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SeaWorld Donates 131 Electric Scooters To Goodwill Industries

Goodwill Industries of Central Florida recently recognized SeaWorld Orlando for its donation of 131 electric scooters to improve mobility for local residents.

"This donation allows us to reinforce our mission of conservation and sustainability," said Marcus VanVleet, vice president of merchandising at SeaWorld Orlando. "We are keeping waste out of local landfills while supporting Goodwill's efforts to empower differently abled Central Floridians with employment opportunities."

The scooters, once used in SeaWorld parks, will be distributed among Goodwill's 28 retail stores in Central Florida, where they will be sold. Sales revenue will

help fund Goodwill's job training and employment assistance programs.

"The community can support our efforts to provide job training and placement to Central Floridians who have barriers to employment in several ways, including dropping off household items and making in-kind donations," said Karla Radka, chief operating officer at Goodwill. "We're grateful for the generosity of corporate partners like SeaWorld who help us continue building lives that work."

To support Goodwill, residents can donate clothing, shoes, books, household goods and electronics at their nearest retail store or Donation Xpress. A list of locations can be found at www.goodwillcfl.org.



Pictured above: (left to right) Bill Oakley, CEO, Goodwill Industries of Central Florida; Michelle Brady-Palmer, Community Engagement Manager, SeaWorld Orlando; Marcus VanVleet, VP of Merchandising, SeaWorld Orlando.

Orange County Residents Urged To Tip, Toss, And Cover During Mosquito Season

In Central Florida, mosquito activity increases during the hot, rainy months of the summer season. With increased activity comes the additional threat of mosquito-borne diseases such as chikungunya, dengue, and Zika.

Mosquitoes are such a serious health threat



that the American Mosquito Control Association has declared June 24 through June 30, 2018, as National Mosquito Control Awareness Week.

Orange County Government encourages res-

idents to do their part by inspecting their property for any containers that can hold standing water. Even very small containers, like water in bottle caps, can provide the right environment for mosquito-borne illnesses. Specifically, Orange County is urging residents to Tip, Toss and Cover!

Tip out standing water, even very small amounts, from flower pots, toys, buckets, pet dishes, trash containers, wading pools, and car covers. Flush gutters, bird baths, and bromeliads with fresh water from your hose.

Toss items that can collect water. Put away

Continued on page 6

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Publisher's Message



Rick Cable

As we enter the second month of the 2018 Hurricane Season, which runs through November 30, now is the perfect time to prepare. According to the National Weather Service's Climate Prediction Center for 2018, there is a 70 percent chance of 10 to 16 named storms developing, with winds of 39 mph (63 km/h) or higher. Of those named storms, five to nine could achieve hurricane strength, with winds of at least 74 mph (119 km/h) or higher, and one to four storms could develop into major hurricanes (category 3, 4 or 5, with winds reaching at least 111 mph, or 179 km/h).

So, it's predicted to be an above-average season of tropical storms and possible hurricane activity. As Floridians, we know predictions can be all over the place, but we also know we don't want to be caught unprepared, or waiting in long lines at the last minute if a storm is heading our way.

One of the best things I did years ago was floor my attic space with plywood. It has been my go-to in times of need to board up. Just saying, it's worth considering, as plywood is that first thing that's sold out upon a mention of being in the path of any model shown.

If you have a generator, fire it up now and make sure it runs. Even the one that you bought

years ago, and it's still new in the box. Store some extra gas on hand. If you don't have to use it, you can always use it to top off the gas in your car. Extra propane for the grill and some instant coffee isn't a bad idea either.

A Basic Disaster Kit Should Include:

- A gallon of water per person per day for at least three days
- A three-day supply of non-perishable food
- A battery-powered or hand-crank radio
- A flashlight with extra batteries
- A first aid kit
- A whistle to get help
- Dust mask
- Moist towelettes, garbage cans and plastic ties for sanitation
- A wrench or pliers for turning off busted pipes
- Maps
- A can opener for food
- And cellphone chargers

A great resource to help you prepare can be found by visiting www.ready.gov/make-a-plan.

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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Love Will Keep Us Together

By Tricia Cable

Lately, as a result of current events, I have been more aware than ever of the differences of opinion between people. Everyone has an opinion, there's nothing wrong with that, but the varying degrees of right and wrong seem to have taken its toll. No longer is it just right and wrong, black and white. I don't know, maybe it never has been, but why does it seem to me like unless we are in complete agreement with someone every step of the way, we can't seem to get along? Are we really at a point where we have to agree with someone on anything in order to be kind to one another?

I get it, it's not easy to temper your emotions at times when engaging in an active debate on a specific topic; especially if it is one that you are incredibly passionate about. However, I have been witness to many a conversation of late, where lines are drawn in the sand and long-time friends venture past the point of no return. Look, America is called a melting pot because most of us came here from somewhere else. The country was founded on the great differences of our citizens. What has changed?

Can we learn to celebrate our differences?

Maybe it is my role in sales that has me excited to meet new people and learn new things. I have just as much respect for differing cultures and traditions as I have for my own. My pride in who I am and where I come from is strong. Therefore,



I presume that you too have pride in who you are and where you come from. Our paths, unless you are one of my siblings, have been different.

Maybe this seems more apparent now because there is more subject matter up for discussion. Gone are the days where public conversations regarding politics and religion are taboo. But, to keep the peace and bridge the gaps that are currently dividing us, we have to show compassion and consideration for every-


one. Not simply those who believe and think the same way that we do.

Is it easier to side with someone who sees things exactly as you do? Sure, but that's no fun. I say, branch out of your comfort zone. Focus on what makes us similar, not different. Concentrate on all that you love and admire about someone, not just on what drives you nuts. A very wise friend of mine schooled me a very long time ago by saying this about a mutual friend, "Yes, she is insecure and unreliable, and that drives people like us right over the edge. But, that is not all that she is. She is also incredibly kind and generous. Let's focus on the good."


And with that, a shift in my way of looking at people and our differences occurred. It's not always perfect and it doesn't work in every situation, but 95% of the time, it works for me. Don't throw the baby out with the bath water, put on your rose-colored glasses and be kind to everyone. Focus on what make us the same, find a common bond with someone that you otherwise may have nothing in common with. Live and let live, make love not war, and all we are saying, is give peace a chance!

