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







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Fitness Station At Blue Jacket Park Officially Opens

On February 20, Mayor Buddy Dyer of Orlando and Commissioner Robert F. Stuart, District 3, joined enthusiastic students from Glenridge Middle School to officially open a new outdoor fitness facility at Blue Jacket Park. As part of a continued commitment to providing outdoor amenities to residents, the City has made one of District 3's most-used parks even better.

The students, along with Mayor Dyer and Commissioner Stuart, had fun exercising- utilizing the push up bars, parallel bars, the straight bench for lower back and abdominal exercises, the decline press, the horizontal ladder, and the climbing structure with overhead pull up bar.

"This is a great amenity that can be enjoyed by all ages and fitness levels," said Commissioner Stuart.

Orlando has been designated a "Healthiest Weight Community Champion" four years in a row thanks to efforts from the City of Orlando's Families, Parks and Recreation Department. Promoting regular physical activity is a public health priority and parks make it easy and affordable for residents to



Above, City Commissioner Robert F. Stuart, District 3, officially opened a new outdoor fitness facility at Blue Jacket Park.

get up and get moving to a healthier lifestyle with an additional option to exercise in the fresh air with natural surroundings.

The fitness station at Blue Jacket Park will bring the number of free

fitness stations available to City are also five urban trails available for all residents to also use at no charge.

Blue Jacket Park is located at 250

General Rees Avenue, Orlando, of Orlando residents to 12. There FL 32802. This 75-acre park is a popular site for baseball, soccer, and softball a well as community 5K's, birthday parties, weddings, and picnics.

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Publisher's Message



Rick Cable

Please allow me to take you back to a moment in time. Perhaps a time prior to many of us being born. A time when minimum wage was \$1.00/hour, a gallon of gas cost 25 cents, a loaf of bread cost 22 cents, the average cost of a new car was

\$2,600 and the average cost of a new home was \$12,700. President Eisenhower occupied the White House, Lucille Ball filed for divorce from Desi Arnaz, Staff Sargent Elvis Presley was honorably discharged from his military service, Ian Fleming and future President

Kennedy humorously discussed over dinner how James Bond would get rid of Fidel Castro, and the first Winter Park Sidewalk Art Festival was held. Yes, this all took place in March of 1960.

Fifty-nine years ago a handful of local art enthusiasts organized the first Winter Park Sidewalk Art Festival as a community project in hopes of benefitting local artists by showcasing them

benefitting local artists by showcasing them along with their original works. With just three weeks of advertising the first festival had 90 exhibiting artists.

Now fast forward over those 59 years, and

the humble event that they started has grown to become one of the oldest, largest, and most prestigious juried outdoor art festivals in the nation. During the '70s the show grew to over 600 exhibiting artists, but it was eventually decided that the festival needed to be contained within Central Park, limiting the number of participating artist to 225. This year nearly 1,100 artists from around the world applied for entry for one of those coveted 225 spots.

More than 350,000 people are expected to visit this year's festival during the weekend of March 16, 17 and 18, and while art is the central focus, this event offers a variety of live entertainment and family fun. For more information regarding this year's festival, please visit www.wpsaf.org/.



The Winter Park Sidewalk Arts Festival draws more than 350,000 people to Central Park

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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What's It All About?

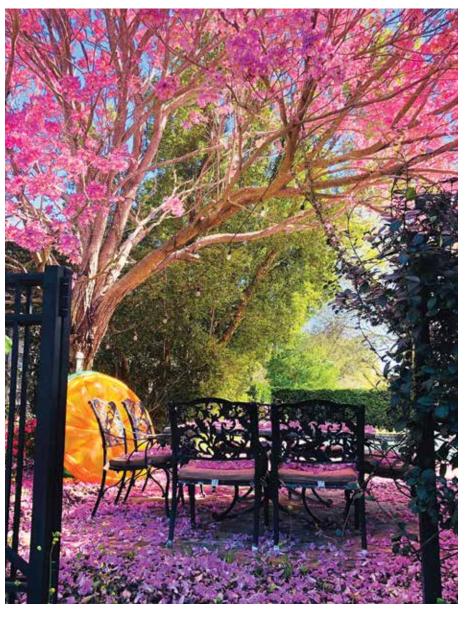
By Tricia Cable

How many times a day do you question your purpose? In my youth, and by youth, I mean anything south of thirty, the answer to that question was-rarely, if ever. I wouldn't say I was selfish, or unaware, I just had so much I wanted to do and seemed to always be going incredibly fast; not taking much time to ponder the meaning of my existence.

And apparently, I think pretty highly of myself because when I did start to seriously consider my purpose, I thought that the universe was counting on me to cure cancer or prevent global warming. It never occurred to me in my thirties, or even my forties, that we weren't all here for some grand occurrence intended to right the wrongs of all previous generations. Additionally, I just naively assumed that without much thought or input, we all at some point in time before our last good night, would completely and undoubtable understand the part that we had played in some master plan.

Now, smack dab in the middle of my fifties, I have collected enough wisdom along the way to know that if there is a master plan, there have been several re-writes along the way. The ship may have sailed for me on gold medal athlete or academy award-winning actress, but the fat lady isn't even

my cleats than my 16-year-old daughter. Sure, the roll in medical school than, let's say, the Stanford



warming up yet. I am no more ready to hang up landscape has changed and I am less likely to en-

grad down the street, but I still feel like I have so much more to give and have yet to determine, exactly, why I think I am here.

I have matured enough to realize that my purpose could be as simple as paying the tab for the young mother with three children struggling to make ends meet. Or, rescuing a lost dog from traffic out of the middle of the street and reuniting him with his panicked owners. Or, helping an old man get his favorite rice off the top shelf at the grocery store. Or, taking the time to talk to a child about their day. The problem is, we equate our purpose to goal-based achievements. No higher power is interested in our achievements, just our heart. When we choose to act out of kindness, compassion and love, we are aligning with our true purpose.

Nothing good ever comes from mean and nasty. The feeling of complete joy that comes from helping another human being, if it could be bottled, would cure the world. It's spring, the flowers are blooming and the trees all have bright green new growth. I say we take a hint from nature, and kick off the new season with some personal growth of our own. Lend a hand, share words of

encouragement, and be the change you want to see in the world.





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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Although the climate in Orlando doesn't undergo dramatic seasonal changes, the arrival of spring each year signals a reawakening and encourages us to live in the moment and enjoy life. I think that may be why spring break was invented!

Your kids can enjoy spring break at one of the many camp

opportunities around our city and you can rest assured knowing your children are having fun and are safe during the time that school is out! The Orlando Science Center is offering a full day of STEM activities, exhibits and so much more! This program offers children the chance to learn more about the environment in an exciting and interactive way. This program is open for students from kindergarten through fifth grade. For details and prices please visit osc.org/breakcamps

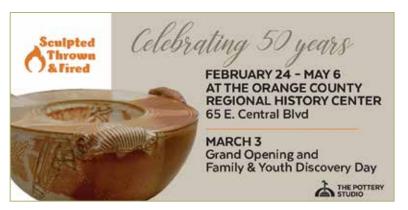
In order to offer community support, our city's recreation centers all offer spring break camps as well at a very reasonable rate of \$8 per day for City residents (two proofs of residency required). For more information, visit cityoforlando.net/fpr.

Another great program for children from the ages of 6-13 is the Orlando City Soccer spring break camp. From March 19th-23rd, players at all experience levels are welcomed and children can

better their soccer skills in a fun and safe environment. Each camp session consists of technical station training and scrimmages, featuring club coaches and Orlando City Soccer and Academy player appearances. For questions and information, contact camps@orlandocitysc.com.

