This year's ball is presented by Harvill's Produce. For more information, sponsorship opportunities, and tickets, please visit [www.cattlebaronsballorlando.com](http://www.cattlebaronsballorlando.com). For more information regarding what the American Cancer Society does to help children, visit their website at [www.cancer.org](http://www.cancer.org).



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# Women United Luncheon Features Author Dr. Elizabeth Cobbs

For the 11th year, Heart of Florida United Way's Women United (formerly Women's Leadership Council) will host its annual luncheon to benefit the group's fight for early education and literacy. The Women United Luncheon will be Thursday, February 22, from 11:30 a.m. – 1:30 p.m. at the Hyatt Regency Orlando.

This year's event features a keynote address by Dr. Elizabeth Cobbs, award-winning historian and author of *The Hello Girls*, her most recent book which chronicles women who fought for America and for recognition as veterans. During the first World War, 223 members of the U.S. Army Signal Corps operated complicated switchboards in France to connect

frontlines with military command – sometimes up to 150,000 calls a day. "These brave women were recruited, physically tested, swore the Army oath, observed military protocol... but they weren't considered veterans," said Kari Conley, Orlando Health

& Women United co-chair. "Women today can learn a lot from the grit and perseverance of these soldiers both on the battlefield and off. We look forward to reenergizing our own spirits during what will surely be an inspirational event."

Tickets are \$95 per person or \$1,750 for a corporate table of 10. Event sponsorship opportunities are available. All proceeds from the luncheon will go

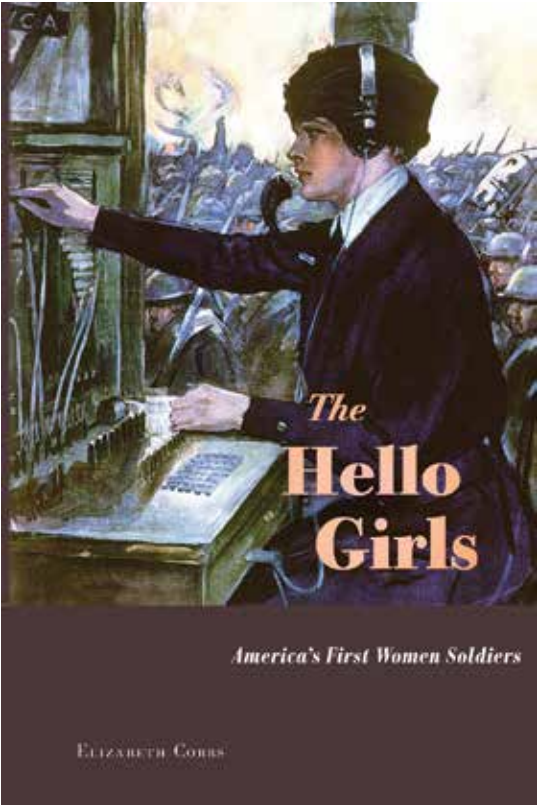
toward educational opportunities focused on increasing literacy in local schools. This year's luncheon is presented by Orlando Health's Winnie Palmer Hospital for Women and Babies and Tupperware Brands Corporation is a gold sponsor.

"Nearly 1,000 women gather every year to be inspired and grow together as the name of our group indicates – Women United," said Yolanda Londoño, Tupperware Brands Corporation and Women United co-chair. "We are thrilled to have Dr. Cobbs as our guest this year and look forward to bringing together Central Florida's most influential women for such a worthy cause."

For more information about the Women United Luncheon or to purchase tickets, visit [www.UWWomenUnited.org](http://www.UWWomenUnited.org) or email [WomenUnited@HFUW.org](mailto:WomenUnited@HFUW.org).



Photo of award-winning historian and author of *The Hello Girls*, Dr. Elizabeth Cobbs.



From Page 1.

purchase to a Sponsorship. And remember- we are so excited to be able to give 10% of every table purchase and 20% of every sponsorship of \$1,000 or more to a WPHS organization, athletic team, or

club of your choice. You must register on Handbid for our Silent Auction and tickets/sponsorships are also available on the site: <http://handbid.app.link/restoretheroar>. If you prefer to write a check for

your table or sponsorship you can email us with ANY questions: [info@wphsfoundation.org](mailto:info@wphsfoundation.org). One Love, One ♥, Let's Get Together For Winter Park!

From Page 5.

near you, contact your usual health care provider or use DOH's flu shot locator: [www.flhealth.gov/findaflushot](http://www.flhealth.gov/findaflushot)

If you become ill with flu-like symptoms, contact your health care provider as soon as possible. They can prescribe antiviral treatment if appropriate. Treatment is most effective when started within 48 hours, so calling as soon as you become ill is important, especially if you or your loved one is at a higher risk for complications: children younger than 5, adults over the age of 65, pregnant women, and those with underlying medical conditions.

Stay home from work and keep children home from school or daycare when sick, to help prevent spreading the flu to others. It is also essential to practice good hygiene by properly and frequently washing your hands. Make it a habit to clean and disinfect commonly used surfaces in your home, school, or office. You can take additional steps to ward off the flu by coughing or sneezing into a tissue or your elbow, and avoiding touching your face.

Visit [FluFreeFlorida.com](http://FluFreeFlorida.com) for more information on how you can be a part of #FluFreeFlorida. Visit [www.floridahealth.gov/floridaflu](http://www.floridahealth.gov/floridaflu) for more information on influenza and influenza-like illness in Florida.



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## Winter Park Calls For Green School Grant Applications

The City of Winter Park's Sustainability Program and Keep Winter Park Beautiful are calling all pre-K through grade 12 public and private schools to apply for Green School Grants by Friday, February 23, 2018. Green School Grants support schools serving Winter Park in their efforts to achieve sustainability goals and beautify their campus while engaging and educating students grades K-12 in the practices of sustainability. Pre-K through grade 12 schools must be within incorporated Winter Park to be considered eligible. Some Orange County public and private schools may be located outside Winter Park limits as long as they serve students who live in Winter Park.

The intent of the Green School Grant Program is to fund four to six projects that will support the objectives of the Winter Park Sustainability



Action Plan (SAP) focusing on one or more of the following SAP categories:

- Buildings, Energy & Water
- Community Engagement & Green Economy
- Local Food & Agriculture
- Mobility & Urban Form
- Natural Systems & Resources
- Waste Diversion & Recycling

Grants ranging from \$100-500 will be awarded. Recipients will also receive funding to cover the cost of United States Green Build-

ing Council Green Classroom Professional Certificate Program online course (\$60 value).