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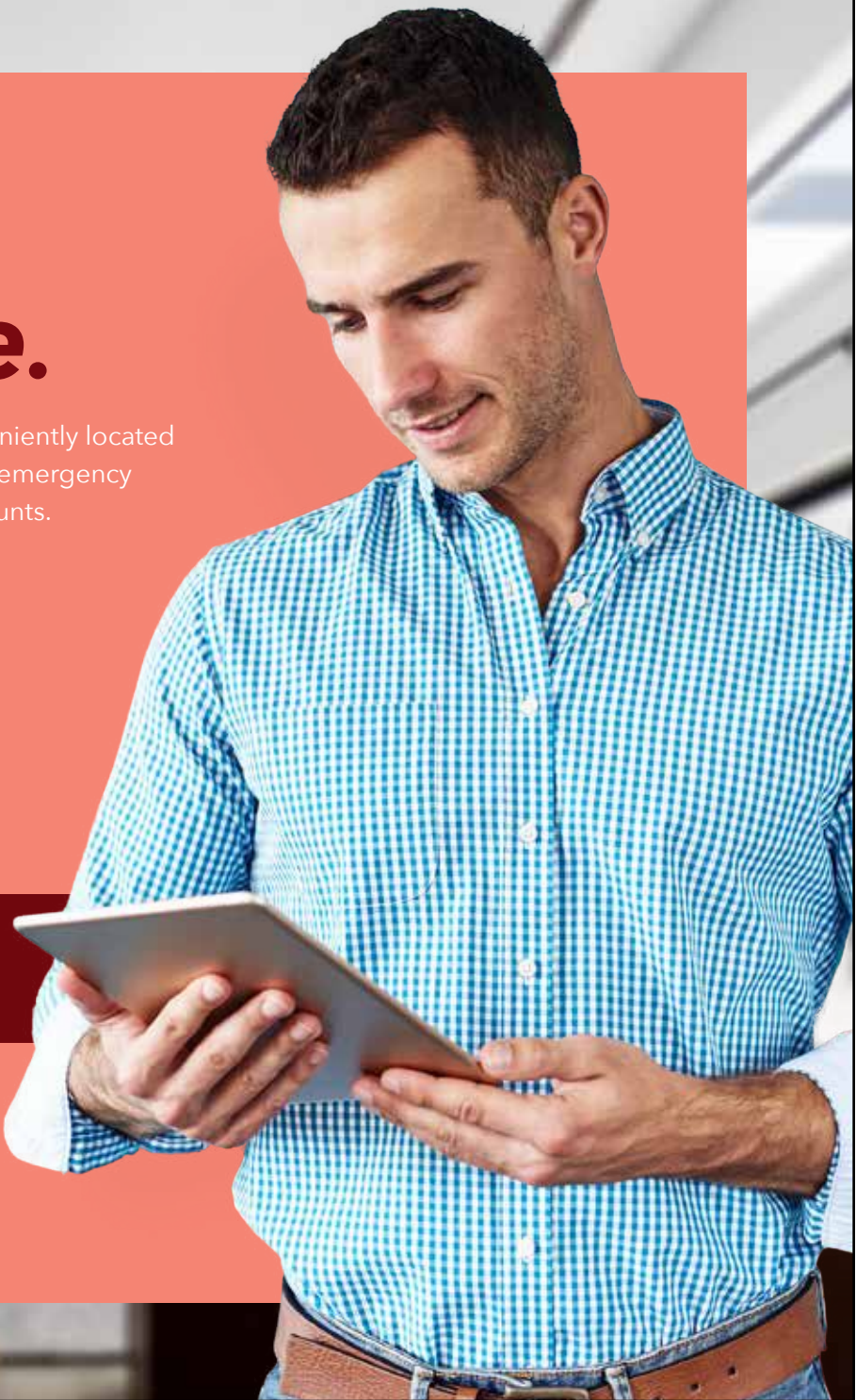
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City Commissioner’s Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

As we celebrate our Independence Month, I wanted to share a favorite story from one of our Founding Fathers, John Adams. As a delegate to the Continental Congress, our future second president wrote to his wife back in Massachusetts about that first Independence Day. Adams wrote, “I am apt to believe that it (Independence Day) will be celebrated, by succeeding Generations, as the great anniversary Festival.” He went on to say that it would be “solemnized with Pomp and Parade, with Shows, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more.”

How right he was. But, some of his most prophetic words followed. He went on to say, “I am well aware of the Toil and Blood and Treasure that it will cost us to maintain this Declaration, and support and defend these States. – Yet through all the Gloom I can see the Rays of ravishing Light and Glory. I can see that the End is more than worth all the Means. And that Posterity will triumph in that Days Transaction.”

It is with this wonderful sense of enthusiasm, from 242 years ago, that we look toward our nation’s future. As John Adams has clearly stated, we remember our history and thank those who defended our freedoms through our annual 4th of July celebrations and in the process, recommit ourselves to be the “rays of ravishing light and glory” in our community.

There are many ways to celebrate, as July is also Parks and Recreation Month. We are working to-

ward a new more service-oriented website, orlando.gov. Use it (alpha.orlando.gov) to search for a great (shady) park in your neighborhood to enjoy some free family time. Our new site allows you to search by location, neighborhood, as well as by amenity. We also have 11 pools that offer open swim, lap swim, water aerobics and most importantly, Red Cross swimming lessons (at a very reasonable cost) for all ages. Last month I participated in the World’s Largest Swimming Lesson to encourage water safety and fundamental swim education. Please join me in utilizing our City pools to teach swim safety, as drowning is the leading cause of accidental death for kids



Riding a bike along the Cady Way Trail is the perfect way to get some exercise and cool off in the summer.

ages 1 to 4 but swimming lessons make the difference; they reduce the risk of drowning in small children by almost 88 percent.

Along with our parks and pools, a great way make some breeze and stay cool this month is by riding your bike through our shaded Cady Way Trail, the Urban Trail, or the new Bumby Path. This is the perfect way to get some exercise! Don’t forget to visit the various restaurants and retail centers along the way! For a great map of all the trails around town, visit cityoforlando.net/transportation.

Celebrate this month at the Audubon Park Garden

District’s annual Bastille Day. Get your berets ready for Saturday July 14, where the award-winning district becomes a Parisian-inspired neighborhood for the day. Visit audubonparkgardens.com for details.

On July 27, bring your blankets, chairs and dinner to the Lake Eola East Lawn for Movieola! The movie is Peter Rabbit. The movie starts at 8 pm, but the activities start at 6 pm! The Orange County Library will be there with crafts and other activities before the movie.

When you really need to beat the heat, head indoors to one of the amenities at Loch Haven Park. During lunch-time, at the Orlando Museum of Art, students can relax in the serenity galleries and learn new ways to calm their minds through yoga! Classes combine games, music and stories to teach kids about the benefits of yoga! For more information please visit omart.org. There are also still spots available at the Summer Art Camps as well.

The Orlando Science Center (osc.org) has four floors full of exhibits, educational and Hollywood films, laser shows and more to help the community gain inspiration and curiosity. This is a great place to have a birthday party and “sneak” in some educational enrichment with your kids.

Loch Haven also houses a hidden gem, the City’s Randall R. Tuten Orlando Fire Museum (orlandofire-museum.org). Open Fridays and Saturdays from 10 a.m. to 4 p.m., it is a great place for the kid in all of us to learn about Orlando’s interesting fire history.

As always, thanks for your continued support. Put on some red, white and blue this month and enjoy the all that is happening in our Great City. I look forward to seeing you around our community as we celebrate our Independence.



Winter Park Mayor’s Message

Mayor Steve Leary



Steve Leary

Winter Park is not only a desirable place to live, it is also a very popular destination to visit. According to the most recent “Arts and Economic Prosperity 5 Study” conducted by Americans for the Arts, one million people visited Winter Park purely to attend a cultural event in our city. One million people drawn to Winter Park because of our museums, galleries, and theatres. Add our exquisite dining and shopping experiences, over 400 acres of greenspace and our pristine lakes, Winter Park is an oasis for a travelling tourist.