The Orlando Skate Park is also hosting a spring break skate camp starting March 19th from 9:00 a.m. to 2:00 p.m. This program will teach children basic skate boarding skills while focusing on fun and safety. Don't forget to bring your own equipment! For more information please call 407-246-2800.

The City of Orlando's Pottery Studio is celebrating their 50th anniversary! This esteemed occasion is being lauded with a new History Center exhibit entitled "Sculpted, Thrown and Fired: Celebrating 50 Years at the Pottery Studio," which presents a wide variety of works created at the studio during the past half century. The exhibition also tells the story of the studio's history and its beginnings. The Grand Opening is being celebrated with Family and Youth Discovery Day on Saturday, March 3rd from 10 a.m. to 5 p.m. Families are encouraged to attend and working together making cool clay projects. Bank of America and Merrill Lynch treat their cardholders to free museum admission. The exhibit runs through



May 6th. For details, visit http://www.thehistory-center.org/exhibition/pottery-studio

We are also asking for your assistance and partnership this spring season by helping to keep all of the fallen leaves out of storm drains and lakes. As the last of the leaves fall, please make sure to "bag it, don't blow it!" If leaves are blown into streets, sidewalks or storm drains this can hurt your neighborhood. They can clog the storm drains, which will cause flooding. Once there, all of the leaves will end up in your local lake causing algae to grow and harm our water quality. To learn more about leaves and their different seasons please visit cityoforlando.net/stormwater.

If you see a resident or hired landscaper blowing leaves down a storm drain, please report it. While this may seem inconsequential at the time, this is a big problem during the leaf season and can cause real damage. Email stormwater@cityoforlando.net or anonymously call the Stormwater Hotline at 407-680-7542.



Winter Park Mayor's Message

Mayor Steve Leary



Steve Lear

As we move into 2018, it is important to look back and share some of the highlights from the recent past.

Green space is incredibly important to our community. We maintain one of the highest standards of greenspace requiring 1 acre of parkland for every 100

residents. Many other municipalities across the state have a 1 acre/1,000 resident requirement. So we obviously love our greenspace!

This past year we **added 55 acres** along Howell Branch road to our inventory. This park will actually be larger than the Winter Park Golf Course and Central Park combined. Our plan is to maintain it as a natural resource for low-impact use, with walking, hiking and running trails, as well as a navigable creek running through the middle, for canoeing and kayaking.

We also renovated and reopened the **Winter Park Golf Course**, or, WP9. In our first year of operations, the course has been recognized as one of the top ten 9-hole golf courses in the country and it no longer loses money. This year we will be renovating the Azalea Lane Tennis Center as well, to bring it back to Winter Park standards.

By partnering with OCPS, Rollins College and the Winter Park High School Foundation, we were able to completely renovate **Showalter Field**. This facility has a state of the art multi-surface playing field, college style, rubberized track, and multi-media scoreboard. Winter Park High School students, and the larger community, play football, lacrosse, soccer, hold track and field events here, and we are even using it for larger social events such as Restore the Roar.

This year we will leverage a **\$2** million state grant to create the St. Andrews Trail, cleaning up the drainage ditch along St. Andrews Boulevard and connect a pedestrian and biking trail to the Cady Way Trail.

We have made major investments in **Mead Botanical Garden**, Kraft Azalea Garden, and others. Working alongside our Urban Forestry Division, we are working like never before, to protect our tree canopy and improve our greenspace.

The rapid growth of our region is a major concern. While little of the growth is within Winter Park, the traffic generated by the increased population outside our geographic borders is affecting our quality of life. We continue to work with the state, county, neighboring municipalities and even private property owners to create solutions to minimize this impact.

We are seeing very **positive results** from the **extension of Lee Road** through the Whole Foods complex. This roadway is helping to ease congestion through the very busy intersection of Lee Road, Webster Avenue and U.S. Highway 17-92.

In 2017, we also purchased the old bowling alley on Fairbanks Avenue so that we could use a portion of the property to extend the turn lane at U.S. Highway 17-92 and Fairbanks Avenue. This will assist our traffic movement through this very busy intersection. In addition, we are working with the Florida Department of Transportation (FDOT) to conduct a Planning Development & Environmental (PD&E) study of U.S. Highway 17-92 to not only allow traffic to traverse this area more efficiently, but we will also be beautifying this corridor with new signals, landscaping, sidewalks and more.

This past year we funded the city's **first fiber optic network** to connect all city assets. This network will allow us to utilize Intelligent Traffic Signalization systems so that our signals can work more synergistically to help us smooth traffic through the city.

Another added benefit of this network is our ability to connect wastewater facilities directly back to our central compound. If, during an event such as a hurricane, the power to our lift stations fails, we will know immediately. We will be able to get power to these devices to keep the sewage flowing properly and keep it from backing up into homes and the streets.

After Hurricane Irma, the City Commission authorized an **additional \$1 million** to go towards our **electric utility** to address issues that arose during the storm. This is on top of the \$3.5 million that we already spend annually to complete our electric undergrounding efforts. We are 11 years into our 20-year



Fiber optic networks will connect all city assets, which will make for a better traffic flow.

plan and have roughly 60 percent of the distribution lines underground.

In 2013, the FDOT allocated \$13 million to underground the electric transmission and distribution lines along Fairbanks Avenue. These lines are not owned by Winter Park, though after years of delays, work is planned to begin soon. Also, a few years back we extended our sewer system all the way to Interstate 4, which allows properties to come off of septic systems and connect to sewer. We continue our efforts to remove billboards from this corridor. Fairbanks continues to improve.

Maintaining our **historic properties** is important. We now have created Historic Preservation Incentives to encourage voluntary participation into our Historic preservation program. If you wish to place your home on the register, we want to make it easier and assist in your efforts.

We have been able to accomplish all of this while maintaining the same tax rate for the last 11 years. We have the fifth lowest mileage rate in all of Orange County and we have +20 percent of our general fund in reserve. This reserve helps provide security, especially during major storm events, by allowing us to access capital rather than wait for assistance from the Federal Emergency Management Agency (FEMA) or other assistance.

This is just a quick synopsis of our efforts. I want to thank my fellow commission members, city staff, residents, businesses and guests who continue to work together to make Winter Park this special place.

Fire Chief Jim White To Retire

After a 35-year fire service career, with 25 of those years dedicated to serving the City of Winter Park, Fire Chief Jim White will be retiring at the end of May 2018. Under his tenure, the Winter Park Fire-Rescue Department has improved their level of service with the following public safety enhancements:

- Assisted with the final design and construction of the city's Public Safety Facility in 2001.
- Transitioned patient transport care from an outsourced service to an in-house service, becoming an integral part of the city's Emergency Medical Services.
- Developed the city's first Office of Emergency Management that is implemented during hurricanes as well as other emergency situations.
- Incorporated the city's Code Compliance Office into the fire department's operation in 2012.
- Improved the city's Insurance Service Office (ISO) Public Fire Protection Classification from Class 4 to Class 1.
- Achieved accreditation from both the Commission on Fire Accreditation International and the Commission for the Accreditation of Ambulance Services.

"For the past 25 years, the citizens of Winter Park have trusted me with one of their most treasured and imporassets.



They have taught me throughout my professional career that serving the public with honor, trust and integrity will be rewarded with the resources needed to be successful. It has truly been my honor to work with a community who understands and appreciates the need for a higher quality of public safety," said Chief White.

"As excited as I am about the next chapter in my life, know that the City of Winter Park will always be a very special place for myself and my family. Thank you again for providing me with this unbelievable opportunity to serve."

If you'd like to share your well wishes with Chief White before his retirement, please email him at jwhite@cityofwinterpark.org before the end of May. We thank Chief White for his service to our city and for his years of protection, leadership and guidance. Best wishes on his next adventures!

