The Park Press APRIL 2018

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

~ Positive news that matters ~







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Garden To Grow Produce For Underserved Patients



Winter Park Memorial Hospital and urban agriculture program Fleet Farming are teaming up to plant a fruit and vegetable garden at the hospital to meet a significant community need: food insecurity.

Ripe tomatoes, crunchy lettuce, and sweet carrots are just a few of the nutritious foods that will be growing in Winter Park's newest community garden.

Winter Park Memorial Hospital

and urban agriculture program Fleet Farming are teaming up to plant a fruit and vegetable garden at the hospital to meet a significant community need: food insecurity.

Produce harvested from the garden

will be donated to underserved patients who are discharged from the hospital, and seniors who are shut-in and live within three miles of the hospital.

"When our patients go home, it's

important that they have access to foods that are healthy and nutritious to help in their healing. We can provide them excellent care within our hospital, but if they have an

Continued on page 6



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FROM THE PUBLISHER The Park Press | APRIL 2018

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Publisher's Message



With this issue I'm thrilled to share that *The* Park Press is celebrating our 11th anniversary! As I stop to reflect, I find myself feeling blessed and honored by the role we play within our community. We have remained steadfast to focusing on "the

positive news that matters" and we greatly appreciate your loyal readership and following. Sure, I started this venture, but it has always been a team/family effort.

First, I cannot express how grateful we are to our advertisers! It all started with a cold call to John Psomas and Jim Ackerman at State Farm in Baldwin Park. They were seriously my first call to sell an ad in the April 2007 issue of The Park Press. They signed on and have been in every issue

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since! Several others such as Florida Hospital, Mayflower Retirement, Dr. Danna with Orlando Health, and Waterstone Mortgage (they've changed names a few times) have been running for over ten and a half years. All of the advertisers within each issue are key members of the Park Press family, and I'm honored that we are an important part of their marketing strategy and a valued member of

their team. I encourage you to consider doing business with them and refer our advertisers' products and services to your neighbors, family, and friends whenever possible.

Second, I believe our team rivals some of the most talented individuals you would find in any publication. From our elected officials, featured writers, proofers, art director, and sales, I feel humbled by their passion and dedication that they have for our publication.

In closing, we continue to be strong supporters of some of the best events held in our community, and with this month, we are thrilled to be sponsors of the 10th Annual Winter

> Park Paint Out, hosted by the Albin Polasek Museum and Sculpture Gardens, for the 10th consecutive year! Twenty-five accomplished and well-known artists will roam around the community during the week of April 22 working their craft to capture landmarks and sites on canvas. Works will be on display, and available for purchase, at the

Polasek. For a complete schedule of events, please visit www.winterparkpaintout.org.

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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Mind Over Matter By Tricia Cable

you think will happen, probably will," which explains why I am constantly at battle with both my negative and positive sides. If we are being totally honest, I will admit that I tend to

think worst-case scenario first and then positively strategize in my mind before verbally committing. I run down a quick list of pros and cons in my head and then 100% of the time I need some positive selftalk to convince my negative self that the glass is half full.

A psychologist friend told me once that the easiest way to figure out if you lean "glass half full" or "glass half empty" is to pay close attention to where your mind takes you immediately upon hearing news of any kind. For example, you hear the Russians are coming. Do you

think bomb shelter in the back yard, or Google an authentic recipe for borsch so that your guests will feel more welcome?

I kid of course, but the way you think is both genetic and environmental. I blame my glass half empty side on my Depression-era parents. The fear and doubt that their generation grew up with couldn't help but be passed down to

I am a huge believer in the saying "Whatever the next and future generation. My glass half full persona, for me, has been almost 100% selfin my life, time and time again, has proven successful and therefore I force my Debbie downer

Easiest way to figure out if

you lean "glass half full"

or "glass half empty" is

to pay close attention to

where your mind takes

you immediately upon

hearing news of any kind.

taught. The power of positive thinking in play



self to think silver lining over and over again. Thankfully, with age comes wisdom, and this reaction has nearly become involuntary. But on occasion, my Doubting Thomas rears his ugly head and requires a good Polly Positive smack

Sometimes it works effortlessly... and sometimes, not so much. It all depends on your state of mind. The more things going right or well in your life, the happier you are, the easier it is to think positively. The challenge then of course is when things aren't going well and you need to really focus positively to break a bad or

> negative self-talk cycle. This is when mind over matter is the only way out and in spite of all that is wrong in your world at the moment, you need to dig deep and find not only the strength to pick yourself up and brush yourself off, but the will to believe and envision a better life for yourself.

> You are either part of the problem or part of the solution. Faith and worth are key. You first have to believe that you are worth a better life and over all happiness. That is the biggest struggle for most. It is so easy to be wooed down the path of

martyrdom.... don't do it! The whole "woe is me" act is so not fun to be around and literally serves no purpose. Know that you are worth better, surround yourself with better, and have faith. Have faith that the sun will come out tomorrow, at least for us Floridians, and that you deserve all that is great in life.



The Park Press | APRIL 2018 **NEWS**

City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



April is a great time to live in Orlando! There are so many things to do, see and experience this month. I also wanted to update you on a few recent items that were passed at our March City Council meeting.

Council voted on an agreement that will help further those efforts growing our arts

and culture scene and specifically our Mennello Museum of American Art, located in the wonderful Loch Haven Park area.

Thanks to a generous donation from Michael A. Mennello, and in honor of Marilyn L. Mennello, the museum will add several world-renowned American works of art to greatly enhance the collection of the museum - including 14 paintings and five sculptures permanently gifted- and an additional 20 works loaned long-term.

This generous donation also includes two legacy gifts, including a \$1 million-dollar gift, and annual funding commitments from Mr. Mennello's foundation to further support the work of the museum.

The Orlando City Council made some final changes to an agreement that will allow the disposition of land by the City along Mercy Drive to Ability Housing Company. Groundbreaking will take place this month and when complete in August of 2019, the development will bring 166 new multi-family units to the area with 50% for permanent supportive housing for the chronically homeless.

City Council also voted on an item that will expand the city's bicycling infrastructure. Through the development and implementation of our 2008 bicycle plan, we've been able to make strategic investments, including expanding our trail network, creating more bike lanes, establishing a bike share program,

and opening a mountain bike park.

In order to continue moving forward, building a safer and more convenient pedestrian network, we are beginning a comprehensive update to our bicycle plan this year to help guide us for the next decade.

Now on to events as April is a great time to enjoy all that our city has to offer.

April is Earth Month and the City of Orlando is hosting and participating in many events throughout the month, which allow residents to contribute in the effort to "Go Green." Visit cityoforlando.net/ greenworks for all the ways you and your family can get involved in the cause this month.

Lake Eola is a busy place in April! The weekend of April 7th and 8th is the annual Spring Fiesta in the Park at Lake Eola. This year's event once again showcases wonderful arts and crafts, great eats and a fun kids' zone. Visit fiestainthepark.com for more details.



Then join the City of Orlando at Lake Eola on Saturday evening, April 7th from 5-10 p.m. for our newest signature event, Orlando Sound Bites. This free concert on the Southeast Lawn will feature live music and food and drink from local Orlando restaurants. Visit cityoforlando.net/soundbites for more information.

On Thursday, April 12th the Annual IOA Corporate 5K evening race will be taking place around Lake Eola. This great annual event will benefit local charities such as the Parramore Kidz Zone and the Christian Service Center. For more information



about how to sign up for this evening of fun and fitness, visit Track Shack's website, trackshack.com.

April also brings evening movies back to Lake Eola. Enjoy an evening of fun family entertainment on the green on Friday, April 27th with the popular animated movie, Coco. Activities begin at 6:30 p.m. and the movie starts after sunset. Visit cityoforlando.net/parks/movieola for all the upcoming movie listings.



Lots happening in the Audubon Park Garden District this month as well. On April 7th, check out the District's Garden Tour. Enjoy visiting gardens that are classically lush, to sustainable backyard habitats, urban "farmlettes," tropical gems, and more. April 28th is their Annual Kidfest event. This one-of a kind event gives kids (of all ages) a chance to learn what goes into running the many different businesses in the neighborhood. Do family yoga, learn organic gardening, make mini pizzas and much more. Visit apgardens.com for more information.