Grant applications and supporting materials must be submitted by 5 p.m. on Friday, February 23, 2018 to [kwpb@cityof-winterpark.org](mailto:kwpb@cityof-winterpark.org). Awards will be announced at the city's Annual Earth Day in the Park event on Sunday, April 15, 2018.

For more information regarding the Green School Grant program, please contact [kwpb@cityofwinterpark.org](mailto:kwpb@cityofwinterpark.org) or 407.599.3364.

## Free Concert With The Orlando Philharmonic Orchestra


Dr. Phillips Charities presents a free outdoor family concert in memory of Della Phillips, with the Orlando Philharmonic Orchestra and the City of Winter Park at 3:30 p.m. on Saturday, February 10 in Central Park.

Pre-concert activities begin at 2 p.m. with a performance from Mr. Richard and the Pound Hounds and include instrument petting zoos.

The Orlando Philharmonic Orchestra, led by Paul Hostetter, will take the stage at 3:30 p.m. to perform *Paddington Bear's First Concert*, which will be narrated by Timothy Pappas and other orchestra favorites. Paddington Bear, found at Paddington Station by Mr. and Mrs. Brown, is a

polite bear who loves to explore and learn. One day, while visiting his friend Mr. Gruber, he reveals he's never attended a live orchestra concert. Join Paddington Bear as he attends his first orchestra concert and learns about "Surprising" symphonies, instrument families, and discovers his love of music and conducting.

Della Phillips, the wife of Dr. P. Phillips, was a native of Mobile, Alabama. During their marriage of 58 years, Dr. and Mrs. Phillips raised two sons, built a successful citrus and commercial real estate business, and contributed significant time, talent, and resources to the Orlando community. Mrs. Phillips was an accomplished mu-



Mr. Richard and the Pound Hounds photo by Steve Simoneau.

sician, classically trained in piano and music theory. She shared her love for the arts with family and friends, believing classical music and performance provided not only entertainment, but also intel-

lectual stimulation.

For more information regarding the Orlando Philharmonic Orchestra or this special performance, please call 407-770-0071 or visit [orlandophil.org](http://orlandophil.org).

From Page 1.

guided bird-watching excursions. The Friends of the Orlando Wetlands will lead wetland exploration hikes and the Florida Native Plant Society will lead native plant identification hikes. Bring your camera and join guided photo hikes led by professional photographers! For those who like to sit and ride, guided bus tours will travel along the wetland berms, giving riders a chance to experience firsthand Florida's wild wetlands.

In addition to the numerous guided tours, there will be bird-banding and mist-netting demonstrations, as well as live music by Homer Stiles. Featured in various



Photo courtesy of Orlando Wetlands Festival.

wildlife shows will be many different live animals such as alligators, snakes, birds, and many others. Also, free native wildflowers and backyard wildlife plants will be given away to encourage biodiversity.

There will be interactive children's activities, bounce houses, hay rides, and much more! So bring the

whole family and invite your friends and neighbors to this fun, free, educational festival. Please leave your pets at home; there are wild animals about. Food will be available for purchase. Free admission and free door prizes! For more information: call Orlando Wetlands Park 407-568-1706. The event is sponsored by the

Orlando Wetlands Festival has tractor hay rides, guided bird-watching excursions and activities such as bird-banding and mist-netting demonstrations. Free native wildflowers and backyard wildlife plants will be given away. Live music and food will be available for purchase.

City of Orlando, Orange Audubon Society, and Orange County Parks and Recreation. Orange Audubon Society and Professional Service Industries, Inc. (PSI) are financial sponsors.

For more information, registration and event reminders visit: <https://www.eventbrite.com/e/orlando-wetlands-festival-tickets-37417273071>

Event Website: [cityoforlando.net/wetlands](http://cityoforlando.net/wetlands).



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Ron Frechette

cybersecurity awareness by Ron Frechette, The Cyber Guy

Securing Your Digital Footprint

Last month we discussed the importance of implementing good cybersecurity health practices in 2018. We provided a cyber-health checklist which I’m hopeful most of our readers are working towards completing. Our objective this month is to provide a visual illustration of what our online presence looks like in cyberspace and the threat landscape that surrounds it. In the IT security industry, we refer to a person or company’s online presence as a digital footprint.

There are billions of digital footprints in cyberspace. Each time you hit the send button on one of your digital devices, your IP address launches packets of data into cyberspace. These data packets travel at lightning speed to other digital footprints that you have selected. This could be an email, paying a bill online, sending a client an agreement, or on-line banking.

The digital footprints we interact with depend on our personal and professional affiliations. They vary widely in size depending on a person or company’s internet presence. For instance, the IRS and Amazon have extremely large digital footprints, whereas a local single office business would be much smaller.

Let’s look at a digital footprint and analyze the components of it.

GRAPHIC 1

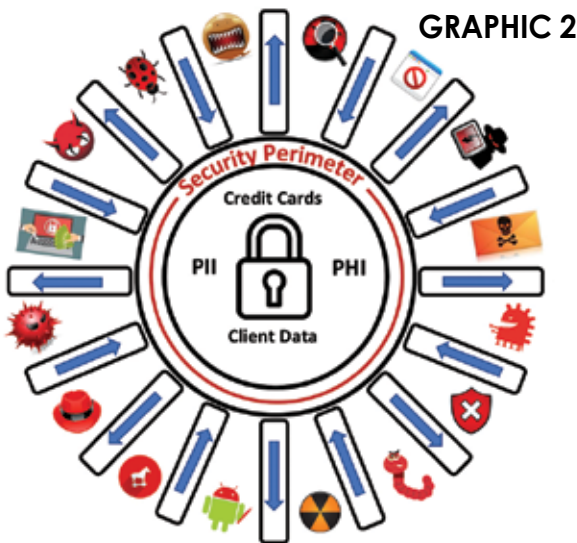


The circle represents our security perimeter. (See Graphic 1) This is where we put security controls in place to reduce the risk of our sensitive information from being compromised. The lines around the circle represent data attempting to enter and exit our environment. The lock inside the circle represents the area where our sensitive information resides that we are trying to protect. That could be credit card

data, PII (Personal Identifiable Information like DOB, SSN, wills, banking info, etc.), PHI (protected health information) and/or Client Data.

Who is trying to steal my data and how do they do it? (See Graphic 2)

There are millions of cybercriminals across the world who come to work every day with the sole purpose of stealing information online that they can sell on the Dark Web for monetary gain. Over the years they have littered cy-



GRAPHIC 2

berspace with countless types of worms, bugs, viruses, ransomware, brute force hackers, trojans... you name it. There are over 500k new malware variants being launched into cyberspace daily. We are living in the digital age and must begin to adopt a “defense in depth” approach.