A Runway For Giving

The 56th annual "A Runway for Giving" fashion show and luncheon is returning to the Dr. Philips Center on March 14 and will feature the latest styles by top designers from Neiman Marcus Orlando as well as exceptional cuisine prepared by Arthur's Catering. The event benefits the Morning Star Catholic School Auxiliary.

There will be champagne and hors d'ouerves upon arrival, Neiman Marcus' fashion show and Beauty Lounge, a student performance, and luncheon.

This year's presenting sponsor is Panera Bread. Franchise owners and Winter Park residents Annette and Gavin Ford have been long-time supporters of Morning Star Catholic School. When asked why, Annette shared, "I've been attending the fashion show for at least 20 years. The overall event, the children's performance and fashion show is one you would not want to miss...the energy is joyous and loving. Above all, you know you are making a difference in these beautiful children's lives." She added, "Morning Star School is near and dear to my heart."

Morning Star Catholic is an accredited not-for-profit school for special needs students offering

an enriched learning environment MorningStarOrlando.org.

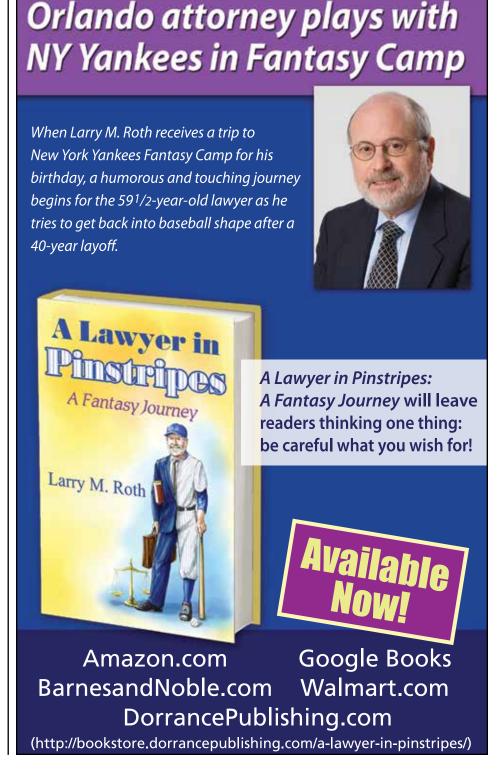






that includes technology instruction, therapies, adaptive physical education, job skills training, and more. Its mission is to provide children with special needs the opportunity to embrace their potential. The Morning Star Auxiliary has served Morning Star Catholic School since 1962, raising funds primarily through A Runway for Giving. Sponsorships and tickets can be purchased by emailing vasquezj@morningstarorlando. org, or by calling (407) 293-7561 ext. 226. For more information visit www.





Audition Notice For The Winter Park Playhouse

The Winter Park Playhouse, Central Florida's only professional musical theatre, will hold annual auditions for its 2018-2019 musicals on Monday, March 19, 2018 from 10:00 am - 5:00 pm and Tuesday, March 20, from 2:00 - 9:00 pm. People of all ethnicities are encouraged to attend.

Auditions are by appointment only and will take place at The Winter Park Playhouse, 711 Orange Avenue, Suite C, Winter Park, FL 32789. Please call (407) 645-0145 to schedule an audition time.

The Playhouse is seeking professional Equity (O.A.T. Category 4 Contract) and Non-Equity musical theatre performers. Housing is not provided but occasionally can be arranged with a patron.

Audition requirements:

6

- Prepare 16-32 bars of an up-tempo and a ballad (classic musical theatre pieces preferred) and a one-minute comic monologue.
- Bring sheet music in your key an accompanist will be provided.
 No tapes or CDs permitted.
- Bring two non-returnable headshots and resumes.

Dance combinations will be taught at the call-backs on Tuesday, April 17. For the list of productions and a detailed cast breakdown, visit www.winterparkplayhouse.org , click on "Get involved" and "Auditions."

The Winter Park Playhouse is an equal opportunity employer, dedicated to a policy of non-discrimination in employment on any basis including age, race, color, religion, national origin, sexual orientation, marital status or veteran status, the presence of a non-job-related handicap, genetic information or any other legally protected status.



The Little Black Dress Initiative Returns

A staple in many closets, the little black dress has become a timeless icon, representing an easy wardrobe solution to fit any occasion. But from March 5 through 8, the Junior League of

Greater Orlando
(JLGO) will instead
employ this closet
workhorse as a
symbol of the
lack of choice and
the limited opportunities available to people living
in poverty in Orlando.

For the second year in a row, members and friends of JLGO will participate in the Little Black Dress Initiative (LBDI) by wearing the same black dress for four days in row, along with a button that reads "Ask Me About My Dress," to ignite conversations with colleagues, friends, and others about poverty.

This four-day campaign encourages participants to harness the power of their social media networks to drive online donations that will support the JLGO's mission to improve the lives of women and children in the Orlando community. At 17.8%, the poverty rate in Orange County exceeds the state average, and includes an estimated 25.2% of all children below the age of 18.

Community members can take action by registering to partici-

ASK ME

ABOUT MY

pate in the LBDI, or by making a donation black Dress to the campaign

to the campaign efforts, at jlgo. org/littleblackdress. Using the hashtag #theLB-Dlorlando and tagging @jlgorlando helps participants engage with online supporters to raise

awareness and funds to benefit victims of poverty in Orlando. To learn more about this year's campaign, email lbdi@jlgo.org.

On the evening of March 8, participants and supporters are invited to celebrate the finale of the campaign at JLGO's Paint the Town Red fundraiser event at World of Beer, Downtown Orlando. More information about this party with a purpose can be found at jlgo.org/paintthetownred.

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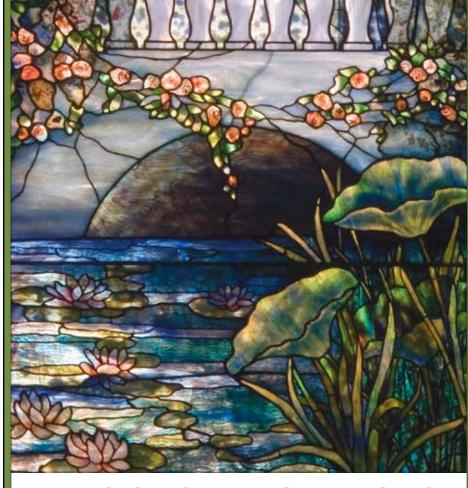


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Winter Park Sidewalk Art Festival Open House

Friday, March 16, 9:30 a.m. – 8 p.m. Saturday, March 17, 9:30 a.m. – 4 p.m. Sunday, March 18, 1 p.m. – 4 p.m.

Easter Weekend Open House

Friday, March 30, 9:30 a.m. – 8 p.m. Saturday, March 31, 9:30 a.m. – 4 p.m. Sunday, April 1, 1 p.m. – 4 p.m. ALL EVENTS ARE FREE



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445 NORTH PARK AVENUE WINTER PARK, FLORIDA 32789 (407) 645–5311 JUST A 5-MINUTE WALK FROM THE SUNRAIL STATION.

estate in the parks by Scott Hillman and Sam Hillman **Clearing The Clutter**

creating the perfect opportunity to organize, declutter and spruce up your home. Everyone likes not only the appearance of a well-organized home, but the feeling it creates- knowing that you have sorted and cleaned out your drawers, cabinets, and closets. Additionally, when placing your home on the market, it is a very important step to clean out your closets, cabinets, and drawers in order to better-showcase the space that is available.

