

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

RESORT-STYLE RETIREMENT LIVING



THE MAYFLOWER

THEMAYFLOWER.COM | 407.672.1620

8881 BRAD TWP 9/2018

YMD

EYE & FACE

LASER AND PLASTIC SURGERY

RUTH HILL YEILDING, MD

WWW.YEILDINGMD.COM



RUTH HILL YEILDING, MD

d

REFLECTIONS

DERMATOLOGY

& center for skin care

Where great skin begins

407-895-8818 | reflectionsdermatology.com

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

Tough Year For The Florida Manatee

By Anne Harvey Holbrook, JD, MS
- Save the Manatee Club

Manatees are imperiled from all sides. In downlisting manatees from “endangered” to “threatened” under the Endangered Species Act, the U.S. Fish and Wildlife Service asserted that threats are under control. As this summer has sadly demonstrated, nothing could be further from the truth.

The biggest threats manatees continue to face are the result of human impacts. As of August 12th, 97 manatees are believed to have died from red tide in Southwest Florida. Others are victims of the toxic cyanobacterial bloom associated with discharges from Lake Okeechobee. Together,

Continued on page 8



The biggest threats manatees continue to face are the result of human impacts.



Ayesha G. Shenk

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

The Pursuit Of Happiness...

I was recently doing some reading of and listening to minds far greater than mine and, as is wont to do, a specific message kept weaving its way through the narratives towards me.

The wisdom I noticed coming through a number of different voices and applications was a re-

minder of something that is not necessarily new but that is one of the easiest pitfalls into which I believe we all fall.

The message was about our mental tendency to see and come to our lives through a lens of ‘not enough’ or scarcity rather than through one of abundance. Whether it’s money, time, happiness, entertainment, friends, or otherwise - we generally

have the proclivity to feel as though we need to find and have more of it.

We assess and measure our bank accounts, our homes, our social calendars, our children, our bodies, our careers, and our lives in relation to that which we believe others have. We study their social media accounts, walk by their homes, listen to them speak, or take note of their material things

Continued on page 7



OUR PATIENTS SAY
"I have my confidence back!"
328 W. MORSE BLVD.
WINTER PARK, FL 32789
407.960.1000
Double Board Certified

LASER + SURGERY + REJUVENATION

Laser Eyelid Lift
Laser Skin Resurfacing
Vascular Laser Treatment

Blepharoplasty
Brow Lift
Facelift + Necklift

BOTOX® + Voluma® + Vollure®
Medical Grade Skin Care + Treatments
Kybella® for Double Chin

Eyelid and Facelift Specialist
Super Specialized Boutique Practice
Download Dr. Yeilding's Bleph Guide at YeildingMD.com

YMD

EYE & FACE

LASER AND PLASTIC SURGERY
RUTH HILL YEILDING, MD

INSIDE THE PARK PRESS

Health	1	Real Estate	12
Publisher's Message	2	Arts & Entertainment	13
Editor's Message	3	Protection and Service	14
News	4	Schools	15
Business	10	Calendar	16
In The Garden	11		

PERMIT NO 4595
WEST PALM BCH FL
PAID
US POSTAGE
PRSR STD

The Park Press™

PUBLISHER RICK CABLE
rick@theparkpress.com

EDITOR TRICIA CABLE
tricia@theparkpress.com

ART DIRECTOR JILL SHARGAA

ADVERTISING SALES
advertising@theparkpress.com
407-644-6760
Lisa Ireton - lisa@theparkpress.com

EDITORIAL CONTRIBUTIONS AND WRITERS
Janna McGowan, George McGowan,
Barbara Solomon, Stephen and Kristin Pategas,
Rachel Calderon, Ayesha G. Shenk, M.A.,
Scott Hillman, Ron Frechette

PHOTOGRAPHY Tricia Cable

The Park Press, LLC, Winter Park, Florida
Office: 407-644-6760
E-mail: info@TheParkPress.com

VISIT US ON THE WEB www.TheParkPress.com

QUESTIONS OR COMMENTS?
We want to hear from you! Send your submissions to *The Park Press* via e-mail at editor@TheParkPress.com. All submissions to *The Park Press* become the property of this publication and will not be returned; they may be edited and published or otherwise used in any medium.