I appreciate all that our citizens do collectively to help our community to flourish. Thank you for your continued support and I look forward to seeing you around the district this spring.



Winter Park Mayor's Message

Mayor Steve Leary



Employees of the Year

24/7/365 – you will always find City of Winter Park employees working behind the scenes to provide the highquality services we all have come to appreciate, enjoy, and expect. Each year the city recognizes three of those devoted employees with the Em-

ployee of the Year awards for their extraordinary efforts during the year. Congratulations to each of the gentlemen for their commitment to the City of Winter Park:

Employee of the Year George Richardson **Field Supervisor**

Water & Wastewater Utilities Department



George Richardson

Field Supervisor George Richardson consistently goes above and beyond on every project. He manages three distinct construction crews and has been instrumental in developing and ensuring the success of the city's horizontal directional drilling, installation of fiber optic conduits,

and pipe bursting programs. George also planned and directed the completion of water main replacement in conjunction with the I-4 Ultimate project. This resulted in a savings of nearly \$1.7 million by keeping major portions of the project in-house. His division completed the installation of the new wet well for the lift station on Lee Road. With his expertise, this project was completed ahead of schedule, with an estimated \$85,000 cost savings.

George is always looking for ways to improve and enhance efficiencies, saving money while increasing production. He is a self-motivated, hardworking, lead-by-example employee who is an exemplary role model and well respected by all his coworkers.

Firefighter of the Year **Eric Wheaton Engineer** Winter Park Fire-Rescue Department



Eric Wheaton

Engineer Eric Wheaton continually leads his fellow firefighters by example through training and education. He is what is referred to in fire service as a "legacy," as his father, Wally Wheaton, worked with the department for 30 years.

Since joining the Winter Fire-Rescue Department (WPFD) in July 2007, Eric has excelled at nearly every aspect of the job. He routinely leads training programs, not only within the WPFD, but serves as a well-respected instructor on the national stage. He represents the city, WPFD, his family, and the fire service industry with pride and honor.

As a leader, Eric takes it upon himself to set an example for new firefighters. No matter the time of day, he continuously prepares himself and his rig for service. Eric is meticulous in assuring all tools and equipment are in ready status. He is highly respected and trusted with any assignment, always setting the bar very high for those who will follow.

Officer of the Year **Ryan Wing** Officer **Patrol Division** Winter Park Police Department



Ryan Wing

Officer Ryan Wing continually goes above and beyond the call of duty actively searching for wanted suspects in the city, having found numerous suspects through social media applications. He also continually presents new training ideas to

the department and remains engaged with the community with his polite, courteous, patient and professional demeanor.

Officer Wing's excellent work ethic motivates his colleagues to give it their all in keeping the city safe. Along with his exemplary work ethic, he is exceptionally thorough and diligent with his reports. On many occasions he continues investigating a case all the way through to completion, rather than forwarding it directly to the detective unit. His commitment to exhaust every option has saved many hours of work for detectives, in turn allowing them to focus their attention on other cases.

George, Eric, and Ryan are three examples of city employees who serve our community. We thank them and all our staff for what they do to continue to make Winter Park a city of arts and culture that cherishes its traditional scale and charm while building a healthy and sustainable future for all generations.

Congratulations to Winter Park's **Newest Eagle Scouts!**



Pictured above: Winter Park High School seniors now Eagle Scouts. From left to right are John Mazanec, Evan Mihailoff, Henry deZwart, Sean Frenchette, and Will Ferguson.

Five Winter Park High School seniors are now Eagle Scouts. The young men are all from Troop 62, which meets at St. Margaret Mary Church in Winter Park. A large part of reaching this status is to plan and carry out a community service project. John Mazanec landscaped at the Orlando Rescue Mission: Evan Mihailoff constructed two free "little libraries" for Brookshire Elementary and filled them with donated books he collected; Henry deZwart landscaped at All Saints Episcopal Church; Sean "Frenchy" Frenchette created a Hope Sanctuary at Winter Park High; and Will Ferguson cleaned and re-painted a parking lot at South Street Ministries.

8th Annual Paws For Peace Walk

The Paws for Peace Walk - Paws, Peace & Love is a fun and leisurely stroll for families, friends and their pets. Every year, hundreds of participants walk to raise awareness about the impact of domestic abuse on pets and their owners. This year's walk is Saturday, April 21 at Blue Jacket Park in Orlando.

Harbor House is one of the few domestic violence organizations to have an on-site kennel on its campus. The kennel was an important addition to the shelter nine years ago, because survivors no longer had to make the choice to leave their animal behind. The PAWS Walk raises the necessary funds to keep the kennel in operation; and in turn, keeping pets and their families safe.

One hundred percent of the proceeds will go to fund veterinary and kennel services for survivors' pets staying in the short-term emergency housing at Harbor House.

TedMaines, owner of TedMaines Interiors and philanthropist, and miniature greyhound, Donatella, are honorary co-chairs of the event for the third year in a row. Past years' honorary co-chairs Commissioner Patty include Sheehan of the City of Orlando and her brown schnauzer-mix, Sienna; along with George Diaz, Orlando Sentinel sports columnist, and his boxer, Addie; who are anticipated

to be on-hand with their

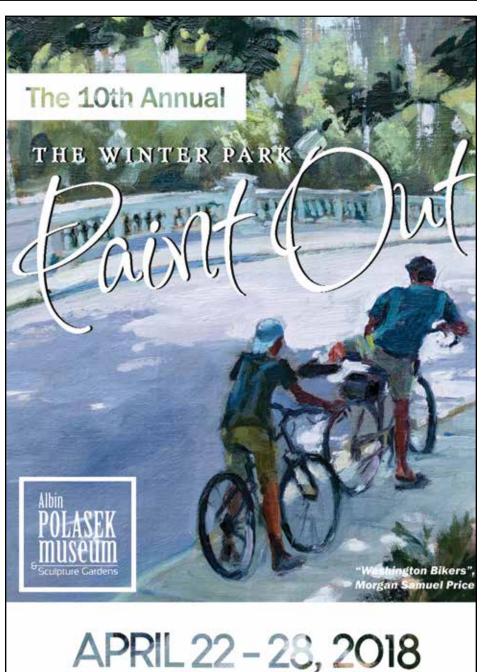
In addition, there'll be pet vendors with unique animal gifts and services, a pet agility course, a contest for the largest and smallest dog participating in the walk, and a bounce house and face painting for children.

For a \$20 donation you get a t-shirt, and a

Continued on page 6







winterparkpaintout.org

THE GRAFTON FAMILY

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empty refrigerator or pantry at home, their recovery may very well be hindered," said Justin Birmele, vice president of operations at Winter Park Memorial Hospital. "We're very excited to see this partnership flourish and help make our community healthier."

According to a recent study by Feeding America, food insecurity is a significant issue in Florida, where more than 3 million people must choose between nutritious food and other basic living expenses. In Central Florida, one in six people turn to local charitable food assistance programs, according to the latest figures from Second Harvest Food Bank.

Food insecurity can have a big impact on health, as certain ailments

and chronic diseases can be directly linked to malnourishment.

Known for their work harvesting gardens at homes and churches throughout the Audubon Park and Parramore communities in Orlando, Fleet Farming is an innovative farming model that is changing the way communities eat by providing knowledge and education about sustainable farming and by installing microfarms in front yards.

"This garden is a billboard of health and wellness," said Lee Perry, Fleet Farming's program director. "We believe that everyone deserves the right to local food, and this initiative shows that we can grow food right here, where people are healing."

From Page 5.

pet bandana. Participants can also donate their pets' birthday. Children 12 and under walk for free. Registration is open for individuals as well as teams.Register at www.harborhousefl.com or contact Darlene Kaiser at Dkaiser@harborhousefl.com.