A great place to start is your closet; using the rule that if it hasn't been worn in the past year, donate the item. This goes for clothing, shoes, and accessories such as handbags and scarves. One way you can streamline your closet racks is to place an old pop top on the neck of the hanger, and then you can hang another hanger on that, creating, in essence, a double hanger. This will make your closet less bulky and provide you with more space. Don't kick your old dresser to the curb just yet; first recycle the drawers to provide under-bed storage for bulky sweaters or shoes. You can even add some wheels to them for easier access.

Spring cleaning is also a great time to involve the kids. Perhaps they got some new clothes and new toys over the holidays; for every new toy they

Spring is in the air, received have them select an old toy that they would be willing to donate to a child in need. You can use the same rule for clothing too. This method not only helps your child to clean out and organize but shows them the importance of giving back to their community.

Entry way and side tables are the perfect landing zone for unwanted clutter. Alleviate this habit by simply placing a plant, framed photo, or a decorative item on the table, making it harder for stacks and pile-ups to occur. Magazine racks overflowing, or piled up in the corner? Spring is the perfect time to recycle them. If you were saving them for an article

or recipe, simply tear those pages out and scan them into your computer for access in the future.

The plastic containers cabinet in kitchens are commonly unorganized and usually contain more containers than lids or vice versa. The first step is make sure every lid

is matched to the correct container; from there you can choose how to organize the containers. One idea is to take an old compact disc organizer and place one lid in each slot, keeping them organized. Many people also have a junk drawer or two in their kitchens. After cleaning it out, you can take a muffin tin and place it in the drawer, creating the perfect space to sort and organize the various items.

Don't overlook your garage; hang some towel racks along the side and it becomes a place to hang garden tools and hoses. Recycle old glass jars and use them to house screws, nails, nuts and bolts.

> When going through all your spaces, try and be honest with yourself about how useful the item is still to you, think about if it is something you can recycle or donate. Chances are if you haven't touched or used it within the last year, then it needs to go. Clearing the clutter and spring cleaning is a big job, but if you tackle it a room at a time, then you will be organized in no time.

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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The Park Press | MARCH 2018 8 BUSINESS

Cybersecurity awareness by Ron Frechette, The Cyber Guy

A.I. And Machine Learning...The New Cybersecurity Frontier

It's estimated that about half of the world's population watched the 2018 Olympics last month in Pyeongchang, South Korea. An audience of

that size tends to attract advertisements from some of the largest and most innovative companies on the planet. If you happened to tune in, you may have seen Microsoft's "Empowering Innovation" commercial featuring hip hop artist, Common, who formally introduced the world to the power of artificial intelligence (aka AI).

The commercial opens with Common on-stage professing that through AI technology, we have more power at our fingertips than entire generations that came before us. The final question he poses is, "What are you going to do with it?" Great question to pose to a worldwide audience... depending on who is listening. The motives of viewers can vary widely from the young promising data scientist at MIT, to the cyber threat actor working feverishly to launch the world's next greatest cyber-attack. The question for us is, "How will the power of this technology affect our lives as we venture further into the Digital Age?"

Artificial Intelligence and Machine Learning Defined

Artificial intelligence (AI) is the capability of a machine to imitate intelligent human behavior. Machine learning (ML) is one of the hottest fields in computer science today. ML utilizes sophisticated self-adjust its monitoring filters to stop a breach algorithms that teach computers to learn without being explicitly programmed. It involves feeding huge amounts of data to an algorithm that allows a machine to adjust itself and improve on its own. Think Terminator!

How Big Data Plays a Role in Al and ML Technology

AI and ML rely heavily on consuming Big Data to create complex algorithmic data models. These models have enabled computers to recognize data patterns much more accurately and quickly than humans. This is how Netflix can suggest movies you would most likely enjoy watching. Self-driving cars, computers predicting stock market trends, winning Jeopardy, and the creation of digital personal assistants like Siri, and IBM's Watson were all developed using artificial intelligence and machine learning.

Security Benefits and Risks of AI and ML

From a cybersecurity standpoint, AI and ML technology offer security professionals great promise in protecting our private information in cyberspace. On the other hand, it also creates a new platform for attackers to exploit for malicious purposes.

Security Benefits

• Determining Safe Device Behavior - AI

and ML have the capability to monitor general network usage patterns which allows it to identify and block malicious activity faster.

• Monitoring Data Exchanges -AI & ML can identify something as suspicious, categorize legitimate threats and

before it causes damage.

• Predict Threats Based on Historical Data

- AI and ML systems are proficient at examining large amounts of data and adjusting themselves to predict potential attacks based on historical trends.

Security Threats

- Using AI and ML for Creating Malware -The first example of using AI and ML for malware creation was presented in 2017 in a paper entitled "Generating Adversarial Malware Examples for Black-Box Attacks Based on GAN."
- Smart Botnet Attacks Fortinet reports that 2018 will be the year of self-learning 'hivenets' and 'swarmbots', in essence the belief that 'intelligent' IoT devices can be commanded to talk to one another and attack vulnerable systems at much larger scales than we have seen in the past.
- Smarter Spear Phishing Email Attacks -AI and ML will be used to target high-net worth individuals by weaponizing data science for more effective social engineering campaigns.
- Infecting ML and IA Security Engines this is essentially infecting the ML/IA system used for security and rendering it ineffective or harmful.

AI and ML is undoubtedly the new frontier in cyberspace. How we decide to act on the knowledge we gain will determine the degree of benefits and consequences we experience.

In closing, I refer back to the words Mr. Common so boldly professed, "Through AI, we have more power at our fingertips than entire generations that came before us. What are you going to do with it?"

Wishing you all a safe and peaceful journey in cyberspace.

Questions? Send me a tweet @GoldskyRon.

Sources: https://www.ispot.tv/ad/weFN/microsoft-corporation-empowering-innovation-featuring-

https://www.nytimes.com/2018/02/13/sports/olympics/olympics-nbc-viewers-digital.html https://en.wikipedia.org/wiki/Common_(rapper) https://genius.com/Stephen-hawking-on-the-threat-of-artificial-intelligence-annotated

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







The Park Press | MARCH 2018

in the garden by Stephen and Kristin Pategas



Stephen & Kristin Pategas

All photography by Stephen G. Pategas/Hortus Oasis

When The Winds Come Calling – Preparing For A Hurricane

Hurricanes that impacted Central Florida in 2004 and 2017 along with year-round storms with high winds call for due

diligence in the landscape. Proper preparation to prevent or minimize damage includes having proper supplies on hand and specific procedures performed. Preparation efforts are best determined by the anticipated wind speeds. Given the unpredictability of a hurricane's path, it is best to assume the worst-case scenario. Use the start of hurricane season on May 1st as the deadline for completion. Supplies to have on hand include rope, sandbags, ground stakes, hand truck, and storage bins.

Well ahead of the of hurricane season, start preparations by having an arborist assess the condition of trees on and near the property. Proper trimming or removal can help eliminate catastrophic consequences from falling trees and major limbs. Plan ahead since tree removal

permits are required. Remove vines from trees since they increase wind load and add stress. Palm fronds and tree branches can cause damage, so trim them away from structures. The feather-like (pinnate) palm fronds can be shortened without having to remove the whole frond. Do not have palms trimmed with "hurricane cuts" which is unhealthy for the palm. Instead, maintain green fronds at the horizontal level of 9:00 and 3:00.

Large shrubs also benefit from pruning to reduce bulk. By keeping trees and plants pruned regularly there is less chance the wind will damage them. Prune well before a storm so there is time for yard waste disposal. Yard waste bins should be empty prior to a storm event since they will be needed following high winds.