RECEIVE YOUR COPY OF *The Park Press* EACH MONTH BY MAIL
The Park Press is free at various retail locations each month throughout the community. If you're not currently receiving our publication by mail, but would like to, please email your name and address to subscriptions@theparkpress.com. The 12 month subscription cost is \$15. For more information please call, or email our staff today. Please allow 4-6 weeks for your first mailed issue to arrive.

THE PARK PRESS IS PUBLISHED MONTHLY. ALL CONTENTS, LOGOS, AND ARTICLES ARE COPYRIGHTED MATERIALS AND ALL RIGHTS ARE RESERVED. ANY REPRODUCTION IN WHOLE OR IN PART WITHOUT PRIOR WRITTEN PERMISSION OF THE PARK PRESS IS STRICTLY PROHIBITED. THE PARK PRESS RESERVES THE RIGHT TO REFUSE ANY ADVERTISING MATERIAL FOR ANY REASON DEEMED INAPPROPRIATE BY THE PUBLISHER. ©2018 THE PARK PRESS, LLC

Publisher's Message



Rick Cable

Last month, two notable people of our lifetime passed away. It seems that the older we get, this happens more frequently, but I'm sure this has always been the case. The legendary Aretha Franklin passed on August 16. Ironically, the Queen of Soul passed on the same day as the King of Rock, except 41 years apart. Aretha's voice was a gift from the higher power, and she used all of what she was given. Can't recall seeing her ever showing up for a performance and just going through the motions. Guess that's how you become known as The Queen. Since she grew up in Detroit I find it interesting that she wasn't scooped up by Motown, but her journey served Columbia and Atlantic Records well. Her funeral was certainly one befitting a queen, including a former U.S. president, celebrities, notable civil rights activists, and a long lineup of performances by some of the biggest names of all-time in the music industry. She left us her gift, and now the choir in heaven just made room for the queen.

The second notable person was Senator John McCain. Senator McCain passed on August 25. His journey in life was quite interesting to me. He graduated fifth from the bottom of his class,

despite having a high IQ, at the United States Naval Academy. Served in the Navy as a pilot from 1958 to 1981 achieving the rank of captain. His aircraft was shot down in October of 1967, he fractured both arms and a leg when he was ejected and nearly drowned as he parachuted into a lake. Upon being found, some North Vietnamese pulled him ashore and crushed his shoulder and bayoneted him. In 1968, the North Vietnamese offered to release him, as they found out his father was an admiral. McCain refused to be released unless every man taken before him would also be released. That didn't happen, so McCain remained a prisoner of war until March 1973. Yes, that's five and a half years of being in hell. His wartime injuries left him unable to lift his arms above his head for the rest of his life. In 1981 he became a senator and served our nation in that position for the next 31 years. While I know we might have had a difference of opinions at times, I can say that I'm in awe of his dedication and service.

Our great nation is better because Aretha Franklin and Senator John McCain walked in our time.

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

Rick
Rick Cable
Founder/Owner

OUR PUBLICATION IS
MADE POSSIBLE IN OUR
COMMUNITY BECAUSE
OF THE SUPPORT OF
OUR ADVERTISERS.

WE THANK THEM FOR
SUPPORTING US AND
ASK THAT YOU PLEASE
KINDLY GIVE THEIR
PRODUCTS OR SERVICES
CONSIDERATION FOR
YOUR BUSINESS.



Santiago's Bodega

a tapas-style restaurant & bar

Orlando 407-412-6979
Ivanhoe Village, 802 Virginia Drive

Altamonte Springs 407-960-2605
1185 Spring Centre south blvd ste 1080

www.SantiagosBodega.com

Lunch, Dinner, Late Night 11am-2am
Happy Hour every day 4pm-6pm & 11pm-1am
Saturday & Sunday Brunch Buffet 10am-2:30pm

Key West ✨ Altamonte Springs ✨ Orlando

We protect it. You live it.