There are four threat vectors around every digital footprint that cybercriminals try to exploit. (See Graphic 3)

1. **People** – Spouse, family members, employees, having awareness, how they behave, and how they respond. Are they a defense or liability?

2. **Processes** – Having formal policies and procedures in place with detailed guidelines and properly educating everyone on the threats of cyber-attacks.

3. **Facilities** - Physical controls. Do you have locks in areas of your home or business where sensitive information can be accessed? If you have servers in house, are they under lock and key with 24-hour camera surveillance?

4. **Technologies** – Ensuring the networks and applications you utilize have been properly vetted and can guarantee an acceptable level of security.

This applies to your digital footprint as well as the digital footprints of others you interact with on a routine basis.

Over the next few months, we will begin to break down each of these threat vectors.. We will arm you with the tools and knowledge to identify where those gaps are and provide guidance to install the proper security controls. So stay tuned and we look forward to continuing on in our journey to help our readers become safer in cyberspace.

Questions? Send me a tweet @GoldskyRon

GRAPHIC 3



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.

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Stephen & Kristin Pategas

# in the garden

by Stephen and Kristin Pategas

All photography by Stephen G. Pategas/Hortus Oasis

## Well Balanced

We are relatively symmetrical. Just glance in the mirror. Typically, there is one ear and eye on one side and another pair on the other. A nose and mouth anchor the center. In the world beyond our reflection we respond positively to formal symmetrical designs. A formal design is a tried and true way to lead the eye towards a destination. Numerous cultures have gardens – from simple to grandiose – that successfully employ formal symmetry.

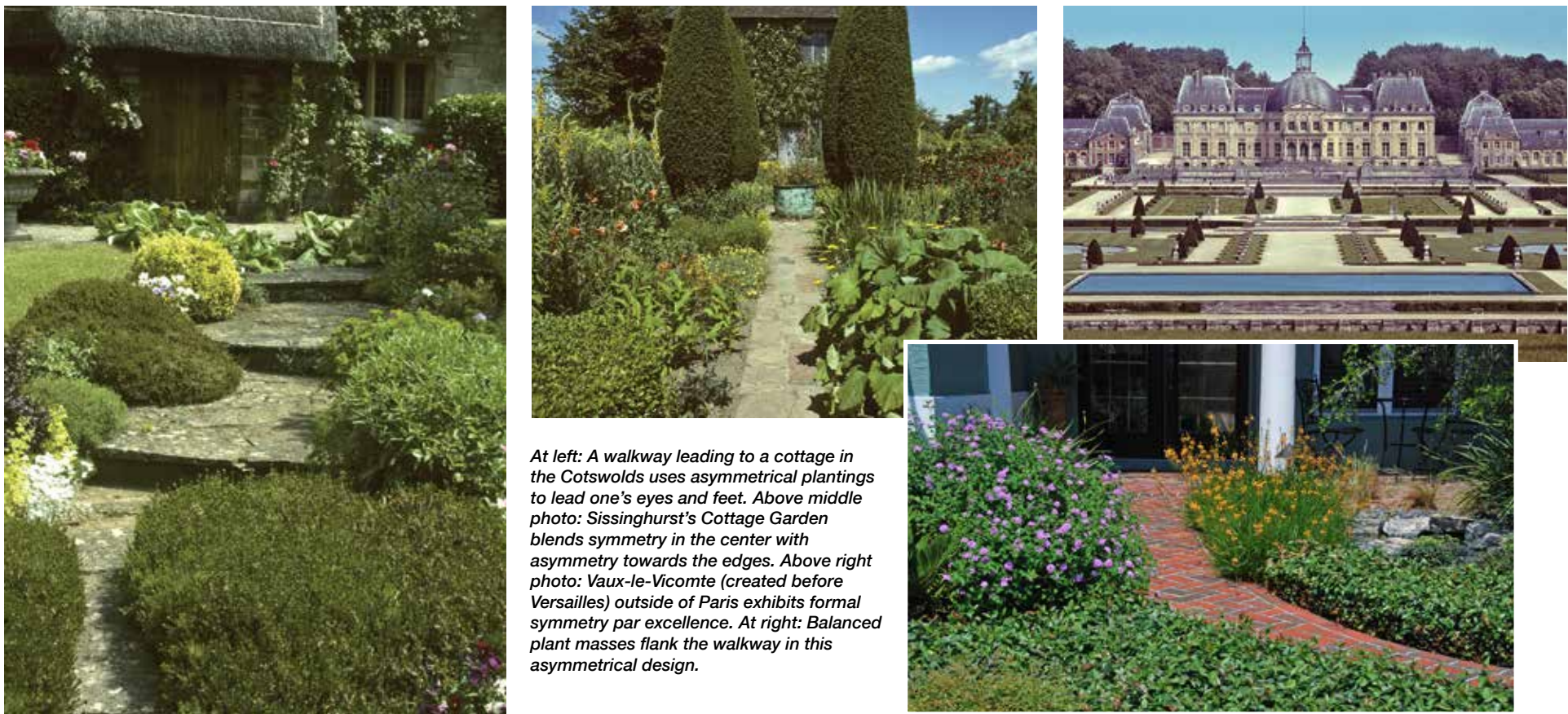
However, plants can present a problem when they are the backbone of a formal balance. When one of two flanking plants doesn't exactly match the other, the viewer is left unsatisfied. The mind's eye expects them to be identical but perhaps one is in decline or growing differently and balance is compromised. Plants may grow at different rates or even bloom at slightly different times. One way to partially overcome this problem is to plant them in matching containers so there is continuity from side to side even if the plants become mismatched. Topiaries trimmed alike are a relatively easy way to maintain matching plants. Another possibility is to forgo plants altogether as the focal points and create a strong balance using architectural elements or ornaments. Flanking columns, pergolas, arches, or trellises are possibilities for creating symmetry.

Place two objects together and when they are not in a formal layout the eye bounces back and forth between them never resting. Add that third object to create an odd-numbered grouping and the world is right. Like chocolate and peanut butter blended together.


Interestingly, there is a positive mental response to a view of odd-numbered groupings of objects – three, five, or even seven instead of two, four, or six. Universally, odd numbers are considered lucky. If one isn't enough, cluster palms, trees, other plants, or objects in groupings. Objects could include boulders, containers, or ornaments such as glazed balls or items on walls or fences.