Many arches and arbors are not well anchored into the ground. Improve their stability by tying them to pipes driven into the ground alongside the structure's posts. Trim back vines to reduce wind load. To provide additional support attach ropes to the structure and to ground stakes (beware of underground utilities including irrigation) or sand bags.

Winds may topple planted containers, especially if they have large plants in them. Lay them down on their sides or use a hand truck to move them into a protected space or against walls away

from doors or low windows. Alternatively, ropes stretched over the containers and tied to sandbags or stakes in the ground may be used to anchor them in place.

Inspect the garden for ornaments and hanging baskets on walls or fences, in trees, and hanging from eaves. Remove anything not securely fastened. Collect small ornaments and place them in bins. To make it easier to determine the previous locations of items removed, photograph the garden from all angles before beginning preparations. If an insurance policy covers damage to the garden, these images are useful for filing a claim.

Sandbags are useful for directing water away from areas that may be scoured with rushing stormwater. Also use them at the base of birdbaths or containers where plants won't be damaged by the sandbags. If bags are on plants, remove the bags as soon as the winds have receded, and it is safe to venture outside. Homemade sandbags can be created from empty soil bags filled with soil or gravel, or use unopened bags of potting mix or concrete blocks.

Other tips include installing a rain barrel to have a source of water to flush toilets in case the water system is compromised, turning off the irrigation system, and removing or securing the rain shut-off sensor.

Start *now* with proper preparation to minimize or eliminate future damage and reduce emotional stress.



At left: Remove weak trees and limbs year-round. Center: A homemade sandbag and a concrete block tied to a rope anchors a container. Right: Carefully lay top heavy containers down onto the ground.



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



Spring Is Here!

Time for that annual chore associated with this time of year. No, not the swapping of your look inside. Are you carrying an excessive number winter shorts for your summer shorts, but the more arduous task of spring cleaning. This year, we wanted to offer a few tips (other than using a strong allergy relief medicine) to possibly prevent you from becoming a victim of crime.

This year, when cleaning out your old bank statements, make sure that you don't just discard them in the trash to be set out by the curb. Shred any item that has account numbers or personal information (to include Social Security numbers, dates of birth, Driver License numbers, and Medicaid/Medicare numbers). As a reminder, if you closed a checking account and still have a check book or register with checks or deposit slips, make sure that those old checks and deposit slips are destroyed and the account number can no longer be deciphered, as crooks can still use that information to make you an unwitting victim of a crime.

Don't stop there, open up your wallet and take a of credit cards? If so, you may want to remove those cards that you don't regularly use and place them some place secure. For good measure, you should make a copy of both the front and back of each credit card you carry and keep it some place secure so if should lose or have your belongings stolen, you have a copy each card and the contact information immediately available so you can stop any illegal activity on your credit cards. It should go without saying that you should never routinely carry your Social Security card or your passport for identification purposes.

Although most people dread the thought of spring cleaning, the momentary discomfort that you experience during the process pales in comparison to the massive headaches that will besiege you if you fall victim to identity theft so roll up those sleeves, take a decongestant and get to work!



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Offer valid for one appetizer up to \$13.95 with a purchase of an entree Valid only at Winter Park Village location 480 N Orlando Ave. Winter Park, FI 32789

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Urban Forestry

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By Dru Dennison, BSF, ISA Certified Arborist, Registered Forester, TRAQ - Urban Forestry Manager, City of Winter Park

The City of Winter Park's Urban Forestry Division was formed to protect, preserve, enhance, and nurture Winter Park's urban forest by utilizing best management practices and the most up-to-date scientific research. Staff maintains existing vigorous trees, removes dead/diseased/dying trees, and replants with a diverse species selection in an effort to promote our most important renewable resource, as well as sustain our forest for today and future generations. The city's urban forest consists of over 75,000 trees on private and public property and there are over 25,000 trees in city rights of way.

he division is also responsible for maintaining trees in parks and around facilities, trees coexisting with electrical facilities, rights of way trees, and community outreach and education. The city takes great pride in the preservation of one of most valued resources, our urban forest. This care is accomplished through careful planting, watering, pruning, fertilizing, insect/disease control, and lastly removal when trees become a public safety hazard. The Urban Forestry Division planted approximately 600 trees in 2017 and hopes to plan another 600 trees in 2018. Lafleur Nurseries and Garden Center is the contract vendor responsible for the planting.

2018 has already been filled with exciting projects for our Urban Forestry Division. In celebration of Florida's Arbor Day, a 20' Southern red cedar tree was planted in Central Park to serve as its new holiday tree. The division planted trees and landscaping in the newly-created medians of the Denning Avenue Streetscape Phase I that is nearly complete, while Phase II is in progress; and currently, Urban Forestry has started Phase I of an invasive tree species removal at Mead Botanical Garden in an effort to promote native tree and bird populations.

The division is looking forward to the upcoming events such as the:

- "Trees for Peace" event that celebrates peace and unity in March
- Duck Derby at Mead Botanical Garden in March where staff will provide valuable tree information and tree-giveaways

- Arbor Day and Earth Day in April where staff will offer more tree information and free trees to all attendees
- 26th annual "Run for the Trees" that offers participants to run their last mile on the tree-canopied, wilderness dirt road of Genius Drive. This privately-owned glimpse of old Florida is opened to the public only once a year, for this event.

Winter Park was established 1882 and even after 130 years of transformation and growth, the City of Winter Park's urban forest is thriving and continues to have the attention of its community to properly and strategically restore, revitalize, protect and enhance one of its most valuable assets – its urban forest.

"Plant today, shade tomorrow."





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Seven Common Myths About Heart Disease – And The Real Facts

By Orlando Health Heart Institute Cardiology Group

Approximately one in four Americans will die of heart disease this year. Despite its prevalence, many misunderstandings still surround heart disease. Here are seven myths about heart disease—and the truth about each of them.

Myth: If I already have heart disease, I shouldn't exercise.

Fact: Research shows that heart attack survivors who exercise regularly and make other heart-healthy changes live longer than those who don't. The American Heart Association recommends at least two and a half hours of moderate intensity physical activity each week.

Myth: Most older people have high blood pressure, so it shouldn't be a huge concern.

Fact: False. Over time, high blood pressure damages your arteries and disrupts the normal function of the circulatory system, forcing the heart to work harder to do its job. If left untreated, high blood pressure can cause heart attack, stroke, kidney damage and other serious health problems.

Myth: I have a family history of heart disease, so I'm destined to have it, too.

Fact: Genetic factors can increase your risk for heart disease, but that doesn't mean you're predestined to have it. It does mean that prevention is more critical. If you have a family history of heart disease, eating a balanced diet, not smoking, getting regular exercise and regularly checking your blood pressure and cholesterol are all important preventive measures you must take to reduce your risk.

Myth: I'm having chest pain; it must be a heart attack.

Fact: Chest pain can result from many conditions other than heart attack, from pancreatitis to pneumonia or panic attack. Although chest pain can be a sign of a heart attack, other symptoms include shortness of breath, nausea, sleep disturbances, feeling lightheaded, and pain or discomfort in one or both arms, the jaw, neck or back.

Myth: A low-fat diet is the best way to reduce your heart disease risk.

Fact: Eating healthy improves heart function. However, avoiding red meat, cheese and other foods high in saturated fat isn't as important as eating a balanced diet. Consume more fruits, vegetables and lean proteins to reduce your heart disease risk.

Myth: I don't need to worry about my salt intake.

Fact: Most people's daily salt intake is five times higher than what they actually need. The recommended dietary intake is no more than 2,300 milligrams a day, which is equivalent to one teaspoon of salt. Processed, canned and restaurant foods typically contain high levels of sodium, which raises your blood pressure, increasing your heart disease risk.