National and international publications have described Winter Park as “the unexpected Orlando” or a place to visit that is “beyond the theme parks.” Leveraging the media attention and our community assets, some property owners have ventured into a new business opportunity and are offering homes for rent through online services such as Airbnb and VRBO.

Many Winter Park residents have utilized services such as these when visiting other cities. And while we have the beautiful Alford Inn and surrounding hotels just a few miles north and south of us, many visitors seek the neighborhood-feel for their stay while in our region as well.

Winter Park’s Code of Ordinances do not allow for short-term rentals that dominate the VRBO and

Airbnb offerings. In Section 58-84 under “General provisions for nonresidential zoning districts” it specifically states:

Short-term rental of residential units. The rental or use of any residential units for less than one month shall be prohibited. Time shares or fractional ownership is prohibited.

This means, if you are wanting to advertise your home for rental opportunities for a weekend, week, two-week or even three-week period, any timeframe shorter than one month - that short-term rental is in violation of city code and you could be subject to fines of up to \$500 per day.

During the most recent 2018 Legislative Session, SB1400: Vacation Rentals, titled the Florida Vacation Rental Act, was proposed to preempt all regulation of vacation rentals to the state. This would have taken the control out of your local leader’s hands, and put it in the hands of state legislators who do not live in our city. Fortunately, SB1400 did not pass, however, it is so important to remain aware and diligent in our local efforts to keep our city’s charm and character intact. Contact your state representatives and let them know issues such as these are better left

in the hands of your local elected leaders!

Our residential neighborhoods are not intended for these types of short-term guests. As appealing as it may be to market your home and earn extra income, we ask that you abide our city codes to protect and preserve our neighborhood charm, quality, and feel. If you have questions or concerns about short-term rentals in your neighborhood, please call our Code Compliance Division at 407-599-3392.

Before your book your next vacation stay on one of these vacation rental sites, it would be wise to research that city’s or state’s ordinances before you commit. Nothing ruins a vacation more than an unexpected citation or departure from the place you were hoping to stay.

Safe travels to you during these upcoming summer months and I wish you an enjoyable, and legal, stay- wherever your adventures take you.



If you are wanting to advertise your home for rental opportunities for a weekend, week, two-week or three-week period, **any time-frame shorter than one month** – that short-term rental is in violation of city code and you could be subject to fines of up to \$500 per day.

protection and service by Winter Park Police Department

As our local news channels have attempted to make it abundantly clear, we already have begun this year's Hurricane season. There is an old joke that unfortunately speaks the truth...

Name the Top Ten Reasons Hurricane Season is Like Christmas:

10. Decorating the house (boarding up windows).
9. Dragging out boxes that haven't been used since last season (camping gear, flashlights).
8. Last minute shopping in crowded stores.
7. Regular TV shows pre-empted for "specials."
6. Family coming to stay with you.
5. Family and friends from out-of-state calling.
4. Buying food you don't normally buy ... and in large quantities.
3. Days off from work.
2. Candles.
1. And the number one reason hurricane season is like Christmas...At some point you know you're going to have a tree in your house!

But seriously, as we have seen several times over the past several years, hurricanes are nothing to take lightly. The Winter Park Police department wants to remind you to always take Hurricane Warnings seriously and the time to start preparing is now. Start by assessing your property, and remove any old dead branches from your trees. Determine what would blow around during periods of high winds and how you might be able to secure those items. Check with your insurance company to make sure your policies have the correct coverage. Document items inside your residence, photos or video that show the item and any serial/model numbers will greatly help. Stock up on non-perishables now (while they are available) such as cases of water, canned goods, batteries, medications, pet food, and propane. If you don't have a battery-powered weather radio, consider purchasing one. Check with elderly neighbors to see if they have a plan in case they have special medical needs or need to evacuate. Watch the local news and social media postings regarding the distribution of sand bags and gasoline availability as well as when emergency shelters will open.

If the arrival of the storm is imminent, make sure that you and your family or fellow residents know the safest room to "hunker down" in (usually located in the center of the home with no windows or exterior doors...think bathroom). Monitor your weather radio as well as any local newscasts as they will inform you about emergency services and curfews. On the topic of curfews, the County's Office of Emergency Management sets the curfews that are enforced by. Curfews are put into place to keep residents safe (away from downed power lines, broken gas mains and flooded streets) as well as to assist law enforcement in protecting properties from any looting.

Remember, once the storm hits, we are all in this together. Patience is a must! Everyone will be working to bring services back up as soon as possible and this can only be done with everyone's cooperation. While driving, please slow while passing working utility crews and if you come to an intersection that has no working traffic signals, the law says to treat it as a four-way stop!

Let's keep our fingers crossed that our meteorologists have a boring season and in the meantime, learn how to use a manual can opener.

Hurricane Kit Checklist

Hurricane preparedness experts say that there should be enough food, water, and supplies to last each member of the household for roughly 72 hours. Don't forget to include your pet's needs. Suggested items include:



Batteries



Emergency Survival Blanket



Emergency Candles



Candles



Manual Can Opener



Duct Tape



Garbage Bags



Flashlight



Nonperishable Food Items



Waterproof Matches



Pet Items



Tarps



First Aid Kit



NOAA Weather Radio



Water



Personal Hygiene Items



Award-Winning Care in Winter Park

Kirk Hutjens, MD, is now accepting new patients.

Florida Hospital Medical Group proudly introduces Dr. Kirk Hutjens, our newest team member at Internal Medicine of Winter Park. Dr. Hutjens is board certified in internal medicine. He has practiced medicine for more than 20 years, and as a physician at Wright-Patterson Air Force Base, was the recipient of an Air Force Commendation Medal for Meritorious Service. He has a special interest in helping patients effectively manage chronic diseases including hypertension, diabetes and osteoporosis.

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The Mayflower Names Former Mayor To Board

Ken Bradley has recently been named as the newest board member of The Mayflower Retirement Community. Bradley served as the mayor of Winter Park from 2009-2015. Currently, he serves as a member of the board of trustees of the University of Central Florida and as a strategic advisor to Adventist Health.

Bradley served Florida Hospital for over 32 years, with 24 years of that “C Suite” senior executive experience. He brings to the board strong leadership skills, having served in healthcare, government, and academia. His experience encompasses mergers and acquisitions, leadership development, fundraising and innovation.

Throughout his career Bradley has driven performance in clinical excellence, employee engagement,

patient experience, and positive financial outcomes – and has led major construction and expansions including Florida Hospital Kissimmee, Florida Hospital Celebration Health, and the rebuilding of Winter Park Memorial Hospital. He has also worked with community entities such as the Winter Park Health Foundation to build the new Center for Health & Wellbeing, a state-of-the-art fitness and wellness facility.

“It is my privilege to serve on the board of one of the nation’s finest examples of senior living – a place where seniors are safe, healthy, in community and thrive,” said Bradley. “I know many residents personally and look forward to serving them all as a member of the board.”