Meanwhile asymmetrical designs with equal "visual weight" on each side also feel comfortable. This is accomplished with the massing of plant materials and perhaps structural elements. Within the mass, a striking plant or object may serve as a focal point. This type of balance is more forgiving when maintaining a design since there is not a need to maintain a mirror image. Combining formal symmetry with asymmetry is also a possibility and can lead to a satisfying visual experience.

Left brain, right brain, or no brain? Whatever! It works.



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@hortusois.com



# protection and service

by Winter Park Police Department

## Don't Let This April Become More Taxing Than It Has To

Time to sit down, pull out that box of receipts, and begin the daunting task of completing your tax return. If you are like a large group of the population, you will put off completing your taxes as long as possible. Although procrastination sounds good, it can have some devastating consequences. First and foremost, you may put it off so long that you find yourself in the eleventh hour looking for anything that can possibly be construed as a deduction. More importantly, according to the Internal Revenue Service, the longer you wait to submit your tax return, the more likely it is that you can become a victim of tax return fraud through tax-related identity theft.

Tax-related identity theft occurs when someone uses your stolen Social Security Number to file a tax return claiming a fraudulent refund. You may be unaware that this has happened until you file your return and discover that one has already been filed using your SSN. Or, the IRS may send you a letter saying they have identified a suspicious return using your SSN.

Knowing the waning signs will help you identify if you are victim and begin the steps to rectifying the situation. Be alert to possible tax-related identity theft if you are contacted by the IRS or your tax professional/provider saying:

- More than one tax return was filed using your SSN.
- You owe additional tax, refund offset or have had collection actions taken against you for a year you did not file a tax return.
- IRS records indicate you received wages or other income from an employer for whom you did not work.

If you suspect you are a victim of identity theft, continue to pay your taxes and file your tax return, even if you must do so by paper.

If you are a victim of identity theft, the Federal Trade Commission recommends these steps:

- File a complaint with the FTC at [identitytheft.gov](http://identitytheft.gov).
- Contact one of the three major credit bureaus to place a 'fraud alert' on your credit records:
  - ☐ Equifax, [www.Equifax.com](http://www.Equifax.com), 800-525-6285
  - ☐ Experian, [www.Experian.com](http://www.Experian.com), 888-397-3742
  - ☐ TransUnion, [www.TransUnion.com](http://www.TransUnion.com), 800-680-7289

• Contact your financial institutions, and close any financial or credit accounts opened without your permission or tampered with by identity thieves.

If your SSN is compromised and you know or suspect you are a victim of tax-related identity theft, the IRS recommends these additional steps:

- Complete IRS Form 14039, Identity Theft Affidavit, if your e-filed return rejects because of a duplicate filing under your SSN or you are instructed to do so. Use a fillable form at [IRS.gov](http://IRS.gov), print, then attach the form to your return and mail according to instructions.

If you previously contacted the IRS and did not have a resolution, contact us for specialized assistance at 1-800-908-4490. We have teams available to assist.





Scott Hillman and Sam Hillman

real estate in the parks by Scott Hillman and Sam Hillman

You’ve Decided To Sell Your Home, Now What?

Deciding to sell a home is a big decision, and, at times, can appear quite daunting. Consult with a real estate professional to help put things at ease for you and your family. Last month we addressed common questions that buyers have when looking to purchase a home; we thought this month we would flip the switch and see what sellers are commonly asking once they have decided to sell their home.

1. Do I have to put a sign in my yard?

While the short answer is no, it’s not necessarily the smart answer. By placing a sign in your yard, you are doing much more than simply letting your neighbors know that you are selling your home. You are putting forth a first line of advertising to potential buyers. You are making those who frequent your neighborhood aware that your home is on the market. We receive many calls from potential buyers who are calling our offices, simply because they saw a sign in the yard, and are interested in setting up a showing.



2. Now that we have decided to sell our home, what needs to be done before it is listed?

A good starting point is to ask a real estate professional, when they first come to your home to meet with you, what their opinion is – what do they see that needs to be done. Ask them to make a “knock-out” list, in order of importance, of what they feel needs to be completed before placing the home on the market.

3. Do we need to remove all of our personal items; such as family photos?

It is important to keep in mind that when potential buyers are coming to look at your home, you want them to envision themselves and their family living in the home. Removing or minimizing personal items such as family photos, old trophies, and magnets and papers from the refrigerator, to better showcase your home. While you are in the process of streamlining, take a look in your closets and cabinets, and remove unsightly clutter. You want the potential buyer to be focused on all the



wonderful amenities and features of your home, not your wedding photos, crammed closets and your child’s latest masterpiece on the fridge.

4. Can we prevent nosy neighbors from coming to the open house?

The answer here is no. Open houses are a fantastic way to capture a buyer who may be shy about setting an appointment to see a house they aren’t completely sure about. The benefit of open houses far outweighs the occasional neighbor stopping in to take a peek.

While deciding to sell your home can be full of mixed emotions, don’t let it become distressing. Talk to your real estate agent, ask them questions, they want you to feel comfortable with the process. Remember the only wrong question, is the one not asked.



Scott Hillman is president of Fannie Hillman + Associates, a 37-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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Ayesha G. Shenk

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


## Love, Love, Love...Crazy Love

It's now February and we are firmly ensconced in 2018 and all the fruit it promises to bear. 2017 was a pretty brutal year for a lot of people, in a lot of ways. I've actually never experienced so many clients and friends enter a new year so eagerly with such hope (desperation?) to leave behind all of the pain of the previous year. I choose to believe that the collective conscious is aligned and in tune with hope. And it is leaning in the general direction of actualization in the new year... and that has to be a good thing.

I believe we are put on this planet for good and purpose and to find meaning; I believe we are put on this planet with the instantaneous mandate for growth and self-actualization. And, I believe when we stop stretching and growing in an authentic, congruent, and conscious way, that is when we begin to feel pain and experience dysfunction. The good news about this new year is, if the collective momentum feels as though it is primed forward, then perhaps we are all ready to manifest good things this year!

As one of my mom's favorite old songs used to say - *'what the world needs now is love sweet love.'* February (and a new year) seem like a good time for that. I am talking about the overwhelming abundance of all that is good and true and kind and connected in the world. I am talking about the energy that we create and pass through ourselves and to one another - from laughing with our kids at the breakfast table to smiling at the stranger on the sidewalk.