Myth: I'm young. I don't need to worry about heart disease.

Fact: Heart disease is more common among older adults; however, as early as childhood and adolescence, plaque can start accumulating in the arteries and later lead to clogged arteries. If you smoke, are overweight or have diabetes, this can increase your risk for heart disease—no matter what age you are. Start practicing healthy habits today to maintain your heart health for the future.



Heart Institute Cardiology Group

Orlando Health Heart Institute Cardiology Group
has 15 offices located throughout Central Florida, giving you
convenient access to expert cardiovascular care.
To make an appointment with one of our cardiologists,
visit OrlandoHealth.com/Cardiology or call 321.841.OHHI (6444).
Next-day appointments are available for new patients.



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



Avesha G. Shenk

Celebration Of Humanity

My husband and I recently took the kids to see "The Greatest Showman." Though I was looking forward to seeing it, I must ad-

mit I felt a bit of trepidation:
Is our eight-year-old still going to enjoy this after an hour into singing and dancing, when all the candy and popcorn

is gone?
Is my husband's back going to be able to tolerate these (very front row) seats, due to

our late arrival?

Is the depiction of 'circus folk' going to hurt my feelings?

Did P.T. Barnum exploit and sensationalize people in a vulnerable population?

And then it began... and this interesting and unexpected world of oddities and eccentricities began to unfold and capture the imagination and interest of all four of

us. Different ages and genders, different interest and measures... it was indeed a sight to behold.

(To be fair, I can't say that the true story of P.T. Barnum is quite as inspirational and inclusive as this was, but for the sake of this discussion, let's assume that we're referencing the movie exclusively.)

For an hour and forty-five minutes what lit up the screen was a world in which even the most out-of-the-ordinary individuals found a place to call home and a family to whom they belonged. The characters lit up the screen in their unique and extraordinary ways and the world, for them, became a little bit bigger and more kind.

Most of us swing wildly between feeling like we need to do something to help the marginalized groups in society to then putting them out of our minds completely due to the discomfort it causes. Perhaps there is a lesson here in empathy, acceptance and another possibility...

The irony, of course, is that if we're really being honest - most of us have felt like one of the 'odd men out' at some point or another in our lifetimes. We have all been the person who is



Photo from the film "The Greatest Showman."

too small or too big, had too much hair or not enough, too heavy or too lanky, too light or too dark... Most of us have felt insecure, excluded or ashamed of who we are at one time or another.

And yet, if that is true - how quickly we are to forget. How easy it is for us to not extend grace, empathy and acceptance when we're safely on the other side.

The message, most salient to me, from The Greatest Showman was one of empowerment and of love. It offered a sense of place and grace to even the quiet place of shame or alienation that all of us have felt at some point throughout life. It sang from the rooftops a note of sweet self-acceptance and worthiness and it provided an example of what it means to love oneself enough to claim that which is true and beautiful within.

When the sharpest words wanna cut me down Gonna send a flood, gonna drown them out I am brave, I am bruised I am who I'm meant to be, this is me Look out 'cause here I come
And I'm marching on to the beat I drum
I'm not scared to be seen
I make no apologies, this is me

And I know that I deserve your love
There's nothing I'm not worthy of
When the sharpest words wanna cut me down
I"m gonna send a flood, gonna drown them out
This is brave, this is proof
This is who I'm meant to be, this is me

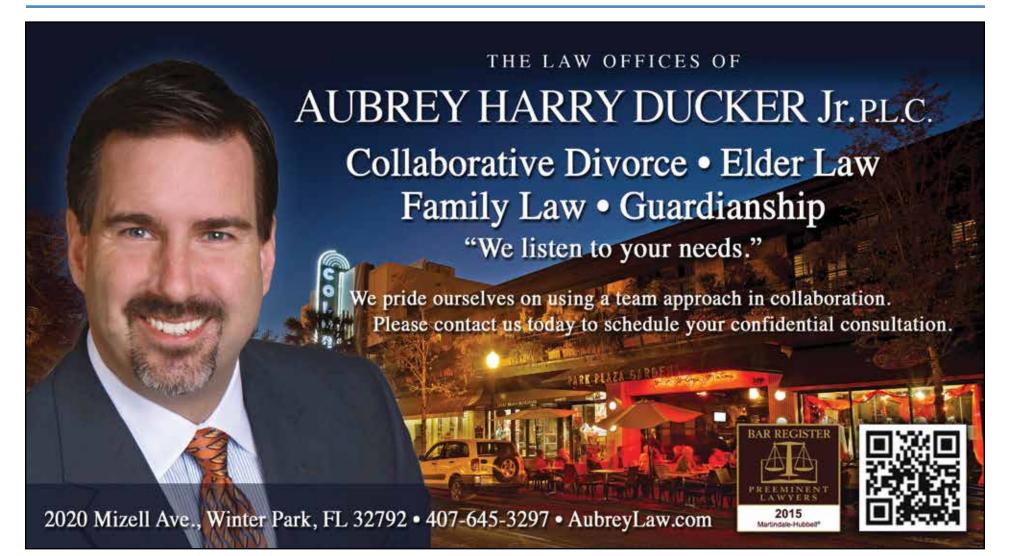
No matter who you are or through what you've come - I offer you this:

You are brave, you are true, you are enough, you are who you're meant to be.

This is me.

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

Ayesha G. Shenk, M.A. practices at 2150 Park Avenue North as a Licensed Mental Health Counselor and can be reached at ayesha@livemeaningfully.net or 407-796-2959.



planned giving by Rachel Calderon



How A "Giving Circle" Can Transform You Into A Philanthroactivist

Philanthropy comes in many shapes and sizes. In other words, there's no onesize-fits all approach to giving — and that's a good thing!

It means that each and every one of us can support the causes we hold close to our hearts in the ways that are the most meaningful to us.

Here in Central Florida, a group of women dedicated to empowering the lives of women and children in our community had the idea of creating a giving circle to support their mission.

Each member of Central Florida Foundation's 100 Women Strong makes an \$1,100 tax-deductible donation annually. But that's not where their philanthropy ends.

The women then work together to identify needs in the community and decide where grants from 100 Women Strong will make the most impact.

These types of givers have become known as "philanthroactivists" — people passionate about a cause who are looking for a social return on their investment.

Since 2006, 100 Women Strong WOMEN STRONG has invested more than \$550,000 in local initiatives. Past grants have supported a wide range of efforts - from helping foster children complete

high school, to supporting domestic violence survivors.

Just this month, 100 Women Strong announced its next grant to launch an early-learning pilot program in Orlando's Pine Hills neighborhood that's designed to meet the social and emotional needs of children from birth to age 5.

Last year, psychology Associate Professor Kimberly Renk of the University of Central Florida tested the program at two childcare centers in Pine Hills using a grant from 100 Women Strong and assistance from Florida State University and the Early Learning Coalition of Orange County.

Now, based on the success of her initial study, Renk is ready to bring the program to two mainstream childcare centers to see whether they, too, could benefit from using early-intervention techniques known as the "Circle of Security" that promote adult-child attachment to offset the effects of trauma and high-stress environments.

And still, for 100 Women Strong, the philan-

a giving circle at **CENTRAL FLORIDA** FOUNDATION thropy doesn't stop there.

The members have adopted two childcare centers in Pine Hills, donating books, providing new playgrounds and more.

Central Florida Foundation, which supports 100 Women Strong, has given these "philanthroactvists" the perfect outlet to support the causes they care about most.

100 Women Strong is making profound changes in our community, and those profound changes are making the members' passion even stronger.

And that's what we call a win-win.



"Philanthroactivists" - people passionate about a cause who are looking for a social return on their investment.

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

Can I Make That A Baker's Dozen?