Harbor House of Central Florida's 8th Annual Paws for Peace Walk - Paws, Peace & Love, Saturday, April 21, 2018. Registration begins at 8 a.m.; Walk starts at 9 a.m. at Blue Jacket Park, Baldwin Park, 2501 General Rees Ave, Orlando (north corner of General Rees Avenue and Lower Park Road)

New Director Of Nursing At The Mayflower

Cheryl-Anne Sadowski, R. N., has been named Director of Nursing at The Mayflower Health Center.

Sadowski, who has a Bachelor of Science degree in nursing from the University of Massachusetts Dartmouth, received training in medical-surgical nursing at St. Luke's Hospital in New Bedford, Mass. She came to The Mayflower from Life Care Center of Altamonte

Springs, where she served as Director of Nursing.

"Cheryl-Anne brings extensive background that ranges from direct patient care to staff development and management, said Steven Kramer, president and CEO. "Her experience and compassion for working with geriatric patients makes her a valuable asset to The Mayflower healthcare team."





OCPS To Induct Third Hall Of Fame Class

Orange County Public Schools has announced its third class of inductees to the Orange County Public Schools Hall of Fame.

The Hall of Fame was founded in 2014 to honor individuals who have earned distinction and recognition from their former classmates, teachers, community members, the world of business and the world at large. From a lengthy and remarkable list of nominees submitted by citizens, parents, alumni and employees, the selection committee chose five new members to comprise its third class of the OCPS Hall of Fame. A gala will be held May 5, 2018, to honor three distinguished alumni, a distinguished educator and a community champion.

Meet the 2018 Inductees:

Glenda E. Hood (Oak Ridge High 1968), a fifth-generation Floridian, has championed civic leadership throughout her career. She served three terms as a commissioner for the City of Orlando and was mayor for 12 more years, a transformative growth period in Central Florida history. In 2003, Governor Jeb Bush asked her to serve as Florida's Secretary of State. Today, she continues to focus on civic innovation through the strategic consulting firm triSect, LLC, for which she is a founding partner.

Dr. Marshall W. Nirenberg (Orlando High 1943) ranks among the most accomplished and renowned OCPS alumni, for winning a 1968 Nobel Prize in Physiology. He led a team of scientists at the National Institute of Health in "breaking" the genetic code. His achievements and contributions to the field of biochemistry genetics also resulted in a National Medal of Science in 1964 and a National Medal of Honor in 1968. Nirenberg died in November 2010. Note: Dr. Myrna Weissman, professor of epidemiology at Columbia University and widow of Marshall Nirenberg, or a member of their family, will attend the gala to receive the honors of Dr. Nirenberg's Hall of Fame induction.

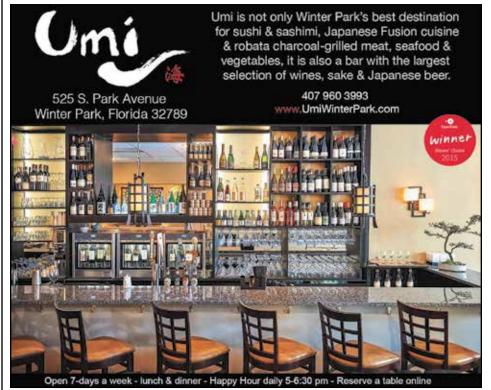
Judge Charles T. Wells (Boone High 1957) earned a Juris Doctor degree from the University of Florida, spent one year as a trial attorney for the U.S. Department of Justice in Washington, opened a private practice in Orlando and then, in 1994, was appointed to the Florida Supreme Court by Governor Lawton Chiles. He served as the Chief Justice for two years during his 15 years on the bench. Retired, he continues to support Boone High as a role model to students in its law magnet program.

Senator Mel Martinez (Community Champion), a native of Cuba, started calling Orlando home in 1966. He earned degrees at Florida State University, practiced law for 25 years and gained immense insights into Orange County business and civic affairs. In 1998 he was elected Orange County Chairman. His "Martinez doctrine" became a massive benefit to the school district by ensuring home developers provided school space and impact funding to keep up with growth. Martinez went on to hold a Cabinet post under President George W. Bush; and win an election to serve as a U.S. Senator in 2006.

Joe Joyner (Distinguished Educator) The son of two educators, Joe Joyner served 23 years at Orange County Public Schools as a teacher, coach and eventually principal at Apopka High. By 1998, he was an area superintendent and a mentor to educators throughout the district. Colleagues say he personified the life of servant leadership. In 2003, he became superintendent of St. John's County Public Schools in St. Augustine, Florida. Last August, he stepped up to the college ranks and is currently president of Flagler College.

The gala dinner and ceremony will be Saturday, May 5, 2018, at the Rosen Shingle Creek Resort. Ticket, table, sponsor and historical information is available at HallofFame.ocps.net. "Early bird" pricing for tickets and tables is available through March 1.

Proceeds from this event will provide STEM enrichment for students experiencing poverty or homelessness.



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cybersecurity awareness by Ron Frechette, The Cyber Guy

Adopting A Cyber Risk Management System

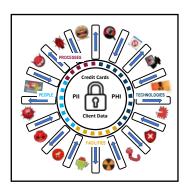


Ron Frechette

This month we will focus on adopting a cyber risk management system to identify vulnerabilities (aka gaps) within each of the four

threat vectors that surround our digital footprints. Having a cyber risk management system in place is vital to help reduce the risks of malware threats and cyber-attacks. This is where the rubber meets the road so get ready for some detailed guidance.

As a recap, there are four threat vectors around the security perimeter of every digital footprint:



1. People Spouses, children,
and/or business
colleagues having
or not having the
awareness that
these vulnerabilities
exist, how they
behave when they
are confronted by a

phishing email and how they respond.

- **2. Processes** Formal policies and procedures in place with best-practice guidelines to decrease 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?
- **4.Technologies** Ensuring that the networks and applications you utilize have been properly vetted and can guarantee an acceptable level of security.

The white space we see illustrated in between each threat vector represents potential gaps where



cyber criminals can inject malware and/ or gain access to our sensitive data.

DREAMSECURE Cyber Risk Management System

DreamSecure is a

cyber risk management system we recommend for small businesses mainly because it is easy to understand and implement. It is based on the NIST Special Publication 800-53 (Rev.4), Security Controls and Assessment Procedures for Federal Information Systems and Organizations. The acronym DREAM spells out the five steps in the system.

- **1. Diagnose** The first step is to diagnose our digital footprint by performing a security risk assessment of each threat vector to identify specific vulnerabilities.
- **2. Remediate** Step 2 is to develop a remediate plan to close gaps.
- **3.** Engage Step 3 puts the remediation plan into action and engages managed security providers if needed to assist in closing gaps.
- **4. Audit** Step 4 ensures our remediation plan was executed effectively and helps us determine how to manage residual risk.
- **5. Monitor** Step 5 takes us to continuously monitoring and detecting potential threats to our digital footprints 24x7x365.

Don't expect to complete all five steps overnight. The average length of time it takes to

fully implement this system can be anywhere from six months to two years. Once the initial risk assessment starts, the rest of the steps tend to fall into place fairly quickly. Additionally, you will find with each future assessment the process will flow much smoother, take much less time, and your overall security posture will strengthen year over year in cyberspace.



A Journey, not a Destination

It is important to remember a risk assessment is a "point in time" assessment. The cyber threat landscape is constantly

changing. As we have mentioned before, there are over 500,000 new threats being developed daily by cyber criminals. Becoming smart about keeping ourselves safe in cyberspace is a journey, not a destination. The first step is having the knowledge and a sound plan to execute. As a best practice, risk assessments should be completed on an annual basis or if you have a major infrastructure change. Ultimately, we would like to see all the gaps in our digital footprints closed.

It is not a matter of if, but when and how often we will be confronted by cyber criminals who will attempt to wreak havoc on our personal and professional lives. It is important now more than ever that we begin adopting a cyber risk management system that we can rely on to thwart potential cyber-attacks. Wishing you all a safe journey in cyberspace!

Questions? Send me a tweet @GoldskyRon.