We're here to help life go right™ – so you can enjoy it, while we help protect it.
Let's talk about your life insurance options.
CALL US TODAY.
Hablamos Español

John Psomas RICP, Agent
922 Lake Baldwin Lane, Suite A
Orlando, FL 32814
Bus: 407-277-2997
www.johnpsomas.com

James E. Ackerman CLU, Agent
922 Lake Baldwin Lane, Suite A
Orlando, FL 32814
Bus: 407-277-2994
www.jimackerman.net

State Farm Life Insurance Company (Not licensed in MA, NY or WI)
State Farm Life and Accident Assurance Company (Licensed in NY and WI)
Bloomington, IL

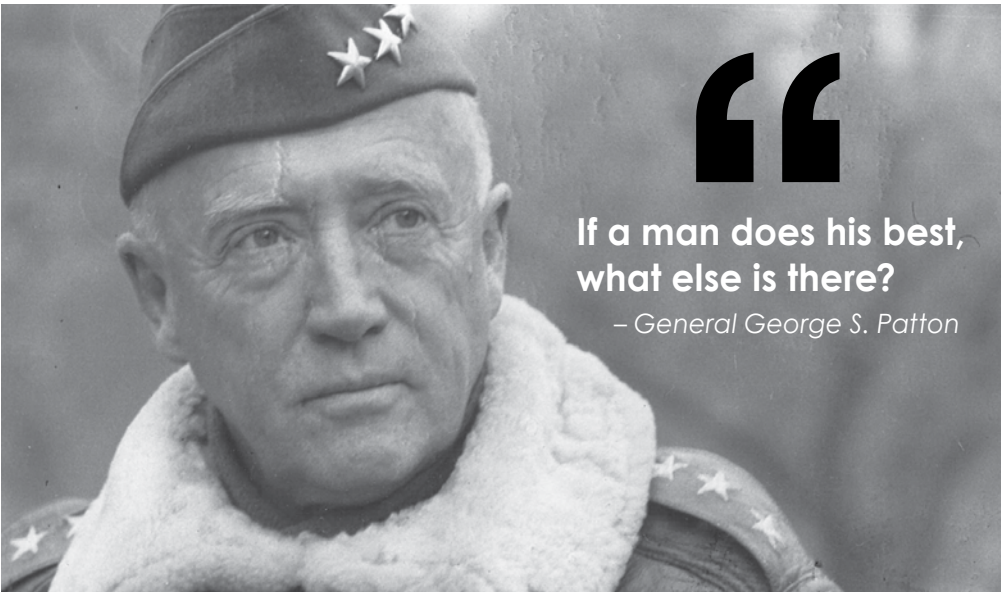
1601495

Fall Back *By Tricia Cable*

We have made it through yet another overscheduled summer. We have juggled work, visitors, vacations, dorm room drop-offs, camp pick-ups, and full time child care either effortlessly or by the seat of our pants, either way...we did it! The slower pace, the cooler temps, and the calm before the holiday season storm are upon us, and a very welcomed change.

Full disclosure, I may have bitten off a little more than I could chew this summer. Being a type "A," I refused to let my very capable and driven self-admit that I was at my limit of responsibility and charging fast and dangerously close to my breaking point. Whether my motto was "just keep swimming" or "I think I can, I think I can," truth was...I couldn't.

Trouble is, accepting defeat is not a strength I possess. Not being one to anger the "I Am Woman" Helen Reddy fans (Google it for those of you born after 1970), I decided to muscle through solo, one day at a time; "one step forward, two steps back" may have been my tag line for the summer. Each time I approached the peak after digging myself out of the valley, naively thinking I was almost back on track, in true Emeril Lagasse form- BAM, some unexpected project or unplanned task would land in my lap. It was almost as though I was living in a Lifetime movie



titled, "What Doesn't Kill You Makes You Stronger." I was the picture of smiles and strength on the outside, but inside...I felt like a hamster hyped up on caffeine running a full marathon on a squeaky wheel.

I was feeling overwhelmed and I had a choice to make, either continue struggling and attempting to manage on my own; or surrender and cry out for help. We need to realize that sometimes we can't make it on our own and that's okay. It's okay to feel like we can't handle it, like we are going to give up. At times when life becomes unmanageable, we need to be willing to raise the white flag and call in the troops. Whether your "troops" are friends or family, call them! Ask for help... it's okay to admit when reinforcements are needed. Shoot,

if we were expected to make it through life on our own, we would be alone instead of surrounded by family or friends who are more than happy to lend a helping hand.