I'm talking about the love that emanates from all of us when we're in a good and whole place



*Love is patient, Love is Kind.*

*IT DOES NOT ENVY, IT DOES NOT BOAST,  
IT IS NOT PROUD. IT DOES NOT DISHONOR OTHERS.  
IT IS NOT SELF-SEEKING, IT IS NOT EASILY ANGERED,  
IT KEEPS NO RECORD OF WRONGS. LOVE DOES NOT  
DELIGHT IN EVIL BUT REJOICES WITH THE TRUTH.  
IT ALWAYS PROTECTS, ALWAYS TRUSTS,  
ALWAYS HOPES, ALWAYS PERSEVERES.*

*Love never fails.*

1 Corinthians 13:4-8

and has the ability to become contagious and effervescent to both you and all of those around you.

This sort of general love is just about the most powerful elixir and antidote we have to all that may have hurt or ailed us in 2017 or before. It is the salve to our pain and the melody to our dissonance.

As Mother Theresa once said, "we cannot all do great things, but we can do small things with great love." I toyed with many other words for 2018 - growth, peace, soul, presence... but love is the one thing that encompasses all of it. It robs us of our ego and it softens even our hardest resolve in the midst of an argument. It magnifies the good and it forces us to stretch in grace.

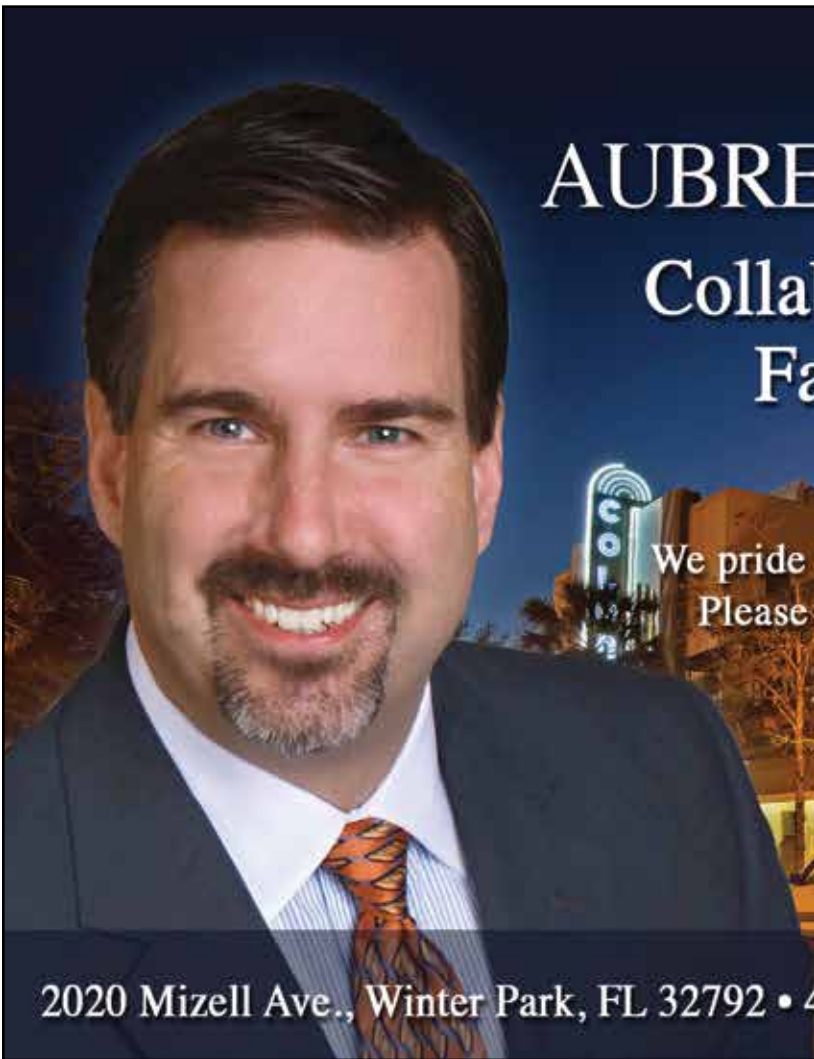
It single-handedly builds, grows, changes, repairs, soothes, and restores all things. So, yes - it is love. The overarching and oxygenating love that is energy and wholeness and true wishes for all that is good for each and every brother and sister in humanity.

As Corinthians said, perhaps best: *...love bears all things, believes all things, hopes all things, endures all things... love never fails.*

Wishing you a February and an entire 2018 full of love.

Til the next time,  
Be Well; Love Meaningfully.  
Ayesha



Ayesha G. Shenk, M.A. practices at 2150 Park Avenue North as a Licensed Mental Health Counselor and can be reached at [www.livemeaningfully.net](http://www.livemeaningfully.net) or 407-796-2959.




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Rachel Calderon

# planned giving

by Rachel Calderon

## How The New Tax Plan Will Affect Charitable Giving

Lately everyone is talking about the changes in the new tax plan approved by Congress – and the affect they could have on gifts to charitable organizations. At Central Florida Foundation, we’ve been following the updates closely. Let’s take a look at the four main changes that deal with charitable giving:

- The standard deduction was raised to \$12,000 for individuals or \$24,000 for couples, making it less likely that people will itemize.
- Now, people in the lower tax brackets won’t need to make charitable gifts to receive a deduction.
- The estate tax, which provides an incentive for the wealthy to give to charity to reduce their tax burden, was maintained. The exemption was doubled to about \$11 million for individuals and \$22 million for couples, shielding all but the ultra-wealthy from the levy. However, this is temporary from 2018 to 2025.
- Donors are able to receive a deduction of up to 60 percent of their adjusted gross income, an increase from the current limit of 50 percent.


With all this in mind, the question is whether people will continue to give without the tax benefit – to which we answer a resounding “yes.” Time and time again, studies have shown that people usually give from the heart and not solely because of the tax deduction. That benefit is an incentive but rarely the main reason.

Now is the time to connect your philanthropy to strategy and make your contributions go further. How much you give is not as important as what you can help make happen. This is an area where Central Florida Foundation can help.

If a tax deduction is important to you, and you’ll be giving at a rate above the standard deduction, the key would be to ramp up your charitable giving now, or do more every other year. Either of these strategies fits well with a donor-advised fund, which enables you to receive the tax benefit now and make giving decisions later.

If you have had an estate plan put together by a professional adviser in the past, now is the time to have it reviewed to make sure it still serves you well under the new law. Need a referral to a qualified professional advisor? We can help.

During this first year under the tax changes, we will all be “trying it on” to see how it goes. Just remember, professional advisers across the country are developing strategies to help their clients, and charitable organizations will also have new donation strategies to help you and your family make your giving matter.