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

Dan Iosu

family business perspective by Dan losue

Smooth Seas Don't Make Skilled Sailors

Why do family businesses have a high chance of dying on the vine when the kids take over? As you might guess, there are a multitude of fac-

tors: like the perspective and motivation of ownership (sometimes a sale is the goal from the start); key managers might have other plans as the business moves into the next generation; or the bench strength of up-and-coming managers might not be up to par. The list goes on. However, in my experience, the biggest challenge to success in the next generation is entitlement. Often times the family name is on the building, which makes it is easy for many to fall into the false belief that, because it is their last name, it is equivalent to being a natural born business owner. You can guess how that plays out with key managers whom have most likely invested sweat equity in the same business for decades. Consequently, what would you guess as the number one fear of current ownership when it comes to their children? Yep, entitlement.

What to do? Be intentional. We see owners whom are understandably mired in the day-to-day operations and are always working "in" the business. I suggest making the time to work "on" the business. Develop a clear, written plan of intentionally transitioning the business to the next generation. Remember to be a parent first. Have your children be responsible to managers other than yourself. This can be a

tricky situation for your managers, but we've seen it work with great success when roles and responsibilities are clearly defined up front and everyone involved understands the expectations.

Give your children room to make mistakes, so they can learn from them. You might think the seas were rougher for you when you started-maybe you began with a sketch on a bar napkin and now your organization spans ten states with 1000 employees. What started out as a one-person endeavor has become an incredible opportunity for your children to surpass a level of success and a standard of living beyond your wildest dreams. You would be right to think this way. However, my suggestion is that the seas are just as rough now as when you began your business dream. Resist the urge to harbor your children in calmer waters. This will only enable a lack of confidence and it will not offer the opportunity for them to earn respect. You can give them a lot of things but respect is not one of them. Helping your children understand they have a tremendous opportunity in the family business but not a birthright will give them the greatest odds of success. It will give them a feeling of having earned their way because they have worked hard. Intentionally developing a plan for the future offers the next generation the best opportunity to become great sailors on the difficult seas of business.



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

real estate in the parks by Scott Hillman and Sam Hillman

To Stage Or Not To Stage?

if they should stage their home when selling; this applies to sellers with vacant or furnished homes alike. To answer this question, it is important to look at what benefits a home stager can provide to a home owner who is ready to market their property. While home staging is not a new concept, it is one that is certainly gaining momentum. Sometimes people confuse staging a home with decorating, however home staging involves the owner/seller to commit to transforming their home into a place that appeals more to potential buyers.

When preparing furnished home for the market, keep in mind, how you live in a home is not how you sell a home. Your home speaks to you; the goal of home staging is to make your home speak to buyers. Commonly, the stager can work with what belongings you have, rearranging them to present your home in the best light to any potential buyer. To accomplish their end goal, sometimes it means relocating your favorite rug or painting to the garage Photo from Powell Brothers Realty.

Sellers commonly ask or storage. While it can be hard to not take the stager's suggestions personally, it is important to remember that they are a neutral third party whose job is make your home desirable to buyers. Buyers tend to label homes; you can be the home "with an open, bright family room with beautiful built-ins," or the home "with the pool table in the dining room and old trophies on the mantel."

> On the other side, when you are ready to market a vacant and unfurnished home, a staging company can bring in furnishings and decorative items to help make the house more of a home. By simply staging a few rooms, the stagers can

bring warmth and definition to the once cold and empty rooms. It is typically not necessary to stage every room in a home, instead focus on the key spaces; kitchen, family room, dining room, master bedroom and maybe a patio or porch outside. Staging vacant properties aids the buyers in seeing the purpose of the rooms in the home; it provides them with an excellent visual. Staged homes, generally, spend less time on the market than their vacant counterparts. It helps potential buyers by taking the guess work out of trying to figure out how the room is utilized.

Staging is not a do-it-yourself job, it demands

neutrality, in addition to objectivity. It is important to look at things, when marketing a home for sale, with a potential buyer's eye, and a professional home stager is the perfect thirdparty specialist to hire for that job. It is well worth the investment and time. With all the information given, the answer to the question, to stage or not to stage, is a resounding, "Stage!"







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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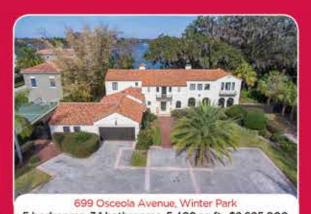
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in the garden by Stephen and Kristin Pategas



Helpful Hints 1.0

All photography by Stephen G. Pategas/Hortus Oasis

Efficiency: since a whole day of weeding never makes it onto a calendar, pull a weed when it is spotted. To feel even better, pull another three.

Stephen & Kristin Pategas Yummy plants: when growing edibles to eat, make sure a pest control company is not treating them with chemicals without your knowledge.

Citrus: what type of tree is that? Crush a leaf and give a sniff. From the fragrance, it is usually possible to differentiate between orange, lemon, lime, grapefruit, and maybe a tangerine.

Reduce stress: sharpen pruning blades regularly to ease the strain on the wrist and arms.

Pollinator gardens: make sure they are not being treated with chemicals that hurt insects – especially the pollinators the plants are meant to attract.

Container: when filling a container with potting soil, add the soil in increments (lifts) of about four inches and firmly pack it down by hand. This will minimize future settling.

Efficiency: wear a tool belt with favorite tools to save numerous steps. If exercise is needed, ignore this tip.

Money saving: use empty water bottles, milk jugs, etc. (caps on, please) in the bottom of containers, then less potting mix is needed. To fill the voids water in the soil frequently as it is installed.

Disease control: regular sanitization of pruning blades can save a plant from death. **Water feature water quality:** use a safe-for-wildlife algaecide regularly and more frequently during the warmer months.

Noise masking: install a water feature with multiple dripping points to maximize the sound.

Constant turf replacement: change the turf to a groundcover plant, mulch, or artificial turf.

Money saving: make sure the rain sensor on the irrigation controller is functioning properly.

Weeds galore: Pull existing weeds before they flower and spread seeds and keep mulch levels at a minimum depth of two-to-three-inches. No bare soil allowed!

Resourceful: use fallen leaves for mulch.

Time saving: let healthy shrub trimmings remain on the ground and become mulch.

Resourceful: cut branches into smaller pieces to fit more into yard waste containers.

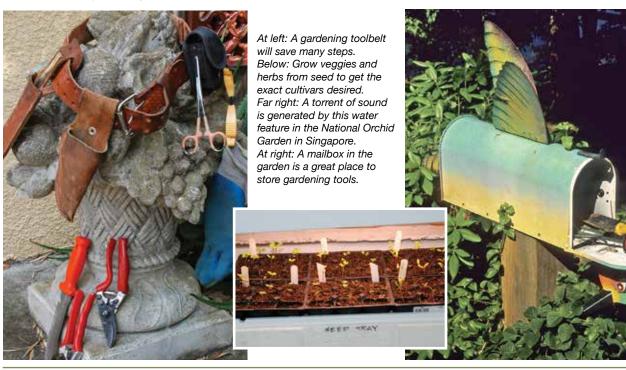
Caution: when working around palms, check under the fronds for wasp nests. **Efficiency:** a hand pruner, loppers, and folding hand saw will handle most pruning.

Labor saving: remove invasive plants before they take over the garden.

Attract wildlife: add a water source to the garden.

Efficiency: store a pair of pruners in a weather-protected spot in the garden so there are fewer missed opportunity to trim a plant.

Take control: start vegetable plants from seed under a grow light, but if needed buy a few "starts" from a garden center to get ahead of the growing season.





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



protection and service

by Winter Park Police Department

Knock, Knock...

Who's there? That is exactly how you should home to answer as well. You don't want to become an "April fool" by opening your door to a criminal so always utilize a door viewer (peep hole) or a side window to see who is at your door prior to opening it. If someone is claiming to be there on official business and you did not expect them, ask to see some sort of official identification through a window and call the business or agency they say they are affiliated with to verify their identity. In Winter Park, solicitors are required to obtain a permit issued by the City and carry it with them. Ask to see their City issued permit and if they say they don't have one or don't have it with them, call the police (non-emergency 407-644-1313) and inform the Communications Operator of the situation so the individual(s) can be vetted. If for any reason you need to exit your home to speak with an individual or show them anything, make sure that you lock the door to your home behind you!