Hey, remember when I gave you twelve women to listen to in 2018? I made a slight mistake. I meant to list thirteen names - because how in the world could I miss Brandi Carlile? Her latest album, "By the Way, I Forgive You" is amazing. So amazing, it may trump the efforts of all of the other wonderful artists I listed for you in January. I will be shocked if it does not end up on many lists of the best music of 2018 and earns a bucket of Grammy awards. And I must confess. Over the years, I dismissed Brandi Carlile as just another folk/ rock/country singer, and no one who would set my world on fire. Wow, I was so wrong.

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From start to finish, Brandi's latest is captivating. She pushes her voice to the limit and ends up in Adele territory. She crafts story songs that would shame Willie. She croons and induces swoons like Elvis.

The centerpiece and first single from the album is "The Joke." You should immediately search for the video. It is as equally entrancing as the music alone and a perfect encapsulation of the song. In it, she tells the story of the marginalized with great empathy and gives all those who feel a bit different some hope

as she sings, "Let 'em live while they can, let 'em spin, let 'em scatter in the wind. I have been to the movies, I've seen how it ends, and the joke's on them." As Kyle "Trigger" Coroneos writes in SavingCountry-Music.com, "It's one of those songs that doesn't just deliver audio enjoyment, it changes people." After listening to the album (many, many times), I am still thrilled by each of the songs, but completely in love with "The Mother" since it's about Carlile's love for her daughter, Evangeline. Brandi doesn't sugarcoat the challenges of parenthood but rather celebrates how motherhood has changed her for the better

in ways she never anticipated. Her words are better than mine as she sings, "The first things that she took from me were selfishness and sleep. She broke a thousand heirlooms I was never meant to keep. She filled my life with color, canceled plans, and trashed my car. But none of that was ever who we are."

One of my pastimes (once I have found something in the pop culture that I love) is to see what others think about it. I am constantly reading reviews of films, books and music. I couldn't say what needs to be said about Brandi Carlile and her triumphant album "By the Way, I Forgive You" better than Walter Tunis of LexGo. com. Tunis writes that "This is the record where all of her narrative steadfastness, all of the country/Americana sensibilities that inform her melodies and all of that gale force singing converge. The results are pretty much atomic." Take a listen and your ears and your mind will go: "Boom."

Singer and songwriter, Brandi Carlile.



theater in the parks by Barbara Solomon

A Love For The Ages

SHAKESPEARE IN LOVE
WRITTEN BY LEE HALL, DIRECTED BY RICHARD GARNER
STARRING JOHN P. KELLER AND SUSAN MARIS

There is nothing like a good love story, and this is it! Viola de Lesseps (Susan Maris) is enamored with the theatre during Shakespeare's time, and dresses as a man to audition for a part in his new play, Romeo and Juliet. Lo and behold, she lands the role of Romeo. She needed to pretend to be a man because it was illegal for women to be on the stage. Unfortunately, her father has promised Viola to Lord Wessex (Duncan Bahr), who intends to take her to the Virginia colony after their marriage. She says, "I will have poetry in my life, and love above all." Meanwhile, Shakespeare (John P. Keller) falls in love with Viola the woman, not realizing she is his Romeo. Of course, complications ensue, but love wins out in the end.

This is one of the best plays I have ever seen at this theatre. The cast is amazing, especially the two stars. John P. Keller is much more playful in this role than usual, which I thoroughly enjoyed, Susan Maris is totally believable as Viola, and makes the transition from male actor to female love interest with smoothness. Many of the other characters were

outstanding. Anne Hering's Queen Elizabeth had the perfect hauteur, her best performance ever. Thomas Leverton as Kit Marlowe threw wonderful energy all over the stage. Jacob Dresch's Ned Alleyn was a riot, totally over the top. And Tim Williams as Richard Burbage was perfectly in character, as always.

I found two central themes here, love and loyalty. At the end, Viola gives up her life with Shakespeare so he will be able to continue writing. And Burbage states "We are a fraternity," when he volunteers his theatre for "Romeo and Juliet."

Playing in repertory with "Twelfth Night" through March 25. "Twelfth Night is one of Shakespeare's comedies with a torturous love triangle. They are performing it in the 1600's style with an all-male cast and original accents. It's really funny, with a happy ending. Jim Helsinger stole the show as Malvolio, a plum role.

Playing at Orlando Shakes, Loch Haven Park on Princeton Street. For more information call 407-447-1700 or visit orlandoshakes.org.

March 16 - April 21, 2018

This side-splitting Off-Broadway musical comedy features an all male cast as the Little Sisters of Hoboken who put on a variety show to raise money! It's like "Mrs. Doubtfire enters the convent" and nonstop fun!

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The Winter Park

BARB'S BEST BETS FOR MARCH: "GYPSY" AT THE TITUSVILLE PLAYHOUSE, "NUNSENSE A-MEN" AT THE WINTER PARK PLAYHOUSE, AND "A VIEW FROM THE BRIDGE" AT MAD COW.

schools

Audubon Park Elementary PRINCIPAL ANNA FERRATUSCO

During the month of March, we get to have a little active fun by holding Field Day! Every grade level gets a specific day where students participate in several games and activities during the morning hours. The PE coaches organize the events and have taught the students all the games throughout the year during Specials time. Some of the events include relays, a bean bag toss, and tug of war. Field Day promotes a healthy lifestyle by learning about various physical activities and good sportsmanship. Students compete against each other and they learn how to celebrate the success of others and work through disappointment in a positive way.

Families are invited to watch the games for all grade levels. In the past parents have provided tents for shade and snacks with water to keep everyone energized. The teachers are so appreciative of this and it makes the day even more exciting for the students. The dates for each grade level are below. Every field day starts first thing in the morning after student arrival. Families are welcome to come watch and cheer the students on. We hope to see you there!

Kindergarten: Friday, March 9

First Grade: Thursday, March 8

Second Grade: Monday, March 12

Third Grade: Tuesday, March 13

Fourth Grade: Wednesday, March 14

Fifth Grade: Thursday, March 15



Dommerich Elementary

PRINCIPAL KAREN VERANO

Dommerich Elementary PTA successfully hosted their 10th annual Chiefs on the Run 5k and Dommerich Dash in February. This fun, family-style event brought 455 registered participants out to support Dommerich, and celebrate health and wellness with friends, neighbors, and community partners.

Runners, walkers, and strollers navigated their way through the quaint streets of the Dommerich neighborhood where cheers could be heard and high-fives were given by community members and local residents supporting the race.

Thanks to the gracious support from school families, community volunteers, and sponsorships, this year's Chiefs on the Run 5K and Dommerich Dash raised over \$7,000! Dommerich Elementary is thankful for the continued partnership of local businesses and Partners in Education who helped make this community event possible: Florida Hospital; Clay Mitchell esq. - Morgan & Mor-



Dommerich Elementary School students participate in the Chiefs On The Run 5k and the Dommerich Dash.

gan; Orlando Dodge Chrysler Jeep; Nancy Bagby Team - Fannie Hillman; Nu Design; Kids Urgent Care; Sysco - Central Florida; Rotenberger Land and Real Estate; Orange Theory Fitness; Endurance Sports Timing; Two Left Feet; McDonalds - Maitland; Bar Method - Winter Park and RXBAR.

All proceeds from the event will

help fund the many important programs and educational resources that the Dommerich PTA provides teachers and students. PTA also provides family engagement opportunities for children and parents to enjoy together, and they look forward to hosting the 11th annual Chiefs on the Run 5K and Dommerich Dash in 2019.