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



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pop culture detours by George McGowan

An Inspiring Upside Down And Backwards Story

Let me to introduce you to a wonderful musician with a fascinating life story. Her name is Elizabeth (Libba) Cotten. Mrs. Cotten, who died in 1987 at age 95, lives on through her timeless music, in one lovely children’s book, “Libba: The Magnificent Musical Life of Elizabeth Cotten” by Laura Viers (a great musician in her own right), and in many fascinating You Tube videos of her performances.

Mrs. Cotten was born near Chapel Hill, NC, and wrote her signature song “Freight Train” when she was only 11 years old, long before she was “discovered” through a fortunate set of circumstances. How did this daughter of the Jim Crow south become an icon of the folk music revival of the 1960s?

Young Elizabeth began by secretly borrowing and playing her brother Claude’s banjo when he left each day for school. But, most unusually, since she was left-handed, she taught herself to play the right-handed instrument by turning it upside down and playing the bass with her fingers and the treble with her thumb, creating a unique picking style that was later termed “Cotten Picking.” She was hooked on music and often had to

hide from her mother to play her new found “love.” In order to buy her own guitar, she saved her earnings from odd neighborhood jobs, eventually saving the \$3.75 needed to purchase a Stella guitar from a local store.

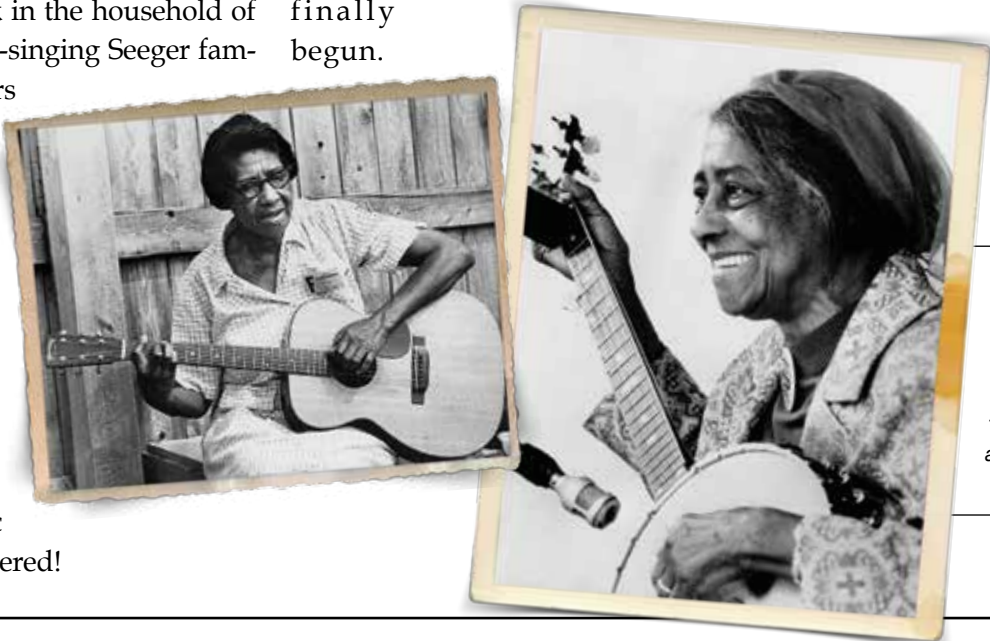
Mrs. Cotten grew up, married, had a daughter, and put down the guitar for over 40 years. We would not have learned about Mrs. Cotten’s music without a chance encounter that happened in 1947 in Washington, DC. While working at a department store, Mrs. Cotten found and returned a very young and lost Peggy Seeger to her mother. A month later, she began work in the household of the famous folk-singing Seeger family. A few years passed before Peggy heard her “Libba” playing the family’s gut-stringed guitar, and shared her finding with the rest of the Seeger family. A folk music icon was discovered!

According to Smithsonian Magazine, “In the mid-1950s, a grown-up Peggy Seeger sang ‘Freight Train’ during a concert tour in England, and the song was soon recorded — without permission or credit — by a British singer. It became a hit in Britain, and the furor over the songwriting credit and royalties helped create a demand for Mrs. Cotten’s music.” Soon enough, in 1958, Elizabeth Cotten released her first album: “Negro Folksongs and Tunes,” which was recorded and produced by Peggy’s brother Mike Seeger. Her music career had finally begun.

She spent the next several years touring folk festivals and made it “big time” in 1978 when she played New York City’s Carnegie Hall.

In 1983, the Smithsonian Institution named Mrs. Cotten a “living treasure” and in 1985, she received a Grammy for a live album. Late in her life, Mrs. Cotten moved to Syracuse, NY, which honored her by erecting a park and statue commemorating her memory. On that occasion, it was written that when Mrs. Cotten was once asked how the world should remember her, she said: “I want to tell them about my music. Tell them that I’m a good woman and tell them

that’s where they will find me... right up the ladder (in heaven.)”



Far left, Libba Cotten (1895-1987), at the 1968 Newport Folk Festival. At right, Mrs. Cotten photo by Jim Nye courtesy Traditional Arts Services and Ralph Rinzler Folklife.

theater in the parks by Barbara Solomon

Laura Strikes Again

THE TALE OF THE ALLERGIST’S WIFE  
WRITTEN BY CHARLES BUSCH, DIRECTED BY TONY SIMOTES  
STARRING LAURA HODOS AND MATT HOROHOE

Is there anything Laura Hodos can’t do? Sing, dance, comedy, drama. This time she employs her comedic timing, playing the depressed wife of a Jewish doctor. She is looking for the meaning of life, but finds instead a childhood chum who actually gets her out of her funk. But is Lee (Cynthia Beckert) for real or a con artist? Marjorie (Laura Hodos) and her family finally find out, and the ending is typical Charles Busch. The audience was howling at the crazy antics and tears of hilarity were pouring out of my eyes.

Laura’s talents were well matched by the rest of the cast. Matt

Horohoe played the sympathetic husband to perfection. But my favorite supporting actor was Kate Thomas-Denson, as Marjorie’s over-the-top Jewish mother. She nailed it, and if anyone should know, I would. Little nuances thrown in by marvelous director Tony Simotes kept the frantic pace going. And the gorgeous set of Robert Wolin and Lisa Buck was wonderful eye candy.

There was a plethora of themes here: love, faith, family, to name just a few. Acceptance: why worry about things you can’t change, just change the ones you can. Don’t miss this one!

Playing through February 18 at Mad Cow Theatre, 54 West Church Street. For more information call 407-297-8788 or visit madcowtheatre.com.