Who's there? That is exactly how you should answer the door and teach everyone in your home to answer as well. You don't want to become an "April fool" by opening your door to a criminal so always utilize a door viewer (peep hole) or a side window to see who is at your door prior to opening it. If someone is claiming to be there on official business and you did not expect them, ask to see some sort of official identification through a window and

Lastly, reports of imposter scams usually increase this time of year. Remember, utility companies will not contact you at the last moment to inform you that you are delinquent with your bill and then threaten to disconnect services unless they receive immediate payment via a credit card or money order. If anyone calls and makes this claim, do not give them any information and hang up the phone, as these individuals are often using un-traceable phone numbers and are just "casting a net" in hopes of catching the one unsuspecting person.



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Urban forestry update by Jake Burnham, General Manager, Lafleur Nurseries

Spring Lawn And Garden Checklist

Spring is finally here! To get your lawn and gardens in order we created a handy checklist to guide your seasonal preparation. If you have any questions do not hesitate to contact us (details in the advertisement below, including 10% off for Winter Park residents)

☐ Irrigation

Without water, nothing else you do matters. While Central Florida does enjoy above average rainfall, the true rainy season does not start until June. Have a professional irrigation technician audit your system to diagnose any pipe or wiring issues that could impair your grass and plant growth. Also check the trend in your water bills – irrigation problems can lead to painful water bill spikes that sometimes can be solved with a quick and simple repair.

☐ Fertilization

Once you are confident in your irrigation system, ensuring your lawn and gardens have the necessary fuel is next on the list. A lot of fertilization applications are done in March, but April is not too late! Each type of grass is different so make sure to do your homework and talk to a professional (even if you decide to do the work yourself). A second application should also happen in late summer.

Mowing

Once you fertilize and the weather turns, your grass will take off. Don't be too aggressive and scalp your lawn – adjust the blade height so your turf looks like it's been cut, but does not have any soil patches showing.

Mulch

Removing existing mulch is an extremely important first step. Many homeowners simply lay new mulch on whatever remains from last year's mulch. This can starve your plants from nutrients and eventually lead to beds full of dead plants.

Mulch tastes vary widely, but one of the best, yet least talked about options, is pine straw. This is an inexpensive choice that also does not attract termites. While you are spreading your mulch throughout your beds, carefully inspect all plants for any issues (fungus, insects, etc.).

☐ Trim back

Central Florida experienced extremely cold temperatures this winter – so you will undoubtedly have some plant material under stress. Wait for signs of new growth in your gardens then try and trim back plant material, don't just replace it. If you've trimmed back and you don't see any success by early April, then you should replace.

☐ Refresh/Replace

If you do decide to replace trees and shrubs, or simply just want to refresh your lawn and gardens – please make sure you factor in plant growth. Too often homeowners want to plant trees and shrubs too close together because of how they look today. But in a few years, those plants will be too close together and sometimes too close to your house.

Water is also ultra-important for new plantings. Every plant is different, but they all need a lot of water in the beginning to have the best chance at success!





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



and new life.

Seek Joy

April always feels like it should mark a new beginning.

Spring seems to welcome new growth, a fresh start,

From longer days, to blossoming flowers and trees, to balmier weather - Mother Nature reminds us that it's time for another awakening.

With the promise of something new brings a lot of emotions. Excitement, Hope, Anticipation and Fear.

Wait, fear?

Yup.

We have a way, as human beings, of "protecting ourselves" against the vulnerability of joy by enlisting our good old friend Fear to squash some of the joy.

Joy is an incredibly vulnerable feeling (the most vulnerable and 'terrifying' emotion we experience, according to master vulnerability expert and all-around impressive woman, Brene Brown). So why do we do this? What makes fear a worthy companion in the face of something new and promising?

Do we believe that somehow if things don't work out we won't be as disappointed, as we have already prepared ourselves for a negative outcome? Do we believe that somehow it guards us against 'jinxing' ourselves? Do we believe that we are not worthy of unfettered, unbridled excitement and hope about that which is to come? What is it that causes our addled human brains to immediately default to the negative and to that which isn't enough?

We wake up in the morning and immediately begin to enumerate the things that have not been enough - not enough sleep, not enough time in the morning, not a smooth enough drive to work, not enough coffee, not enough work having been done the day before, etc. But what if the opposite is also true? What if it is simply enough that we actually awoke to a new day, that we have the luxury of living in a developed world where cof-

fee and breakfast are a given? What if we have the gift of a vehicle that will get us to work without even considering that it could be an issue, and a job or a responsibility waiting for us that provides for our family and/or maybe even offers us purpose and makes life meaningful?

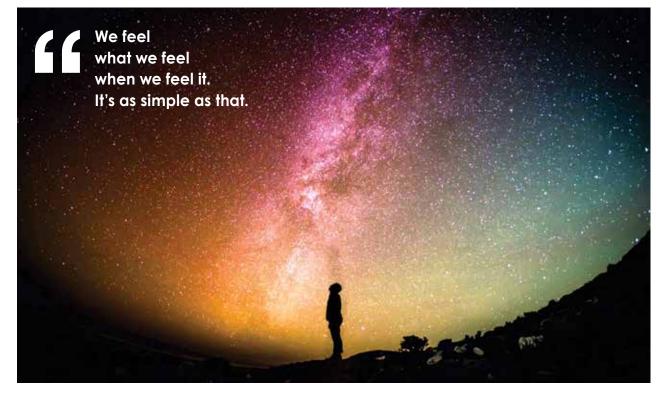
What if all that is positive and hopeful and exciting is actually equally as true as the fact that it would be scary to lose it?

Emotions aren't really quantifiable in nature, they are qualitative. Meaning, when we feel ______(fill in the blank with any emotion - happiness, joy, pain, grief, etc...) we can't accurately assess whether it is more or less than another person has felt or even, often, whether it is more or less than we have felt at another time in life. We feel what we feel when we feel it. It's as simple as that. Have you ever tried to "stop" feeling an emotion? When you're anxious or worried, is it possible to just "not be?" Not really, right? So, to what end does it benefit us to consistently be 'guarding' ourselves against that which is amazing and true in our lives?

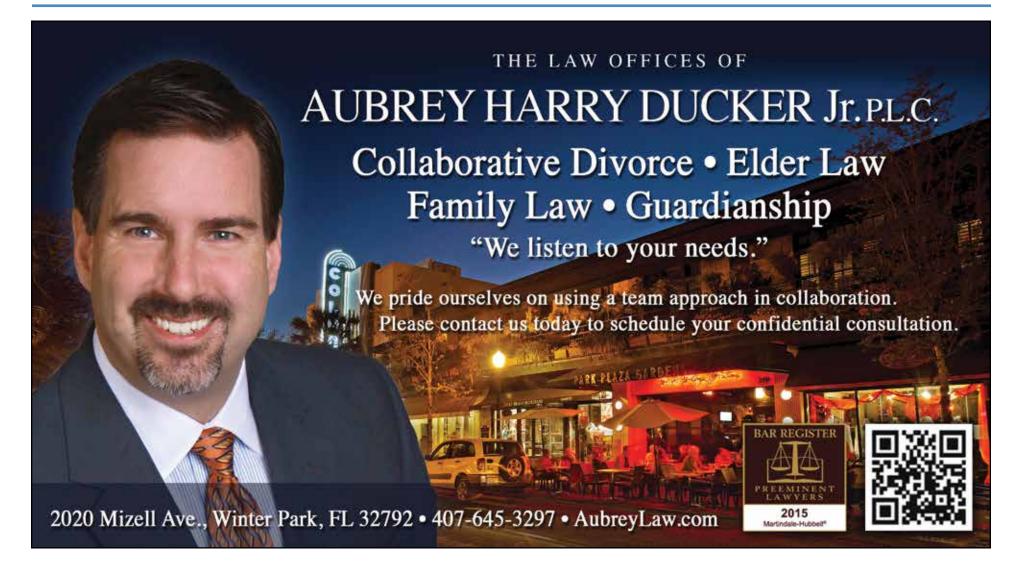
What if, just for today, you were able to catch and reframe every interaction, every thought, every hope you had and simply narrate it from its (equally true) angle of good/enough/joyful? What would happen? The day, the work, the chore, the perspective, and the hope would emerge, leaving the fear and the marginalized experience of life for a different day. Today would be full and celebratory and hopeful and fulfilling. There's always tomorrow to go back to the default of fearful and not enough if living in this sort of grace doesn't suit you.