I have said it before and I will say it again, it takes a village. Whether that statement is referring to raising a child, becoming an adult, or navigating your way in this world through your own personal peaks and valleys, pool your resources. Seek counsel from someone older and wiser in your circle, or if it is bigger

than that, from a professional; don't struggle unnecessarily.

Sadly or comically, depending on how you look at it, I reached my breaking point in the waiting room of a quickie oil change franchise, in an unfamiliar city, surrounded by a thirty-something Army veteran and a wet-behind-the-ears recent high school grad getting his oil changed for the very first time. I am sure I made quite an impression on the young man who sat nervously looking straight ahead as not to intrude on my privacy, but the Army vet wasn't fazed a bit. After assessing the situation at hand, he approached me, put his hand on my shoulder, and looked me square in the eyes and said, "If a man or woman does his best, what else is there?"

Choose your ER time. *Online.*

And wait from the comfort of your own home.* With six conveniently located ERs in Central Florida, you're never far from highly specialized emergency care close to home. Choose expert care that's close when it counts. Choose Orlando Health.



Check in
Online

Select
Treatment
Time

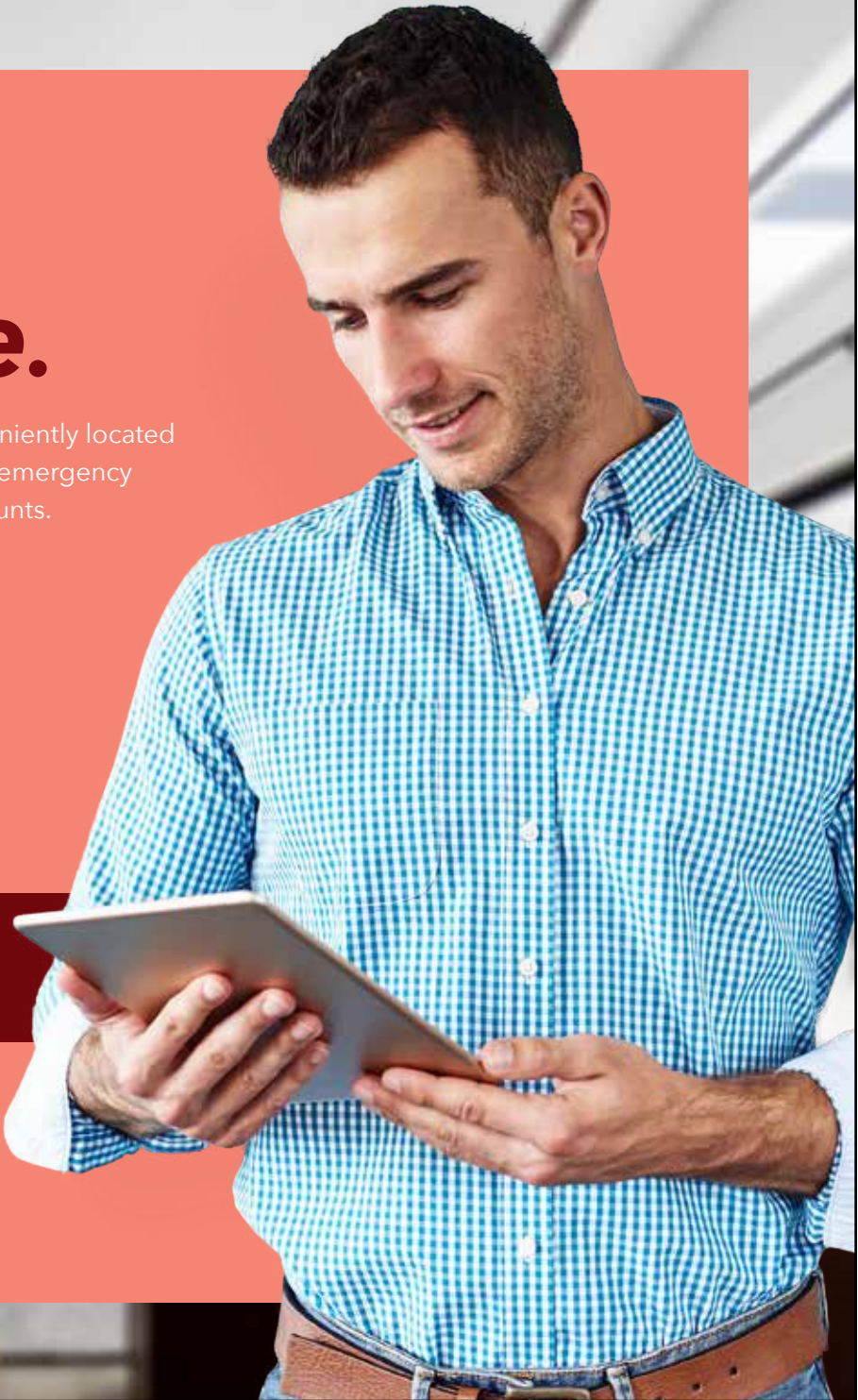
Wait
at Home

OrlandoHealth.com/ER

ORLANDO
HEALTH®

Orlando Regional
Medical Center

*For minor emergencies that are not life- or limb-threatening.





City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

As we celebrate the start of a new school year and the start of football season, I wanted to take a moment to bring you some news from the City of Orlando.

The City still has open crossing guard positions for different locations in the City of Orlando to help our students get to school safely. If you have some

time on weekdays in the morning or afternoon, please visit cityoforlando.net/police/schoolcrossing-guard for more information about this important public service.

Speaking of public services, on Saturday, September 15th from 9 a.m. to noon, our Green Works Department, in partnership with the City of Winter Park and Orange County, is hosting a "Don't Pitch It, Fix It!" event at the Engelwood Neighborhood Center (6123 La Costa Drive). This community event will offer free and low-cost minor repair services for common household items such as electronics, jewelry, small appliances, bicycles and more. The City of Winter Park will be hosting their event at the Winter Park Community Center also on September 15th from 1-4 p.m. and Orange County will also be hosting a workshop on the same day. For more information on all of the events, plus details on how to sign up to be a fixer if you have any handy skills, visit ocfl.net/dontpitchitfixit.