Winter Park High School

PRINCIPAL TIM SMITH

WPHS Varsity Competition Cheer Team finished third in the nation at the Universal Cheerleaders Association (UCA) National High School Cheerleading Championships in the Small Varsity Co-Ed Division. The event was held at Disney in February. This season the team earned a Metro Conference Championship, District Championship, Region Championship, and a State Runner up trophy prior to finishing as the number third team in the nation. The team is led by Head Coach Angela Austin and assistant coach Robin McCormick. Congratulations Wildcat Cheerleaders!



Above, WPHS Varsity Competition Cheer Team finished third in the nation at the Universal Cheerleaders Association (UCA) National High School Cheerleading Championships in the Small Varsity Co-Ed Division.

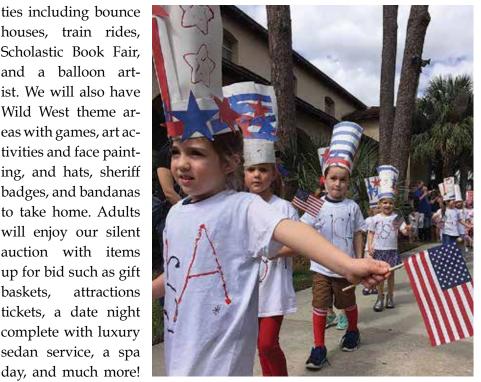


Our annual Patriot's Day Parade was a huge success! The children made USA-themed props and circled the campus three times while their parents cheered them on. All students - from young toddlers to VPK age - participated in this fun event.

Winter Park Presbyterian Preschool's Spring Fling fundraiser is a fun-filled day with children's activi-

ties including bounce houses, train rides, Scholastic Book Fair, and a balloon artist. We will also have Wild West theme areas with games, art activities and face painting, and hats, sheriff badges, and bandanas to take home. Adults will enjoy our silent auction with items up for bid such as gift baskets, attractions tickets, a date night complete with luxury sedan service, a spa

Proceeds will be used to replace playground equipment damaged by Hurricane Irma. Wrist bands will be available at the door for \$20 per family. Adults do not need wrist bands. The event is Saturday, March 10 from 11:00 a.m.-2:00 p.m. at 400 S. Lakemont Ave., Winter Park. Phone



Above, the Dolphins VPK class made their own USA shirts and hats for Winter Park Presbyterian Preschool's annual Patriots' Day parade.

Please contact Carolyn Clayton to schedule a personal tour! 407-293-7691, ext. 223

in January — there's still time!

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407-629-0727 for more information. Hope to see you there!

Registration is now open for the 2018/2019 school year and summer camp. Space is limited!

16 CALENDAR The Park Press | MARCH 2018

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 Plant Clinic – 3:00 p.m. to 5:00 p.m. at Harry P. Leu Gardens located at 1920 N. Forest Ave. UF/IFAS Extension Orange County Master Gardeners are available. Please stop by with your plant problem or soil for pH soil testing. For more information, please call 407-254-9200 or visit http://orange.ifas.ufl.edu/res_hort/.

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 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 Recre-

– 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.

MARCH HIGHLIGHT

THURSDAY, MARCH 8, 2018

TASTE4TOOLBOX – 6:30 to 9:30 p.m. at the Winter Park Civic Center located at 1050 W. Morse Blvd.

Featured speaker at this event will be Homeboy Industries' Father

Greg Boyle. Tickets are available at https://www.eventbrite.

com/e/taste4toolbox-tickets-

40789361077?aff=es2.



Father Greg Boyle, second from right, front row, with Homeboy Industries.

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.

March 21 The Nation's Opioid Crisis - 6:30 p.m. at Orlando Museum of Art located at 2416 N. Mills Avenue. Join Florida Hospital and Dr. Lipi Roy, a leading addiction expert and internal medicine physician, for a discussion on the country's growing opioid crisis. Registration is required. To RSVP visit Florida HospitalDLS.com, or call 407-303-9239.

April 5 Orange County Retired Educators Association Meeting - 10:00 a.m. at College Park United Methodist Church located at 644 W. Princeton Street. Anyone who has worked in education is invited to join. For more information, please call 407-677-0446, or visit www.ocrea-fl.org.

April 14 Cattle Baron's Ball Benefiting The American Cancer Society - This annual event includes great food, music and desirable auction items, all for a great cause. Proceeds from the event go towards benefiting the American Cancer Society of Central Florida, which is dedicated to ongoing education, and life-saving research. For more information, sponsorship opportunities, and tickets, please visit www.cattlebaronsballorlando.com

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily.

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

Winter Park Events

Ongoing Events

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

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

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

Every Wednesday Plant Clinic – 3:00 to 5:00 p.m. at Harry P. Leu Gardens, 1920 N. Forest Ave. For more information, please call 407-254-9200 or visit http://orange.ifas.ufl.edu/res_hort/.

Every 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.

March 8 Taste4Toolbox – 6:30 to 9:30 p.m. at the Winter Park Civic Center located at 1050 W. Morse Blvd. Featured speaker at this event will be Homeboy Industries' Father Greg Boyle. Tickets are available at https://www.eventbrite.com/e/taste4toolbox-tickets-40789361077?aff=es2.

March 9 Hike the Florida Trail and Celebrate the 50th Anniversary of the Nation's Scenic Trails – 4:30 p.m. REI located at 430 N. Orlando Ave. For more information, please call 407-647-0731. To register, please visit REI.com/learn.

March 14 A Runway For Giving - The 56th annual fashion show and luncheon presented by the Morning Star Catholic School Auxiliary is returning to the Dr. Philips Center and will feature the latest styles by designers from Neiman Marcus Orlando as well as cuisine prepared by Arthur's Catering. For more information visit www.MorningStarOrlando.org.

March 16, 17 and 18 The 59th Winter Park Sidewalk Art Festival - 9:00 a.m. to 6:00 p.m. on Friday and Saturday; 9:00 a.m. to 5:00 p.m. on Sunday in Central Park and along Park Avenue. The Festival features a wide variety of fine arts and crafts in the following categories: clay, digital art, drawings & pastels, fiber, glass, graphics & printmaking, jewelry, leather, metal, mixed media 2D, mixed media 3D, painting, photography, sculpture, watercolor and wood as well as our Emerging Artists. For more information, call 407-644-7207 or visit wpsaf.org.

March 17 REI National Garage Sale - REI National Garage Sale - 8:30 a.m. to 1:00 p.m. REI located at 430 N Orlando Ave. For more information, please call 407-647-0731. Members only. To register, please visit REI. com/LEARN.

March 24 Zimmerman Kiser Sutcliffe Winter Park Road Race 10k and 2 Mile Presented by Florida Hospital - 7:00 a.m. in Central Park located at 251 Park Avenue South. Proceeds benefit the Meridian Club of Winter Park Scholarship Fund. This event includes a 6.2 mile run/walk for runners/walkers ages 13 and above, a 2 mile run/walk for runners/walkers ages 8 and above, a virtual option is available, and a free kids' run for kids 10 and under. Registration is required. To register or for more information, run to www.track-shack.com or 407-896-1160.

April 14 Garden Festival 2018, A Garden Tribute This daylong event is hosted by the Orlando Garden Club at Loch Haven Park located at 710 E. Rollins Street. Proceeds support our Scholarship Awards and Charities. For more information, please visit www. Orlandogardenclub.org.

April 28 Run for the Trees, Jeannette Genius McKean Memorial 5k 7:30 a.m. at Showalter Field located at 2525 Cady Way. Proceeds benefit the Winter Park Tree Replacement Fund. This event includes a 3.1 run/walk for runners/walkers ages 8 and above, and a free kids' run for kids 10 and under. Registration is required. To register or for more information, run to www.trackshack.com or 407-896-1160.