Photo courtesy of Mad Cow Theatre

From left to right: Laura Hodos, Cynthia Beckert and Matt Horohoe in “The Allergist’s Wife” now through February 18 at playing at Mad Cow Theatre.

BARB’S BEST BETS FOR FEBRUARY: “BABES IN HOLLYWOOD” AT THE WINTER PARK PLAYHOUSE AND “GYPSY” STARRING LAURA HODOS AS MAMA ROSE AT THE TITUSVILLE PLAYHOUSE.

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**schools**

**Audubon Park Elementary**  
PRINCIPAL ANNA FERRATUSCO

Our students jumped right back into the swing of things after all the winter holidays. The teachers are challenging them each day with rigorous activities to prepare them for standardized tests and to ensure they have mastered the grade level standards. This time of year is one where the material gets a little harder and more of the work is in the student's hands to prove their understanding. Keeping a routine at home where students get quality food and enough sleep is always important to ensure they are

ready to learn each day. As always, we appreciate your support to provide the best quality education we can.

January brought us several fun activities such as raising money for the Leukemia and Lymphoma Society through Pasta for Pennies, Boosterthon, and Movie Night on the Lawn! We love getting to participate in fun activities with our school friends and it's always amazing to see our students work hard for a cause. We truly appreciate everyone who works so hard behind the scenes to make these events happen and your support at home encouraging your child. February is sure to be

packed with fun and engaging activities. Don't forget to check the weekly newsletter for what's coming up!

**Brookshire Elementary**  
PRINCIPAL SUSAN MULCHRONE

In January, Brookshire students participated in the Great Kindness Challenge. Every student in the school was challenged to perform as many acts of kindness as they could during the week. They completed kindness activities for their peers and other members of the community. Some examples of how the students were able to spread kindness

were by giving words of encouragement to each other, stepping up for someone in need, and inviting a new friend to play.

We have also had a very exciting month in our Garden Club. The students have planted seeds and are now tending to the vegetables and herbs that are growing. The students have conducted research to understand what the needs are for each type of plant and ensure they are getting all their required sunlight, water, and nutrients to grow. The students record the growth of each vegetable and herb and discuss their findings with the other Garden Club members.



Lakemont Elementary's National Elementary Honor Society (NEHS) students recently helped serve dinner at the fall family night event and assisted with reading activities, as well as conduct a toy drive for the holidays.

**Lakemont Elementary**  
PRINCIPAL DR. BRENDA CUNNINGHAM

The National Elementary Honor Society's primary mission at Lakemont Elementary is to provide service to our school and community. Dr. Cunningham asked our NEHS students to initiate a toy drive for the holidays. The students discussed the idea and decided that filling stockings with small items would be the

best way to accomplish this goal. Many families in our community need help, and we are compelled to answer the call!

NEHS students digitally created and distributed flyers, appeared on the WLOS (Lakemont) morning news, decorated the collection box, created a unique "topper" for the stocking, then sorted toys into categories, and filled stockings for children. NEHS president, Jackson

Kracht, and vice-president, Scott Rinaldi, organized and implemented the toy drive leading teams of NEHS students through each step of this process.

Our NEHS is a positive force on the Lakemont campus. Students recently helped served dinner at the fall family night event and assisted with reading activities. Kindergarten and first grade students receive tutoring help in the morning before

school from NEHS members. Red Ribbon Week was organized and ran by our NEHS to promote a PAWSitively Drug Free school. Currently, students work with our ADDition's volunteer, Dianne Bauer, to supply all classrooms with STEM supplies each month. To personalize our program, NEHS students award winning STEM teams in their classroom so they can celebrate their success with their peers.



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**If you missed our Open House in January — there's still time!**

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**or cclayton@scbcs.net**

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schools



### St. Charles Borromeo Catholic School

PRINCIPAL NATHAN NADEAU

St. Charles Borromeo Catholic School joined schools across the country to celebrate National Catholic Schools Week from January 28 to February 3 with the theme of “Catholic Schools: Learn, Serve, Lead, Succeed.” Through special activities and events, the school focused on the value that Catholic education provides and the contributions to our church, our communities, and our nation. We are pleased to share the following

- highlights from the week:
- Mass celebrated with Bishop Moore Catholic, Morning Star, and Bishop Noonan.
  - Open House for current and potential new families.
  - Extreme Games as a reward to students for their hard work in raising funds during the Magazine Drive.
  - Career Day, in which local businesses and parents shared their job experiences with students.
  - 8th grade verses the faculty and staff volleyball game.

- Picnic for families and Talent Show featuring acts ranging from singing to dancing and magic.
- Penny Wars collected funds to donate to our sister Diocese in the Dominican Republic.
- Collection of canned goods for Brothers Keeper, an outreach of St. Charles Church.

With over 325 students enrolled, St. Charles Borromeo not only is educating students but we are growing together as learners, servants, and leaders.



### Winter Park Presbyterian PreSchool

All classes (even the toddlers!) participate in our WPPP Patriots’ Day Parade which takes place on February 21. The children will have patriotic props that they have created and will march around the campus square where parents gather to take pictures and cheer them on. It’s an exciting event that we look forward to every year following Presidents Day. Age-appropriate stories about our flag and our country are presented in class leading up to the big event.

Spring Fling Fun Fair/Silent Auction is being held this year on March 10 from 11:00 a.m.-2:00 p.m. and is open to the community. WPPP will host a very special event that children of all ages will enjoy. We will have a silent auction, arts and crafts, bounce houses, train rides, pony rides, face painting, a balloon artist, Scholastic Book fair and much more! Wrist bands will be sold at the door for your children to have access to activities.

Registration for new students ages six months through VPK for the 2018/2019 school year begins February 20. After-school enrichment programs include soccer, ballet, yoga, music & movement, art, Spanish, and Nature Experiences. Please contact us for a campus tour at 407-629-0727. Summer camp brochures will be available February 25.



St. Charles Borromeo Catholic School students celebrated National Catholic Schools Week from January 28 to February 3 with the theme of “Catholic Schools: Learn, Serve, Lead, Succeed.”

Do you have **FAITH** in her education?

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### Winter Park High School

PRINCIPAL TIM SMITH

Take 7, Winter Park High School’s select female a cappella group, has been chosen to compete in the AEA Invitational at the National A Cappella Convention this April. Only 10 high school groups in the nation were selected by competitive audition for this prestigious event. Following a day of competition in Memphis, Take 7 will take part in various workshops and master classes with renowned a cappella performers and educators.