So, take a moment... practice reframing and begin to re-narrate your morning from the perspective of what is true and joyful as opposed to the way you may have originally done it. Try it on, just as a mental experiment... just for an hour even, if not the whole day, and marvel at what energy emerges from within you.

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.



Naomi was a young mother

planned giving by Rachel Calderon



How One Woman Found The Help – And Hope – She Needed

of two girls, ages 1 and 5, living in New York with her boyfriend. It wasn't a healthy relationship – he was violent

and abusive toward her, and there were constant fights and beatings.

After one particularly bad fight, Naomi decided that enough was enough, and she stood up to him. Her 5-year-old told her mom how proud she was of her for taking a stand. Naomi was shocked that her daughter had realized what had just happened. She thought she had been shielding her children from harm.

Truth was, the girls had been aware of the abuse all along. It was then that Naomi knew she had to get out — for her sake and for the kids'. That moment, she realized everything had to change.

Naomi and her kids left New York and made their way - with practically nothing - to a domestic- abuse shelter in Florida. The shelter connected Naomi to a case manager and employment specialist with the Impact Families program, a pilot program launched by the Central Florida Commission on Homelessness and Central Florida Foundation in the fall of 2017. During the pilot phase, the program focuses on families in Orange and Osceola counties and aims to increase financial and housing stability for families, with a strong focus on employment and education.

The program has provided Naomi a support system that she did not have previously, giving

her direct access to an employment specialist and a job developer - whose primary roles are to provide support and remove barriers that may present themselves along the way to becoming self-sufficient.

With help from the program, Naomi and her girls were able to leave the shelter and move into an apartment of their own that's close to daycare, school and work. Finally, a safe place to call home.



"This program is different," Naomi says. "I've been in other programs that were just a bandage on the problem. This time, people actually care and want to see me succeed. My case manager calls me nearly every day to see how I'm doing, to encourage me, to help me set goals, and to make sure the girls and I have what we need. I'm so thankful."

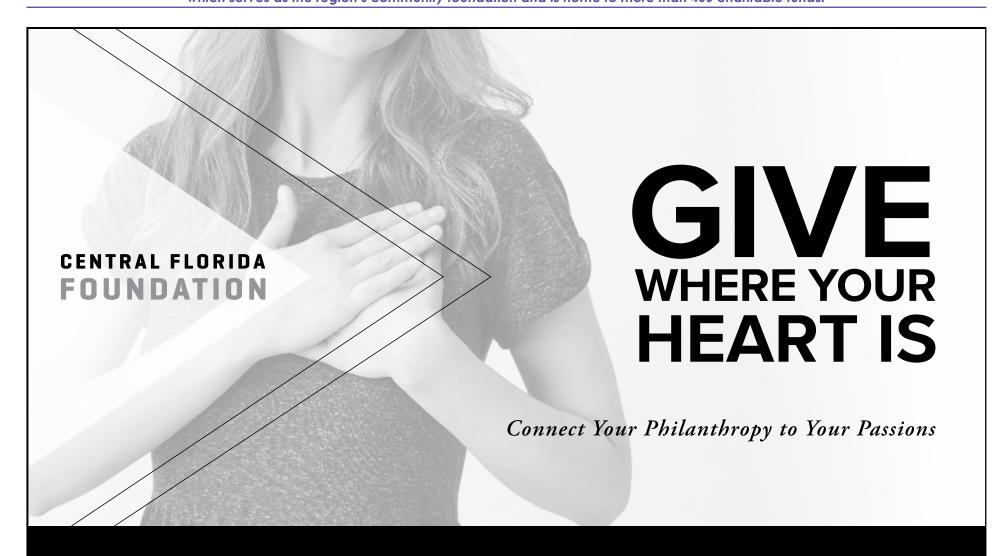
Now that Naomi lives in a safe area with a

strong sense of community, has a job and is able to get ahead for the first time in her life, she can practice self-care too. She loves to write poetry, and now that life is less stressful, she can focus on writing again. "I think it's good for my girls to see me happy and doing something that I enjoy," she says.

Things have fallen into place and Naomi is working toward a plan for her future - one she looks forward to with a sense of hope. "For the first time, I feel like I have a true team supporting me and wanting nothing more than to see me succeed."

Impact Families is a regional collaborative effort in Central Florida. All program referrals are made through the coordinated entry process at Homeless Services Network and include a variety of nonprofits from around the region. The Homeless Impact Fund at Central Florida Foundation supports Community Hope Center Osceola, Goodwill Industries of Central Florida, Homeless Services Network and Osceola County Human Services as part of the Impact Families pilot program. Central Florida Foundation has managed the investments in the Housing First initiative with more than \$7 million in contributions to the Homeless Impact Fund at the Foundation. The Housing First initiative has built a system for housing the community's most vulnerable chronically homeless individuals, ultimately making homelessness rare, brief and one time.

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 quite 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.

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pop culture detours by George McGowan

Television Helps Us All To "Escape" But Not Always To The Same Destination

Recently, my wife and I had a small kerfuffle about a television series that she has recently discovered and is actively "bingeing." The series is *Long-mire*, which tells the story of a gruff, traditional, country sheriff as he investigates crime in the wilds of Wyoming. I have watched some of the series, and like the show a lot, but I have my problems with its format – that is, the "crime of the week" nature of the

series. Longmire also has continuing stories about various characters and I commented that I was more interested in those developments, and could not "buy" the fact that there was a heinous crime being committed each week in the rural county in which the show is set. This discussion led me to conclude that my wife and I watch television to escape, but with different intentions. Neither of these intentions are right or wrong

and that can be proven by just examining what is shown on TV these days. For sake of simplicity, let's stick to TV dramas. There are many enjoyable

shows that stick to the same format as Longmire and are worth watching: *Bones, The Closer* and/or *Major Crimes* (which expands the crime of the week into a crime of the season), *House, Veronica Mars, Dexter*. But, for me, these examples stand out due to other notable aspects of the show. *Bones* has a very interesting dichotomy between its two main characters, *The Closer* and/or *Major Crimes* has interesting

among high schoolers, and *Dexter* has a central conceit that is ingenious. Others in this format don't work for me: any of the CSIs or NCISs or their derivations, *Supernatural*, *The Blacklist*, and others.

I love television dramas but I tend to gravitate towards those that shatter genre conventions and don't allow for any redemptions or resolutions each and every week: *Breaking*

roes and villains are not so distinct. There are main characters who you can hate with a burning passion and others you can love without shame. I recently finished bingeing *The Wire*, so this series is utmost in my mind. Quite simply, this television series is more than a television series, it is a novel, a painting, a textbook, an "empathy machine" (borrowing the phrase from Roger Ebert),

a mirror, and a magnifying glass. I could not recommend it more and it enters my pantheon of best television series. I especially enjoyed watching the episodes and then searching out recaps and other commentary on the shows as I watched them. Yes, call me thoroughly fanatical, but if you want to do the same, I recommend the commentary of Alan Sepinwall, which can be found at uproxx.com under the

heading of "What's Alan Watching." This is one internet blog where it's even interesting to read the comments! Happy viewing, everyone!



character development among all the cast, *House* has its star as a magnetic "force of nature," *Veronica Mars* adds an interesting twist by being centered

Bad, The Wire, The Sopranos, Weeds, Six Feet Under, Fargo. Each of these series takes genre and twists it or bends it beyond recognition. The he-



theater in the parks

by Barbara Solomon and Paul Gicola

Nunsense Is Nonsense

NUNSENSE A-MEN!
WRITTEN BY DAN GOGGIN, DIRECTED BY ROY ALAN
MUSICAL DIRECTOR CHRIS LEAVY

This show is part musical theatre and part stand-up comedy. It is set in a convent in New Jersey where the cook has accidentally poisoned most of the nuns, all of whom have been buried except four who have been preserved in the kitchen freezer. The Mother Superior (David Michael Green) and four of the remaining nuns have decided to put on a show to raise burial money for the frozen nuns. When the Department of Health discovers the bodies, it becomes a race against time, with a really funny ending.