Ken Bradley

From Page 1.

items not being used and that can hold standing water. Remember, even very small amounts of water provide a home for mosquitoes.

Cover exposed skin during the day by wearing shoes, socks, long pants, and long sleeves. Apply mosquito repellent containing DEET, picaridin, oil of lemon eucalyptus, or IR3535. EPA-approved repellent is safe for pregnant women to use. Use mosquito netting on strollers for infants and babies.

Additionally, Orange County Mosquito Control often release Gambusia, or Mosquitofish, a species of fish that like to eat mosquito larvae. This tiny, noninvasive species is native to Central Florida and is commonly found in natural fresh bodies of water, including ponds, canals, and lakes. Mosquitofish are now available to Orange County residents, free of charge, and can be released into habitats where they are not already present.

For residents interested in Mosquitofish, please call 407-254-9120. Orange County Mosquito Control will survey the surrounding bodies of water to determine if these fish are a right fit or are already present in your area. You can also visit www.ocfl.net/mosquito or call 3-1-1 with any questions or for additional information.



Mosquito Disease Prevention

In Orange County



TIP



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www.ocfl.net/mosquito

New Hotel Breaking Ground In Winter Park

Hilton Garden Inn, will break ground in the fourth quarter of 2018 in Winter Park. Located at 1345 Lee Road, the 102-room hotel is scheduled for completion in October 2019. It is located next door to Millers Ale House within the expanding Ravaudage mixed use development and future corporate office park. The ho-

tel is being developed by the Sydgan Corporation and is owned by 1345 Lee Road, LLC.

Amenities will include a 24-hour business center, a state-of-the-art fitness center, full cooked-to-order breakfast, cocktails and dinner, and the property is walking distance to restaurants and shops within Ravaudage.



Mayflower Resident Celebrated 107th Birthday

In the year 1911, stamps cost 2 cents apiece ... the first Indianapolis 500 race was run ... and Midge Ruff was born in Princeton, Indiana. On June 22, Midge celebrated her 107th birthday as the oldest resident of The Mayflower Retirement Community. A longtime Winter Park resident and retired elementary-school teacher, Midge enjoys playing bridge, watching sports, and using her iPhone.

At her party, tenor John Murray from Opera Orlando serenaded Midge with “Happy Birthday” in Italian and English.

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Florida Hospital Invests \$508 Million In Metro Orlando

Florida Hospital recently released its annual Community Benefit Report, which details the contributions the organization made in Central Florida through charity care, health research and its support of local charitable organizations.

In 2017, Florida Hospital provided \$508 million in community benefit in Orange, Osceola and Seminole counties, \$55 million more than in 2016.

When faith-based care, capital investments and other benefits are also added, Florida Hospital’s total impact in Central Florida surpassed \$830 million last year.

Other items detailed in the 2017 annual report:

- \$166 million in charity care
- \$15 million in cash and in-kind contributions
- \$23 million in community health services
- \$251 million in unpaid costs absorbed by

the hospital from Medicaid reimbursement shortfalls

- 197,173 unique Medicaid and uninsured patients served

“For more than 100 years, we’ve been committed to providing our patients and entire community with care that is focused on the whole person — mind, body and spirit,” said Daryl Tol, president and CEO of Florida Hospital and Central Florida Division – Adventist Health System. “Partnering with local organizations that share this commitment is key to bringing care and services to those who need it most, and to achieving our goal of making our community one of the healthiest in the nation.”

The nonprofit Community Health Centers, which provides health care to uninsured, under-

insured and under-served Central Floridians, received a Community Health Impact Council grant for a project that monitors and ensures continuity of care for high-risk patients.

“It is an honor to partner with Florida Hospital on this initiative that connects patients directly in the hospital, identifying their medical needs and barriers to care, providing a seamless pathway into a primary care home,” said Margaret Brennan, president and CEO of Community Health Centers. “With locations throughout Central Florida, this project will make a significant impact in our communities, offering an array of comprehensive medical services including pediatric and adult primary care, dental care, obstetrics and gynecology, optometry, behavioral health, chronic care management, on-site laboratory and pharmacy services.”

Beware Of “Shady” Tree Service

The City of Winter Park has recently received numerous calls regarding questionable tree service companies that are soliciting work from unsuspecting residents based upon false information. These companies are also taking advantage of the start of hurricane season to prey upon residents’ fear of high winds and potential damage.

Tree companies are going door-to-door and mailing flyers that claim work must be done to “hurricane-proof” trees on or around private property, or else face fines for violating city code. They are offering steep discounts for these services. If the resident allows for this work to be done, in some cases, these

companies can compromise the health of the tree by not following best management practices of proper pruning. For example, in some instances, companies are using climbing spurs which can be detrimental to the tree’s health.



If you are approached by a tree service company soliciting this type of work, please contact the Urban Forestry Division at 407-599-3325 or email urbanforestry@cityofwinterpark.org.

If you need to prune or remove a tree, you can find an I.S.A. Certified Arborist at isa-arbor.com. This site also provides an online tool to verify the credentials of arborists soliciting work.

Please visit cityofwinterpark.org/urbanforestry to find the necessary permits, applications, and forms as it relates to the maintenance, protection, and preservation of one of our city’s most treasured assets, our urban forest.



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Ron Frechette

cybersecurity awareness

by Ron Frechette, The Cyber Guy

Defense In Depth

Last month we focused on educating our readers about the EU-GDPR due to the overwhelming inquiries we received, to learn more about the regulation and how it affects us here in the US. This month we are back on the track of protecting ourselves in the everchanging world of cyberspace. Our April article, **Adopting a Cyber Risk Management System**, provided us with a system to identify vulnerabilities that surround our digital footprints. Now that we have a system to identify and manage risk, we must focus on building various defense strategies that span from our security perimeter to the data we are trying to protect. In the information security industry, we refer to this as “defense in depth.”

The concept of defense in depth focuses on protecting our digital footprints so that if one security control fails, another will be in place to prevent an attack. There is no single method for successfully protecting our digital footprints. A defense in depth approach will reduce the risk of having a costly attack.

There are three primary types of attack scenarios we must be mindful of when thinking about a defense in depth strategy. The first scenario is an attack by a script kiddie from the Internet, the second is an attack from a skilled hacker, and the final attack is from a trusted user who has access to our network.

Script Kiddies

The script kiddie is someone looking for the easy targets to compromise in cyberspace. They do this by focusing on a small number of exploits, and then searching the entire Internet for that exploit. Any person can go to the Dark Web and gain access to lists of exploits and information about how to identify vulnerable systems and the code to launch an attack.

A **strong security perimeter defense** is the best defense against script kiddies. A firewall manages both incoming and outgoing traffic on a network and is essential to a strong perimeter defense. Firewalls are extremely effective, but they cannot be relied on as the only means of securing a network perimeter.

Network based intrusion detection systems (IDS) provide another layer of perimeter defense. A network-based IDS will monitor network traffic to identify scans or traffic patterns that indicate an attack.