Take 7 was established in 2008 and have cemented their place within the a cappella community. The group is a two-time International Championship of High School A Cappella Finalist (2012 and 2015), most recently winning a specialty award for Outstanding Choreography. This fall,



Take 7 (below), Winter Park High School’s female a cappella group, has been chosen to compete in the AEA Invitational at the National A Cappella Convention in April. Above, Naughty Scotty and the Octapella has recorded an album with Take 7 and is available on iTunes. Photos courtesy of Winter Park High School.



# 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, 6021 S. Conway Road. Master Gardeners are available. Please stop by with your plant problem or soil for pH soil testing. Please call 407-254-9200 or visit [http://orange.ifas.ufl.edu/res\\_hort/](http://orange.ifas.ufl.edu/res_hort/).

**Every Monday Smarty Pants** - 10:15 a.m. story time 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](http://www.TrackShack.com).

**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.

**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.

**February 6 The Tarflower Chapter of the Florida Native Plant Society Meeting** - 7:00 p.m. at Harry P. Leu Gardens located at 1920 North Forest Avenue. For more information, please call 407-647-5233.

**February 17 Orlando Wetlands Festival** – 9:00 a.m. to 3:00 p.m. at Fort Christmas Historical Park located at 1300

FEBRUARY HIGHLIGHT

SATURDAY, FEBRUARY 24, 2018

“Restore the Roar Island-Style Event”

6:00 to 10:00 p.m. at Showalter Field. Event supports Winter Park High School renovations, beautification, and academic programs, and includes food and drink (full bar) by Sonny’s BBQ and live entertainment. For sponsorship, tickets, and more information, please email [info@wphsfoundation.org](mailto:info@wphsfoundation.org).

N. Fort Christmas Road in Christmas, FL. The Friends of the Orlando Wetlands will lead wetland exploration hikes and the Florida Native Plant Society will lead native plant identification hikes. Bring your camera and join guided photo hikes led by professional photographers. For those who like to sit and ride, guided bus tours will travel along the wetland berms, giving riders a chance to experience firsthand, Florida’s wild wetlands. For more information, please visit [cityoforlando.net/wetlands](http://cityoforlando.net/wetlands). This event is hosted by the City of Orlando, Orange Audubon Society and Orange County Parks and Recreation.

**February 17 9th Annual Northwestern Mutual Orlando Chili Cook-Off** - 1noon to 6:00 p.m. at Orlando’s Festival Park. For more information, please visit [orlandochili-cookoff.com](http://orlandochili-cookoff.com)

**March 1 Orange County Retired Educators Association Meeting** - 10:00 a.m. at College Park United Methodist Church located at 644 W. Princeton Street, for a Potluck Luncheon and a musical presentation. Anyone who has worked in education is invited to join. For more information, please call 407-677-0446, or visit [www.ocrea-fl.org](http://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.

**March 3 Cannonball Kids’ Cancer Gold Gala** – 6:30 p.m. at 520 Manor Road in Maitland. The gala benefits life-saving research for pediatric cancer. For tickets and more information, please visit [cannonballkidscancer.org](http://cannonballkidscancer.org).

## Winter Park Events

### Ongoing Events

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

**Every Tuesday, Friday and Saturday Winter Park Benefit Shop** – The shop is located at 140 West Lyman Avenue and is open from 9:30 a.m. - 1:00 p.m. on Tuesdays and Fridays, and from 10:00 a.m. - 1:00 p.m. on Saturdays. Donate or purchase clothing, bedding, jewelry, kitchenware and more. Proceeds benefit various children’s programs and the local branch of Orlando Blind. For more information please call 407-647-8276.

**Every Tuesday and Thursday Curator Tours of Louis Comfort Tiffany’s Laurelton Hall** – Curator tours of Louis Comfort Tiffany’s Laurelton Hall at 11:00 a.m. and 2:30 p.m. at the Charles Hosmer Morse Museum of American Art located at 445 N. Park Ave. Space is limited and free with museum admission. To learn more about this event with Curator Donna Climenhage please call 407-645-5311 or visit [www.morsemuseum.org](http://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/](http://orange.ifas.ufl.edu/res_hort/).

**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](mailto: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](http://www.casafeliz.us).

**January 10 Winter Park Garden Club General Meeting** - 10:00 a.m. at 1300 S. Denning Drive. For more information, please call 407-644-5770.

**February 10 Free Outdoor Concert by The Orlando Philharmonic** – Pre-concert activities begin at 2:00 p.m. with a performance from Mr. Richard and the Pound Hounds and include instrument petting zoos. The orchestra led by Paul Hostetter will take the stage at 3:30 p.m. For more information regarding the Orlando Philharmonic Orchestra or this special performance, please call 407-770-0071 or visit [orlando-phil.org](http://orlando-phil.org).

**February 10 REI Garage Sale** – 8:30 a.m. to 2:00 p.m. at REI located at 430 N. Orlando Avenue. For more information, please call 407-647-0731.

**February 13 Camping Basics Class** – At REI located at 430 N. Orlando Avenue. For more information, please call 407-647-0731.

**February 16-19 Inaugural “Weekend of The Arts” Celebration** – Live music and theater, free art exhibitions, children’s arts and crafts, and other cultural treasures. For more information, and a directory of all arts and cultural entities and events, please visit [cityofwinterpark.org/arts-culture](http://cityofwinterpark.org/arts-culture).

**February 23 Beer and Brushes Paint Night** – 6:30 p.m. with Central 28 Brewery at REI located at 430 N. Orlando Avenue. For more information, please call 407-647-0731.

**February 24 Restore the Roar Island-Style Event** – 6:00 to 10:00 p.m. at Showalter Field. Event supports Winter Park High School renovations, beautification, and academic programs, and includes food and drink (full bar) by Sonny’s BBQ and live entertainment. For sponsorship, tickets, and more information, please email [info@wphsfoundation.org](mailto:info@wphsfoundation.org).

**February 28 Chili For Charity Hosted by the Rotary Club of Winter Park** – 5:00 to 8:30 p.m. at the Winter Park Farmers’ Market located at 200 W. New England Avenue. Cost is \$35 in advance - \$40 at the gate. For more information, please visit [www.ChiliForCharity.org](http://www.ChiliForCharity.org), or call 407-399-1296.

**March 3 “Hooray For Love”** – 7:30 p.m. at the Winter Park Playhouse. This one night only event features Natalie Cordone and Shawn Kilgore. For tickets and more information call The Playhouse box office 407-645-0145 or visit online at [www.winterparkplayhouse.org](http://www.winterparkplayhouse.org).