In addition to being an ensemble performance, each of the nuns has a solo spot. Shawn Kilgore as Sister Robert Ann uses his strong voice in "I Just Want to Be a Nun." Sister Amnesia played by Michael Scott Ross is the funniest of the five, singing "So You Want to Be a Nun." The best dancing was done by my friend Victor Souffrant, who stood out in the wonderful tap dance number at the end of Act I, choreographed by the incredible Roy Alan.

Although "Nunsense" is usually performed by an all-female cast, this is an all-male version.

Both of us actually preferred this script, finding it much funnier due to all great performances by the boy nuns. Its humor was enhanced by the many references to "Gypsy," which we are both familiar with (Barb played one of the strippers in South Florida when she was younger and thinner). In a word, this show is pure fun (oops, two words)! Playing through April 21 at the Winter Park Playhouse, 407-645-0145, or visit winterparkplayhouse.org.

On a Theatre note, our best wishes go to our friend and benefactor, Dr. Lee Zenghebot, who is retiring at the end of this month. He has been a godsend to Mad Cow, having financed their black box along with the late Dr. Robert Stonerock. And on a personal note, he has been an angel for thousands of cancer patients, helping them navigate the difficult road over his 33 years in practice. God bless you, you wonderful man!

BARB'S BEST BETS FOR APRIL: "A VIEW FROM THE BRIDGE" AT MAD COW, UCF CELEBRATES THE ARTS AT THE D-PAC, THE ORLANDO FRINGE TEASER AT SHAKES, AND ORLANDO BALLET'S "BEST OF BROADWAY" AT THE GARDEN THEATRE.

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schools

Baldwin Park Elementary

PRINCIPAL ANNA FERRATUSCO

Recently our school had a major change-we officially received a school name! For the past 11 years, our school location has assumed the Audubon Park Elementary name while we acted as the swing site for the original location to be rebuilt. We served as the longest swing site in OCPS history. The rebuilding of the original location has finally taken shape and is moving along quickly. The original location will take back the school name but will now be a K-8 school named Audubon Park School.

Because of this process, the current location on Common Way road needed an official school name. To do this, we received input from the school staff, students, and community. We started by sending out a request for suggestions for the school name, colors, and mascot. Once that information was received, the choices were narrowed down to the top three by a committee from the School Advisory Council (SAC). The top three for each category were sent out in a digital survey for the staff, students, and community to vote on. The final results were compiled along with letters of support and given to the area superintendent, John Wright. He then presented the new name to the Orange County School Board. The School Board enthusiastically supported the name change and voted to accept. We are now officially Baldwin Park Elementary, home of the Bobcats, and will proudly display this using the colors navy and silver. We are all so excited to have our official name and look forward to a dedication next year!



Meet the Baldwin Park Elementary School's administration!

Brookshire Elementary PRINCIPAL JASON FRITZ

Greetings Bulldogs!

I am Jason Fritz, the new principal at Brookshire. I am very excited to be a part of the Bulldog family! My family has lived in the Winter Park community for the past 18 years and my own children attended Brookshire. Brookshire is an amazing community school and I am looking forward to working alongside each and every one of you as we continue to lead Brookshire to success!

March was a busy month for Brookshire. Our fourth and fifthgrade students took the FSA Writes assessment on March 6th. We are confident our students did a fantastic job on the assessment! We also hosted our annual talent show at Glenridge MS on March 13th. We sure do have an amazing group of talented students. Great job by all our performers! Walk N' Roll took place on March 14th. Such a great way to stay healthy and enjoy the outdoors. Please join us in walking, or riding your bike, at our next Walk N' Roll. Spring break was a great time for our Bulldogs to unwind and I hope you all had a chance to relax and enjoy time with your family and friends. To finish off the month we had Skate Night! Skate night is always a great time and I look forward to skating

with all of you at future skate nights.

Thank you for the warm Bulldog welcome and I look forward to finishing out the year strong! GO BULLDOGS!





The first year of Kindness Club is going very well! The students have enjoyed so many activities encouraging and spreading kindness in our school community. We have created posters that were hung around the school encouraging kind behavior. We became kindness messengers and made cards and notes to leave for different members of our staff and to show our appreciation for them. We have covered the school sidewalks with chalk messages of caring and encouragement to brighten someone's day. We had a very successful book and pajama drive during which we spread kindness beyond the walls of Dommerich to two other elementary schools.

We have created a thankful tree

encouraging gratitude and a "Snow many ways to be kind" wall to encourage random acts of kindness. During National Random Acts of Kindness week, we hid Kevin the Koala around the school with signs encouraging various kind behaviors daily. And we have made encouraging banners for the 4th and 5th graders as they get ready for FSA testing. And the kindness (and fun) will not stop there. One of our next projects that the students are very much looking forward to is a school clean-up day. We will be collecting trash around the school, showing kindness to our school community as well as the environment.

I hope the students are enjoying kindness club as much as I am and as much as all the group leaders are. Thank you to everyone who has supported the kindness club so far this year!

Mrs. Fratrik



Pictured above: Dommerich Elementary School's



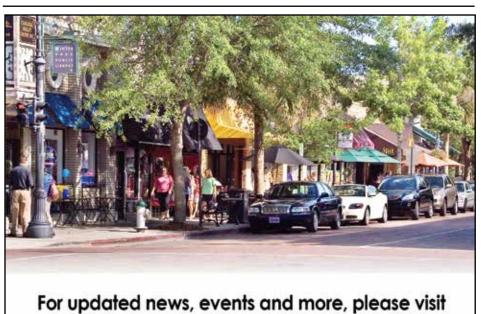
Above: "Snow many ways to be kind" wall art encourages random acts of kindness.



Enrichment

Have you ever balanced a marshmallow on a tower constructed with sticks of spaghetti? Or constructed a tower from straws that will support a cup of pennies? Students in enrichment classes do that and more. SCBCS developed enrichment classes for students who demonstrate a high degree of intellectual and creative ability, exhibit self-motivation, excel in academic subjects, and would benefit from challenging instruction. During enrichment class, students participate in activities that support the regular education program at St. Charles such as reading literary circles with in-depth research and cooperative groups with higherlevel math skills. Students investigate other topics such as building a craft stick bridge that supports weight, or a paper towel roll tower that meets specific criteria. Other projects students have designed from every day household supplies are: revolving satellite towers, Ferris wheels, catapults, water filtration systems, recycling sorters, zip lines, and roller coasters with marble passengers. Students also have dissected electronic items such as broken drills, toasters, cell phones, and computer towers.

Additionally, SCBCS offers remediation for students who need help with reading or math skills through small group sessions, in-class support, or one-on-one for a specific skill. SCBCS has a varied approach to student learning as evidenced by various special programs designed to support students and their needs. SCBCS offers many types of support for our students, before, during, and after school. SCBCS is focused on meeting the needs of our students whether through enrichment or remediation.



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schools

Bulldog Sports

Saint Charles had a great winter sports session. The Bulldogs fielded a Girls' Varsity Soccer team and JJV, JV, and Varsity Boys' Basketball teams in the Catholic Youth Sports league. All the teams were true to the school's motto, "Work Hard, Play Hard and Pray Hard." The JJV Boys' Basketball team headed into the playoffs with a 2-7 record and lost in the first round to St. John Vianney. The Varsity Boys' Basketball team had a successful season of 5-4 and received a first round bye in the playoffs. The team faced a tough game against Good Shepherd and were eliminated from the tournament. The Varsity Girls' Soccer team won their first-round playoff game against St. Andrews and moved on to the quarterfinals where they lost to St. James. The JV Boys' Basketball team headed into the playoffs as the number three seed in the tournament. They beat St. John Vianney and Annunciation to earn a spot to play in the Orlando Championship game against Holy Family. The Bulldogs pulled off the victory and advanced to play for the Diocese Cup which included schools from Brevard and Volusia County. The Bulldogs beat St. Brendan and St. Mary to claim the Diocese Cup Championship. It was a great season! Coming up, the Bulldogs will compete in the Catholic Youth Sports of Girls' JV Volleyball, Varsity Girls' Volleyball, JV Boys' Volleyball, and Varsity Boys' Flag Football. Best of luck to all our teams.