Anti-virus software is another essential tool for securing any system on a network. It will recognize known viruses, worms and Trojans, take specified actions to deal with the infection, and notify users or systems administrators of the problem.

script kid·die

noun informal derogatory
plural noun: script kiddies

a person who uses existing computer scripts or code to hack into computers, lacking the expertise to write their own.

Social engineering is a common method of attack to get an exploit past a firewall. Script kiddies are likely to implement social engineering by email. The most important line of defense against this type of attack is security awareness training. For instance, we should know the risks of opening email attachments, sending sensitive information across the network, and so on.

Skilled Hackers

The **skilled hacker** is more successful by researching the company being attacked, utilizing additional methods of attack, and being more aggressive with the same tools as the script kiddie. It is even more important to use properly configured firewalls, secure each individual system, employ intrusion detection systems and antivirus software but additional methods also need to be employed.

Physical security can be implemented in many ways such as biometric controls for doorways, motion detectors, and surveillance cameras.

Strong passwords are essential to a secure network.

Using strong passwords and changing them frequently will make it much more difficult for an attacker to gain access to the network through password guessing or cracking. Passwords should not be dictionary words or names. They also should not be words or names with numbers concatenated to them. A strong password will be a mix of upper and lower case alpha characters, special characters and numbers. Passwords also need to be something the

user will remember so it won't be written down and taped to the computer monitor.

No single security measure can adequately protect our digital presence in cyberspace. Having a strategy of defense in depth will discourage hackers from compromising our sensitive data. Firewalls, intrusion detection systems, well trained users, policies and procedures, switched networks, strong password, and good physical security are examples of the things that go into an effective security plan.

References: The 7 Top Management Errors that Lead to Computer Security Vulnerabilities. The SANS Institute, May, 1999. <http://www.sans.org/newlook/resources/errors.htm> . The Honeynet Project. Know Your Enemy. <http://project.honeynet.org/papers/enemy/>.

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



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Ayesha G. Shenk

live meaningfully

by Ayesha G. Shenk, M.A.

One Sweet Day At A Time...

A long-time friend of my husband recently passed away. She was a woman who he described as light, warm, loving, generous...a truly lovely soul.

"The kind of woman who makes you better just by being around her," he said.

My husband is a singer/songwriter for those of you who may not know. He's got an amazing talent and is far too humble for his own good, but suffice it to say he has a way of translating emotion through music like no one I've ever known.

Once he found out about Julia's diagnosis, he began writing a song for her. This song ended up transforming through a number of different iterations. He first began writing it 'for' her. Moved to writing it 'with' her - asking her for some of her own words and, as he raced against the cruel clock of cancer, he ended up having to finish it 'from' her... her spirit guiding his hands as he completed Julia's song, "One Sweet Day."

My husband isn't extremely religious per se, but he is certainly spiritual. And, as I saw him stay awake late into the evenings and awake early in the morning to write 'from' Julia - I know I witnessed a man moved by that which is greater than he.

Julia's family and friends asked him to perform the song at the intimate memorial service they were holding for her and he was honored to oblige...albeit aware of the fact that he'd have to sturdy himself enough to maintain his composure.

On the eve of Julia's memorial, I sat in his studio and watched him, guitar in hand, play her song for me ever-so-sweetly for the first time. I can honestly say I wept. I hadn't met Julia more than a couple of times here and there (and I didn't anticipate being as affected by this song as I was) but I felt like I did now know Julia 'through' him and through these words.

I shed my tears for Julia's abruptly ended time here, tears for her husband, her friends, for my husband and actually for the world at large losing yet another good soul. I cried for myself and for those I have loved and lost. I cried for my father and all who had known and lost my mother as we did so many years ago... I cried for my children knowing they too will have to experience this kind of grief at some point. And I cried for the fragility of life that allows us to love and hold onto one another ever so tightly, only to im-mutably lose them at some point, no matter how great the love.

As I write this, I recognize that this is probably shaping up to sound like a pretty significant 'downer' of an article. But, I don't know how to explain it other than to say it's not. In fact, it's something altogether different. There are few things other than great tragedy that hold us in the hollow of God's hand long enough to remind us to stop and look around... to appreciate...to love... and to truly feel the intensity of this life and these relationships. Julia's legacy offers this. I wish it were something I could bottle and give to my clients, friends and loved ones. I wish I could remind them how deeply I care for them and how much their essential 'them-ness' matters in the world of so many. I wish I could tell them each and every day that they are amazing just because of who they are and that it's not lost on me. I wish it would not be lost on me in the frenetic buzz of life.

As I sat in the crowded church the next day and felt the steady hum of collective grief beneath the pews, I heard the sobs and saw the gentle wave of Kleenex as though flags of surrender. I listened as the sound of my husband's voice filled the church and for just a moment it was as though Julia never left. For just a moment her words mixed with his, filled the holes in the hearts of so many and I was reminded just how palpable the legacy we leave behind can be...

So, I tell you all of this in order to ask you... *what will yours be?*

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.

New Curator For Cornell Fine Arts Museum

Rollins College selected Gisela Carbonell to be the new curator of the Cornell Fine Arts Museum (CFAM). Carbonell was previously the director of curatorial affairs at Artis-Naples, The Baker Museum, in Naples, Florida. She joined Rollins on June 18.

In her role as curator of Cornell Fine Arts Museum, Carbonell will be responsible for collection scholarship as well as exhibitions, acquisitions, research, and publications. Carbonell will work closely with the director, Ena Heller, to plan and implement an ambitious schedule of exhibitions and educational programs built around, and complementing, the permanent collection. Additionally, Carbonell will serve as the liaison with Rollins faculty and students, and actively pursue strategies of engagement for campus and the community alike.

CFAM has been on a path of rapid growth and is engaged in plans for a new facility. Carbonell and Heller will work closely to take the museum into its next institutional phase and future home. "We are so pleased that Dr. Carbonell is joining our team as the Cornell's next curator; she brings to Rollins the perfect mixture of museum expertise, classroom teaching and nuanced scholarship that will help take our museum to its next institutional level," said Heller.

Carbonell received her Ph.D. in Art History from University of Illinois at Urbana-Champaign, an M.A. in Art History at University of Massachusetts Amherst and a B.A. in Political Science from University of Puerto Rico. She was an associate professor of art history and humanities at University of Puerto Rico at Cayey. She also served as curatorial assistant at Krannert Art Museum at University of Illinois at Urbana-Champaign and lectured in the University's art history program.




Photo by Scott Cook Photography

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in the gardenby Stephen and Kristin Pategas

All photography by Stephen G. Pategas/Hortus Oasis

Garden Garbage

Debris in landfills includes many items that had a short shelf life, were a waste of resources, and never should have been created. Many products manufactured for use in the garden are impractical and were designed to turn a profit without filling a valid need.

One classic “waste of money” gardening product created by a chemical company in the WWII era was discovered to have a surprising effect. The chemical killed broad leaved plants including the widespread clover plant (*Trifolium repens*) without harming the fine-leaved lawn grass the clover grew amongst. The clover’s foliage and flowers graced lawns for decades growing in a range of soils, while as a legume its roots added beneficial nitrogen to the soil. It was a desired and respected lawn plant and clover seed was included in many lawn grass seed mixtures. Along came the company’s marketing department which convinced homeowners that a uniform clover-free lawn was desirable. Over the decades clover was branded as an undesirable weed that stood in the way of a reimagined perfect lawn.