Another way to give back this month is to participate in one of our Keep Orlando Beautiful events. On Thursday, September 13th from 5:30 to 7:30 p.m.,

we will be sprucing up the Ivanhoe Village Main Street District along Orange Avenue and Virginia Drive. Meet at Ivanhoe Park Brewing Company and to thank you for your time, your first pint or craft soda is free. Then on September 22nd from 9 to 11 a.m., join us for the International Coastal Cleanup, a nationwide day where volunteers help to remove litter from all bodies of water that drain into the Atlantic Ocean and the Florida Bay. Here in Orlando, we are focusing on three lakes, Lake Orlando, Lake Lorna Doone, and Lake Fran. For information or to sign up for either of these events, please visit cityoforlando.net/kob.

When it comes to lakes, did you know that we have more than 90 named ones in the City? All of these lakes are connected to each other all the way to the coast through different drainage basins. And while many of us don't live directly on one of our City lakes, their health and well-being is a benefit to all of us because their tranquility is certainly one of the great features of our city. There are many ways you can help keep our lakes in great shape; one way is to make sure you don't blow leaves or grass clippings onto the street as they will eventually flow into one of our city's storm drains... as the motto goes, "Only Rain Down the Drain."

Another great amenity in the City is Leu Gardens. Their amazing Enchanted Fairy Doors exhibit will be ending September 23rd, so if you haven't had a chance to see it, plan your trip now. Visit leugardens.org for more information.

As we think about our city, crime prevention is always at the top of everyone's mind. Please consider



The City still has open crossing guard positions for different locations in the City of Orlando. To apply, please visit cityoforlando.net/police/schoolcrossing-guard for more information.

joining us for National Night Out, taking place this year on the evening of Tuesday, October 2nd. This is a night where our first responders are out in full force in our neighborhoods visiting with residents and forging partnerships to fight crime in our community. New this year, the Orlando Police Department is hosting a National Night Out photo contest with some great prizes going to the winners. Visit cityoforlando.net/police for more information on how you can participate.