Winter Park High School's Digital Video Production program, the Wildcat Network led by Michele Washington-Gerber, had nine student documentary films place in this year's "C-SPAN StudentCam" documentary competition. Following the prompt "The Constitution and You," students chose a provision of the U.S. Constitution and created a video illustrating why it's important to them. The Wildcat Network placed three films in second place (\$750 prize), one in third place (\$250 prize), and five in Honorable Mention. Additionally, a \$100 prize in the Social Media category went to another Winter Park student for sharing photos of her StudentCam documentary production. Congratulations to Ms. Washington-Gerber and all the Wildcat Network students!

The WPHS 9th Grade Center's Student Government Association recently raised over \$1400 to benefit the Leukemia and Lymphoma Society of Central Florida. Mr. Fussner and his team of student leaders collected "Pennies for Patients" throughout the school to benefit this worthy cause. Great work by the SGA as well as all the teachers and students who donated their spare change to make a difference in our community.

Winter Park Presbyterian PreSchool

Winter Park Presbyterian Preschool hosted their annual Spring Fling, a fundraiser open to the community, which featured bounce houses, train rides, games, and more for children as well as a silent auction for adults. This year, the proceeds are going to help replace playground equipment damaged during Hurricane Irma. We had a large turnout, beautiful weather, and the kids had a great time. It was a big success!

Registration for fall 2018/2019 school year and summer camp are ongoing. Call us at 407-629-0727 or visit our website at winppc.org/ preschool for more information or to schedule a tour.



2017 CFHLA Public Servant Of The Year

Mayor Teresa Jacobs of Orange County was recently recognized as the 2017 "Public Servant of the Year" by the Central Florida Hotel & Lodging Association (CFHLA) for her leadership in local government and support and advancement of hospitality and tourism in the region.

Mayor Jacobs joined hundreds of attendees in the business and hospitality community at CFHLA's annual membership luncheon in February to receive the honor. CFHLA is one of the largest regional hotel associations, representing approximately 80 percent of all lodging rooms in Orange, Osceola and Seminole counties.

"Mayor Jacobs has played an integral role to the hospitality industry for the past eight years," said the CFHLA chairman, Fred Sawyers, ther GM of Walt Disney World Swan and Dolphin Resorts.. "She understands and respects the importance of the Central Florida hospitality industry relating to maintaining and creating jobs and economic development for Orange County."

Mayor Jacobs thanked the local leaders and organizations that help promote the region as a top tourist destination. Last year, Visit Orlando announced that the area had a record 68 million visitors. She also said that without the strength of the local hospitality sector, key projects such as the Amway Arena, the Orange County Convention Center, Camping World Stadium, and the Dr. Phillips Center for the Performing Arts, would not have come to fruition.

"Tourism continues to be a big part of our story, a big part in shaping our community," Mayor Jacobs said. "The many millions of guests who come here each year are the reason why Orlando, in Orange County, is known as the number-one tourist destination in the nation."

In Central Florida, the travel and leisure industry contributes an estimated 450,000 jobs, about one third, to the local economy, as well as has an economic impact of \$68.5 billion to the region.

"What really makes us stand out and keeps our guests coming back again and again goes beyond the tangible things that our region has to offer," Mayor Jacobs added. "What keeps our guests coming is our incredible culture of hospitality."

Orange County leaders in attendance to celebrate Mayor Jacobs' award included: Orange County District 1 Commissioner Betsy VanderLey, Orange County District 3 Commissioner Pete Clarke, Orange County District 4 Commissioner Jennifer Thompson, Orange County Administrator Ajit Lalchandani and Orange County Comptroller Phil Diamond.

Last year former Orange County District 1 Commissioner Scott Boyd received the CFHLA "Public Servant of the Year" award, and District 4 Commissioner Jennifer Thompson accepted the award in 2014.

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COMMUNITY CALENDAR

Audubon Park Garden District Events

Ongoing Events

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

Baldwin Park, College Park and Orlando Area Events

Ongoing Events

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

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

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

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

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

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

Every Wednesday 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 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.

APRIL HIGHLIGHT

MARCH 16-APRIL 21, "NUNSENSE

A-MEN!" – 7:30 p.m. at The Winter Park Playhouse. 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." Call 407-645-0145 or visit winterparkplayhouse.org for tickets.



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.

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 Delandapalooza 2018 - Winter Park's own Riley Resa, A.K.A. Riley Honohan, will perform on the Main Stage (old Deland courthouse) at 2:40 p.m., and Stage 5A a 5:35 p.m. Riley is a sophmore at Winter Park High School, and she recently released her first song, "Broken," which can be heard on YouTube at https://youtu.be/sbgkNX4iQAO. For more information and tickets (please use her name in the subject bar when ordering), please visit http://www.ssa.cc/delandapalooza.html.

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

April 21 8th Annual Paws for Peace Walk to Support Animal Survivors of Domestic Abuse - Registration begins at 8:00 a.m.; Walk starts at 9:00 a.m. at Blue Jacket Park located at 2501 General Rees Ave. Register at www.harborhousefl.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.

May 12 Annual Baby Owl Shower - 10:00 a.m. - 2:00 p.m. at the Audubon Center for Birds of Prey located at 1101 Audubon Way. For more information, and a list of donation items for free admission, please visit http://fl.audubon.org/chapters-center/baby-owl-shower.

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 407-6455311 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 Friday Gallery Talk - 11:00 a.m. at the Morse Museum located at 445 N. Park Avenue. Learn about the more than 60 objects in the exhibition, which include paintings, pottery, art glass, and works on paper. Together the works reflect the range of the Morse's collection and the values of the museum. Free with admission. For more information, call 40-645-5311, or visit www.moresemuseum.org.

Every Saturday Winter Park Farmers' Market – 7:00 a.m. to 1:00 p.m.

Every Saturday and Sunday Line Dance Class – 10:00 a.m. Saturday for experienced dancers, and 3:00 p.m. Sunday for beginners at the Winter Park Community Center located at 721 W. New England Avenue. Enjoy music, make new friends, and get some fun exercise at the same time! For more information please call 407-592-7835.

Every Sunday Winter Park Running Group – 7:00 at Park Avenue and Welbourne. New participants are welcome to join. For more information, please email iackgallagher@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.

April 5 Photography Basics – 7:00 p.m. at REI located at 430 N. Orlando Avenue. For more information, please call 407-647-0731. To register, please visit REI.com/learn.

April 8 Camino de Santiago Class – 11:00 a.m. at REI located at 430 N. Orlando Avenue. For more information, please call 407-647-0731. To register, please visit REI.com/learn.

April 11 Winter Park Garden Club Annual Meeting - 10:00 a.m. at 1300 S. Denning Drive. Caroline Chomanis, program manager for Fleet Farming Audubon Park, will be the guest speaker. For more information regarding this free event, please call 407-644-5770 or email winterparkgardenclub5@gmail.com

April 14 Garden Festival 2018, A Garden Tribute - This day-long 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 19 "Nunsense A-Men!" - 7:30 p.m. at The Winter Park Playhouse. For more information and tickets, please call 407-645-0145 or visit www.winterpark-playhouse.org.

April 19 Women's Bike Maintenance Level II - 6:00 p.m., REI, located at 430 N. Orlando Avenue. For more information, please call 407-647-0731. To register, please visit REI.com/learn.

April 22-28 10th Annual Winter Park Paint Out This plein air painting event is hosted by The Albin Polasek Museum and Sculpture Gardens throughout Winter Park. For more information, please visit www.winterparkpaintout.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.