The marketing and sale of useless, impractical, and unsustainable products continues. Visiting dozens of residential gardens each year keeps us shaking our heads as we see the waste of materials, labor, and money exhibited by the use of unnecessary products.

Since very few people like weeds, weed mat even though it is produced from finite petroleum, sounds like it should be the product of the millennia. In fact, it is useful in very limited circumstances - under a layer of stone mulch to keep the stone from quickly sinking into the soil. However, this benefit is usually short lasting as soil eventually infiltrates the crevices in the stone and weed seeds readily germinate.

Meanwhile, the use of weed mat under a layer of pine bark or other organic mulch is useless and money wasting almost from day one. Installation includes using ground staples to anchor the fabric. Then openings for plants must be made and mulch applied to hide the unattractive mat. Over time, a layer of soil on top of the mat is created from decaying mulch, grass clippings, and leaves along with airborne debris. Weed seeds germinate in the soil and send gripping roots through the mat. Meanwhile, water penetration to plant roots is slowed. Mission failure!

When the inevitable plant replacement or landscape renovation occurs, there is then an additional task to deal with - a layer of shovel unfriendly fabric. The fabric is literally rooted in place and requires more vigorous labor to remove than it did during installation. The fabric is ultimately removed and sent to the landfill after deterring weeds for about zero percent of its lifespan. The energy to produce and the cost of the material plus the labor to install, plant through the fabric and then remove the mat equals a cost benefit of less than zero. Mission aborted!

Leave the rolls of weed mat at the store and instead, apply and maintain a two-to-three-inch layer of sustainable organic mulch (not cypress mulch) over the bare soil. Your back, wallet, and plants will be happier.



Top photo: Plant installation and future replacement are very laborious. Photo above: Weed mat failure under stone mulch. Photo at left: Weed mat failure under organic mulch.

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



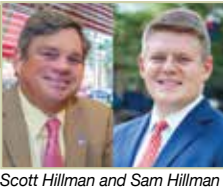
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real estate in the parks *by Scott Hillman and Sam Hillman*

Don't Entertain Summertime Pests

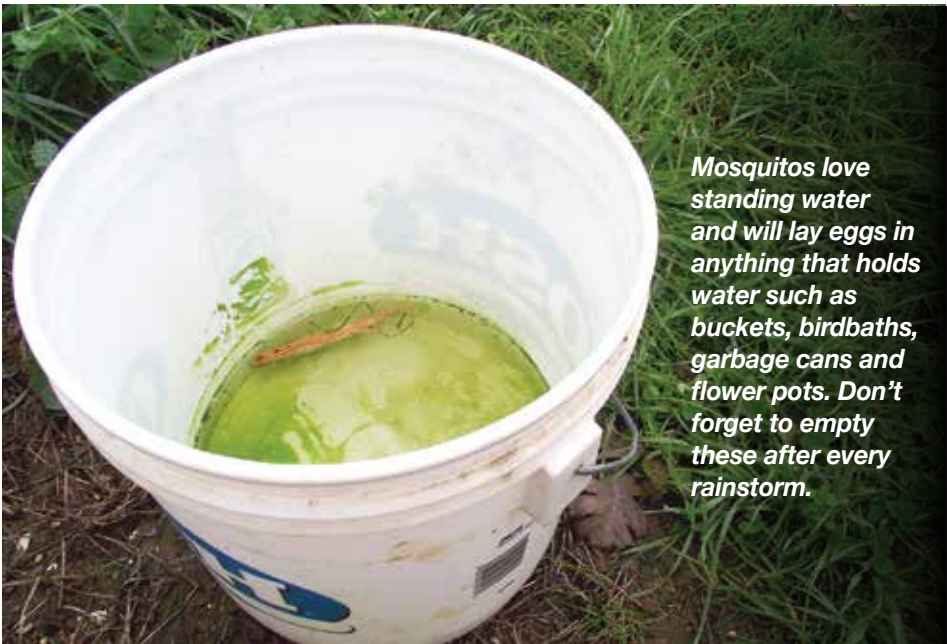
Summertime brings a lot of people outside; picnics, backyard grilling parties, pool time, and so much more; however, it is also a prime time for bugs and insects to come inside your home and infiltrate your lawn. Take a stand and don't allow them to penetrate your space.

House flies love the high heat as soaring temperatures will spoil food more quickly, attracting these pesky flying insects. Keeping food sealed in airtight containers can help to keep the flies at bay. Additionally, make sure that all your windows are screened, and the screens are in good shape with no rips or tears. Screens are a good first line of defense to keeping flies out of your home.

Bees and wasps are around most of the year here in Florida, but that doesn't make them any less of a nuisance. These stinging insects generally like to build their hives and nests in warm places. They like to fly into your cup and help themselves to some of the sweetness of your drink; be sure to be on the lookout and double check inside your glass before taking a big sip.

Fire ants are another year-round pest, but

one to definitely be on the lookout for, as their mounds are not only unsightly, but fire ants have a nasty bite. Fire ants are typically more active during the cooler times of the day; however, they do avoid darkness and shade when building their



Mosquitos love standing water and will lay eggs in anything that holds water such as buckets, birdbaths, garbage cans and flower pots. Don't forget to empty these after every rainstorm.

mounds. There are specific pesticides meant for ridding your yard of fire ants.

One of the most annoying insects out there is the mosquito, and they are very prevalent here in

Central Florida. Mosquitos love standing water and will lay eggs in anything that holds water. Be sure to pay attention to any buckets, pails, or toys that may hold water after a rain storm or collect rain from a nearby sprinkler head. Mosquitos can carry a variety of diseases from Zika to West Nile Virus; you can use citronella or lavender oil to protect against them. Additionally, there are several companies that can install mosquito repellent protection for your yard.

Take a look around your home and make sure to seal cracks and holes on the homes exterior to prevent infestation. Keep your trees and shrubs well-trimmed and away from the house. You will also want to ensure that your attic and crawl spaces are not only dry and free from moisture, but well ventilated too. When inspecting your doors and windows, replace any loose or damaged weather stripping and repair any loose mortar around the windows. Taking all these steps will help to protect your home from unwanted summertime pests. Finally, you can always contact a local pest control service to help you manage and control these small but mighty irritations.

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 for a copy.

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pop culture detours

by George McGowan

Some Pop Culture To Champion This Summer

One of the clichés that I use in my workplace is the use of the word “champion,” usually a noun, as a verb. Such as, “Someone needs to champion that policy.” I readily admit that it is annoying to use nouns as verbs, as a rule. As I read in an article on the subject on JSTOR Daily, “The conversion of nouns into verbs is not actually a new phenomenon. Some call it ‘verbing,’ which sounds like a new dance craze, while linguistic nerds call it denominalization. Benjamin Franklin preferred to call it ‘awkward and abominable.’” I guess Ben and I agree (somewhat) on that. Or as Jonathan Bouquet put it in The Guardian recently: “I heard a business reporter on TV use ‘headquarter’ as a verb. Then there are the execrable coinages such as ‘surveill,’ ‘euthanise’ and ‘taxidermied.’ What on earth is wrong with ‘monitor,’ ‘put down’ or ‘stuffed?’” Anyway, to continue the annoyance, I would like to “champion” the follow-

ing TV show and music as great summertime diversions when I should just simply “promote” them.