Hopefully you had the chance to vote last month and are doing research for the upcoming general election on Tuesday, November 6th. One of the items that is the most confusing for many of us are the constitutional amendments. Finding unbiased information can be difficult. One group that has put out information that lists both pros and cons, opponents and supporters of each amendment is the Florida League of Cities. Check out our Facebook page for a link to the document or enter the words "Florida League of Cities Constitutional Amendments" into your chosen search engine to find it.

As always, thanks for your support of our Great City! Hope to see you around the district this month.



Winter Park Mayor's Message

Mayor Steve Leary



Steve Leary

Mixed Use

One of Will Rogers' famous sayings is, "You never get a second chance to make a first impression." This quote especially holds true as it relates to first impressions driving into our city along our main gateway entrances including:

1. Fairbanks Avenue
2. Orange Avenue
3. Lee Road
4. Aloma Avenue

We have been focusing efforts on Fairbanks Avenue over the past few years by installing city sewer to move properties from septic to promote redevelopment, removing billboards where possible, and this year we will begin work on removing the large electric transmission poles and installation of decorative lighting.

After years of discussion on how create a more unified Orange Avenue, we are now evaluating ways in which to create a more "Winter Park" welcome to residents and guests as they enter and leave the city.

There are three major properties and property owners along the corridor on the south and north ends and squarely in the middle (the former Progress Point property). Rather than have each of these properties developed independently of one another, the city is considering creating a mixed-use area as a more holistic approach allowing for development of a Master Plan for this entry into Winter Park.

Mixed use is not a big, scary or unusual approach to this type of opportunity. Rather, ex-

amples of mixed use are here in our midst and are some of the most enjoyable experiences in Winter Park. Consider Park Avenue, Hannibal Square and the Winter Park Village. All three of these areas are walkable, have pedestrian scale development, create a sense of place, connect to a historic area, offer green open spaces and have a shared parking component.

Mixed-use development gives the city the flexibility to turn an ordinary area into an extraordinary experience. Wouldn't it be beneficial to have a similar setting along Orange Avenue?

What is Mixed Use?

- Mixed-use areas often create the main street/downtown, activity center, or commercial corridor of a local community, district, or neighborhood. Ideally mixed-use areas promote walkability, connect to public transit systems, and support principles of transit-oriented development.
- Mixed-use development combines two or more types of land use into a building or set of buildings that are physically and functionally integrated and mutually supporting.
- The form of mixed-use development can be vertical and/or horizontal.

Reference: *San Joaquin Blueprint Toolkit*

To promote the style and taste of Winter Park, a special overlay district can be created to address special land use circumstances and would be superimposed over the existing base zoning districts. The current land use and zoning categories may not be sufficient to promote the best development in Winter Park, which is why the city is exploring mixed use. In addition, the property owners along Orange Avenue would have a shared interest in creating an extraordinary corridor.

Conversations to explore mixed use will con-



tinue to be scheduled. Please visit cityofwinterpark.org > Government > BPM for updates and postings of any potential meeting dates and times.

Mayor Dyer’s Annual State Of The City

Last month, Mayor Buddy Dyer of Orlando took a unique spin on his annual State of the City speech, hosting it on his milestone 60th birthday and choosing to celebrate with an ode to the city with 60 reasons why it’s loved by so many.

Going with the ballad to “The City Beautiful” theme, the annual event kicked off with an original poem, written and delivered by Orlando’s new Poet Laureate, Susan Lilley, and was hosted in the City’s cultural crown jewel, the Dr. Phillips Center for the Performing Arts.

“If you’ll indulge me with a birthday wish, it’s that we spend our time together today celebrating our city,” said Dyer as he launched into his love list, including highlighting several new initiatives the city is leading in partnership with the community.

From neighborhood infrastructure improvement projects totaling more than \$80 million, to dedicated funding for 15 new school resource officers in public schools, to the unique foodie scenes and fusions of culture in the Main Street districts, to a community that embraces equality and diversity with plans to install a first in Florida, multi-stall, all-user restroom in a government building, Dyer had plenty of notables to fill his letter of love to Orlando.

In addition to recent accomplishments, Dyer acknowledged there was more work to do while reaffirming his and the city’s commitment to working together with the community to keep Orlando on a successful path forward.