The TV show worthy of your precious summer time is the awkwardly named “Marvel’s Cloak and Dagger” on the cable network formerly known as ABC Family and now known by the equally awkward name of Freeform. “Cloak and Dagger” tells the intertwining stories of two young people who become unlikely super heroes after a mysterious chemical rig explosion. While we are very close to having one too many super heroes in our lives, this show breaks the typical mold by having our heroes struggling to understand their new powers, how they are related to each other, and how they can even put them to any positive use. That these teenagers are played by two young, attractive, and gifted actors is a bonus. The setting of New Orleans is a welcome change from the Gothams of other well-known super

hero fare and the direction and production uses the setting in interesting ways. I hope the promise of the show’s cast and setting is awarded (another “verbing”) with some good stories and scary villains to combat (again more “verbing”).

Two of my favorite music acts have new music this summer. The first I would like to mention also has a New Orleans connection. The band is Parquet Courts and their latest is “Wide Awake!” The first video from the album was filmed in New Orleans and features the band in purple tuxedos enjoying the many sights and sounds available in the Crescent City. On this album, the band adds funk to its regular post-punk formula and has created a dance record wrapped in its regular-

ly intelligent and timely lyrics.

Finally, I must mention that the lovely and talented Neko Case has a new album named “Hell-On.” Neko is one of those artists who continually makes interesting music and shows so much promise that while you enjoy it, you somehow wish there was more there. All of her albums are wonderful and yet leave you longing for more. I guess that’s just another way of saying that I can’t get enough of her.



The stars of Marvel's Cloak & Dagger, Olivia Holt and Aubrey Joseph.

theater in the parks

by Barbara Solomon and Paul Gicola

“Bad Jews” And “Fun Home” At Mad Cow Theatre

Mad Cow Theatre is a professional theatre in downtown Orlando at Church Street. One of the things that we have always liked about Mad Cow is the diversity of shows that they present. This is evident by the two shows currently running.

“Bad Jews” written by Joshua Harmon and directed by Shani McCormick running through July 8. This production asks the question “Does culture matter?” The story is about strife among the college age grandchildren of a Holocaust survivor who after his death quarrel about who should get his religious heirloom he kept hidden from the Nazis. Daphna (Lea Kalisch) is a young woman whose life is deeply rooted in Jewish culture and religion while her cousins, brothers Liam (Adam Reilly) and Jonah (Adam Minossora) are more “Americanized.” Melody (Rachel Comeau) is Liam’s girlfriend who is caught between the bickering but offers insights of her own.

The production, billed as a dark comedy, has comedic moments and you will laugh. However, the uncomfortable questions posed will make you think and evaluate the importance of your own culture in your life. Do we have an obligation to bring our culture forward or can we accept its disappearance? Should Americans abandon their culture to reduce the hate amongst us? This is a powerful production, well-acted and directed.

“Fun Home” book and lyrics by

Lisa Kron, music by Jeanine Tesori, directed by Mark Edward Smith with musical direction by Robert Stamper.

This production is based on 2006 graphic memoir by cartoonist Alison Bechdel. “Fun Home” opened on Broadway in 2015 and earned the Tony Award for Best Musical.

The story is told in past and present time through the eyes of 43-year-old Alison, who is a lesbian. Three actresses (Sonia Roman, Raina Grabowski, and Emilie Scheetz) play her life at various times and deliver outstanding performances. Alison tries to come to terms with her own sexuality while dealing with the suicide of her closeted gay father. Bruce (David Lowe) plays a man torn by his secret desires. He gives a nuanced performance of a man in his situation 40 years ago. His wife Helen (Laura Hodos) gives a realistic portrayal of a wife who senses what’s going on but wants to protect her family and keep it together. Her rendition of “Days and Days” is especially poignant. For the most part the songs are well done, especially the children’s number “Come To The Fun Home.” Fun Home is the family’s term for their business- the funeral home. The only problem with Fun Home is not with the production but the script. The scene where Alison and her father are alone but fail to engage was a missed opportunity to bring father and daughter together in a discussion

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about their sexuality and their lives. If they had, perhaps Alison and the audience would not have unanswered questions at the end.

Next up in August at Mad Cow: “The Little Foxes” and “Buyer and Cellar”. Also check out Season 22 (2018-2019).

For more information www.Madcowtheatre.com, 407-297-8788.

BEST BETS FOR JULY: “XANADU”- (GARDEN THEATRE), “GIGOLO: A COLE PORTER REVUE” - (WINTER PARK PLAYHOUSE), AND “HAIR”- (BREAKTHROUGH THEATRE). FOR KIDS AND FAMILIES “THE LITTLE MERMAID”- (SHAKESPEARE THEATRE) AND “THE BIG FISH”- (ORLANDO REP).

Schools One Mill Referendum Up For Renewal

by Nancy Robinson, Orange County School Board Member, nancy.robbinson@ocps.net

Nearly 10 years ago in November 2008 I took office as the District 6 School Board member, right before the recession hit in 2009. Immediately the district was faced with the reality of having to make huge budget cuts to arts, athletics, and extra-curricular activities on our campuses to make ends meet. Thankfully the federal stimulus dollars bailed the district out just long enough to allow us time to ask the Orange County voters for assistance with the district’s operating budget by approving a one-mill property referendum in 2010.

On April 10, 2018, the Orange County School Board adopted a resolution placing renewal of that one-mill special ad valorem property tax on the August 28, 2018 primary election ballot. On May 22, 2018, the Orange County Board of County Commissioners voted unanimously to

support the School Board resolution. The one-mill referendum, which originally passed in 2010 and was subsequently renewed in 2014, is used to preserve academic programs, retain highly qualified teachers, and protect arts, athletics and student activities which is necessary to maintain a high-quality education experience for all students.

The August 28th proposed referendum is a continuation of the current one-mill. Using \$160,000 as the median home value in Orange County, the one-mill equates to the average homeowner continuing to pay \$11.25/month or \$135/year of their current property taxes.

During my 10 years on the school board the school district has continued to improve with the support from many valuable community partners along with the voters’ approval of the

one-mill referendum that has ensured adequate resources for the district’s operating budget. The district is currently celebrating its highest graduation rate in history in its 20 traditional high schools at 93.8% and also won the Top Urban School District in the Nation in 2014.

Thank you, Orange County voters, for your support of the school district. I ask you for your continued support of the One Mill Referendum that will be on your August 28th ballot.

Please feel free to contact me anytime with your questions, comments or concerns regarding the school district.

Sincerely,
Nancy Robinson
Orange County School Board Member
nancy.robbinson@ocps.net

schools



Glenridge Middle School

PRINCIPAL HEATHER HILTON

I hope each of you are off to a restful and relaxing summer. I am proud to share that our recent EOC scores revealed our geometry class students had a 100% pass rate, and our Algebra students had a 93% pass rate. I am so proud of our teachers and students. With the release of EOC scores, revised report cards will be made available in the front office, upon request, beginning Monday, June 25th. I would also like to share the following reminders. Incoming

seventh graders must have the TDap immunization prior to the start of the school year. Also, I ask that all unreturned textbooks and library books be turned in so we can complete our summer inventory. This will help us to be fully prepared for the upcoming school year. If you have any questions on either of these items, please feel free to call the school at (407) 623-1415 and we will be more than happy to provide assistance. Thank you for supporting our school and most importantly, our students. May each of you continue to have a restful summer.



Winter Park High School

PRINCIPAL TIM SMITH

The longtime principal of Winter Park High School, Tim Smith, is moving on with a promotion to the district level at Orange County Public Schools. He will now support high schools within the district. Of his tenure, Mr. Smith said, “Winter Park has been a special part of my life and

I’ve been honored and am grateful to have been its principal.” Replacing Smith will be Matt Arnold, who was most recently the principal at Apopka High School. Arnold – a former teacher, coach, athletic director, and dean at WPHS – takes over this summer, eager to continue and build upon the successes at the school. Congratulations to Mr. Smith and welcome to new principal Matt Arnold!



Winter Park Presbyterian PreSchool



Summer camp is in full swing and all the children are enjoying the weekly theme rooms and the bi-weekly water day activities, which provide numerous sensory experiences for children to explore. WPPP offers six weekly themed sessions for summer camp through July 27th for children 15 months – 5 years old. We are enjoying providing an amazing, fun-filled summer!



Hot fun in the summer time! Kids enjoying summer camp at Winter Park Presbyterian Preschool.



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



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.

Now through September 23 Fairy Doors at Leu Gardens – It’s the great fair migration happening at beautiful Leu Gardens this summer! Explore the 50-acre gardens to find where the fairies live. This whimsical exhibit will feature fifteen one-of-a-kind fairy doors which will inspire your child’s imaginative world of mythical forests and secret gardens. All you have to do is find these beautiful doors and let your child’s creativity do the rest. For more information please contact the Leu Gardens at 407-246-2620 or visit leugardens.org.

July 14 10th Annual Bastille Day Bash - 3:00 to 10:00 p.m. along Corrine Drive in the Audubon Park Garden District. For more information, please visit audubon-parkgardens.com.

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 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. story time for children ages birth-5 years at the Edgewater Branch Library located at 5049 Edgewater Drive. For more information call 407-835-7323.

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

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

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

Every Wednesday 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 Friday Night Social Dancing – 7:00 p.m. to 9:30 p.m. at the Marks Street Senior Center, 99 E. Marks Street, Orlando. Singles and couples are welcome. Admission is \$5.00 for members and \$6.00 for non-members. Complimentary coffee and water is provided. Dress code is no jeans, tennis shoes, or tee-shirts. For more information, please call Joan at 407-339-5393. Your Active City Seniors.

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

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

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

July 27 Movieola - 8:00 p.m. on the East Lawn of Lake Eola. For more information, please visit cityoforlando.net.

July 29 Zumba For Autism - 2:00 to 5:00 p.m. at The Zen Life Center located at 1425 Tuskawilla Road, Suite 181 in Winter Springs. All proceeds will benefit ASD Adult Achievement Center, a 501(c)3 non-profit organization dedicated to helping young adults with ASD (autism spectrum disorder) become more independent in life. For more information, please visit asdachievement@gmail.com or call 407-463-3857.

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. The shop is also looking for volunteers. 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 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 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 407-645-5311, or visit www.morsemuseum.org.

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

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

Every Sunday Winter Park Running Group – 7:00 at Park Avenue and Welbourne. The group now includes members who walk exclusively, those who both walk and run, and those who run exclusively. It is

JULY HIGHLIGHT



Tay Anderson

SPOTLIGHT CABARET SERIES WINTER PARK PLAYHOUSE

JULY 18-19, DOORS 6:30PM/SHOW 7:30PM

Tay Anderson will perform her cabaret show. Tickets are \$20 with a one drink minimum. Advance reservations and early arrival are strongly recommended. Seating is limited. Call 407-645-0145 or visit www.winterparkplayhouse.org.

very eclectic, and has an age span from people in their 20’s through 80’s. New participants are always 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.

July 4 Florida Hospital Watermelon 5K - 7:30 a.m. at 251 S. Park Avenue. Event includes a 3.1 mile run/walk for runners/walkers ages 8 and above; free kids’ run for ages 10 and under; post-race party with ice-cold watermelon; watermelon eating contest. Proceeds benefit the Track Shack Youth Foundation. Registration is required. For more information or to register, run to www.TrackShack.com or call 407-896-1160.

July 7 Lake Osceola Watershed Cleanup - 8:00 to 11:00 a.m. in North Central Park. For more information, please visit www.cityofwinterpark.org.

July 10 Mommy and Me Yoga - 9:00 to 10:30 a.m. at The Ramble in South Central Park. For more information, please visit www.cityofwinterpark.org.

July 12, 13, and 14 Annual Rummage Sale - 8:00 a.m. to 2:00 p.m. at St. Margaret Mary’s Church Hall located at 526 N. Park Avenue. For more information please call 716-465-8191 or 407-678-6544.

July 12 Popcorn Flicks - 8:00 p.m. featuring “Indiana Jones and the Temple of Doom” in Central Park. For more information, visit www.cityofwinterpark.org.

July 13 Coffee Talk - 8:00 a.m. featuring Mayor Steve Leary at the Winter Park Welcome Center. For more information, please visit www.cityofwinterpark.org.

July 14 Kids Zone at “We Still Do” a Farewell Celebration - 10:00 a.m. to noon at the Rachel D. Murrah Civic Center located at 1050 W. Morse Blvd. For more information, please visit www.cityofwinterpark.org.

July 14 Ice Cream Social - Noon to 2:00 p.m. in Martin Luther King, Jr. Park, located at 1050 W. Morse Blvd. For more information, visit www.cityofwinterpark.org.

July 18-19 Cabaret in The Spotlight Featuring Tay Anderson - Doors open at 6:30 p.m. for a 7:30 p.m. show at the Winter Park Playhouse. For more information, please visit winterparkplayhouse.org or call 407-645-0145.



SOMEDAY ALL CENTRAL FLORIDA COMMUNITIES WILL BE IBD-FREE.

Now Accepting New IBD Patients

If you're living with the symptoms of inflammatory bowel disease (IBD), the right care can greatly reduce your symptoms. We offer one of the most advanced IBD centers in Central Florida and use an innovative, comprehensive approach to treatment. By combining minimally invasive, surgical procedures with lifestyle education, diet and medication management, we can help you start enjoying life again. It starts today.

Call (407) 986-2625 to schedule an appointment, or visit SomedayStartsToday.com to learn more.



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