“Loving our city isn’t just about the fun stuff. It’s about working together to solve problems,” said Dyer, adding, “That’s what we do best.”



Orlando Mayor Buddy Dyer delivered the State of the City speech with an ode to the city with 60 reasons why it's loved by so many.

Specifically, Mayor Dyer highlighted the progress the community has made to tackle homelessness and future plans to further those efforts.

In closing, Dyer remarked, “The state of our city is strong. That strength doesn’t come from a new project or building, it doesn’t come from a list of reasons why we love our city that strength comes from all of you, our residents.”

You can read the entire list at <https://www.theparkpress.com/mayor-dyers-annual-state-of-the-city/>



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



DISCOVER WHY GOOD FRIENDS MAKE GREAT NEIGHBORS!



Active lifestyles are just the start at Westminster Towers, in the heart of downtown Orlando. Our senior living community offers spectacular skyline views and spacious apartment homes, now more affordable than ever! Let us make life easier with services and amenities to enhance your lifestyle: Enjoy maintenance-free living, delectable dining, scheduled transportation, 24-hour security, and more. You’ll also enjoy the assurance of a full complement of supportive and healthcare services, if they should be needed.

Call (877) 525-9983 today to learn more or visit us online at www.WestminsterTowersFL.org.




Westminster Towers

www.WestminsterTowersFL.org

ACTIVE LIVING | ASSISTED LIVING | SKILLED NURSING | REHABILITATION

Live Well. Be Happy.



70 West Lucerne Circle, Orlando, FL

New Quarterly Cabaret Series

The Winter Park Playhouse is collaborating with Winter Park local powerhouse Maria Olivia Bryant and her company, Maria Olivia Inspires, to present a new quarterly cabaret series titled *Expressions: A Celebration of Voices in African-American Music*. The first event will premiere September 27 and will feature Bryant and celebrated special guest artists from the African-American community.

Bryant grew up in Eatonville and is currently a resident of Winter Park. She is a graduate of Rollins College and earned her degree in graduate school at Stetson University. She is a community advocate for young people's arts program-

ming. Currently, she is heading up an arts program at Hungerford Elementary and continuing her advocacy through her non-profit charity, Maria Olivia Inspires.

Bryant has had an extensive performing background herself, traveling throughout Europe on a gospel tour and throughout the Eastern and Western Caribbean Islands as a lead vocalist on Royal Caribbean Cruise Lines. Her musical repertoire includes Gospel (her first love), Opera, Broadway, Classical, Motown, R&B, Hip Hop, Jazz and Blues.

The special guest stars of *Expressions* are Miami's Bryant C. Pratt of Live Poets Society; and international saxophonist extraordinaire, Dayve Stewart. The evening is a celebration of African-American music and story and is the first in a quarterly series of cabarets to be held at the Winter Park Playhouse.

"As an integral part of the arts and culture of Winter Park, The Winter Park Playhouse is so proud to be a part of this collaboration with Maria Olivia Inspires and honored to bring this incredible diverse musical programming to the community," said Heather Alexander, executive director and co-founder of the Playhouse.

Continued on page 14



Photo of Dayve Stewart by @localbokeh

Orlando Health Searching For Babies Born At Orange General Hospital

Orlando Health is searching for the oldest Central Florida resident who was born at Orange General Hospital. Founded in 1918, Orange General was the original hospital in what is now Orlando Health's community-based network of hospitals, physician practices and outpatient care centers across the region. Babies born at Orange General would now range in age from 72 to 100.

"As part of our centennial celebration, which officially launches November 5, we want to find and talk with the oldest individual whose life began at Orange General Hospital," said Karen Jensen, vice president of the Orlando Health Foundation and chairman of the Orlando Health centennial committee. "We believe that person will be able to share with us stories to help us better understand what life was like in Central Florida during that time period."

The name, Orange General, was in existence until 1946. It was then changed to Orange Memorial Hospital soon after the start of a \$1 million expansion project that was dedicated as a war memorial to individuals who served in World War II. The Orlando

Regional Medical Center moniker was introduced in 1977 with the consolidation of Orange Memorial Hospital and Holiday Hospital, a facility located a couple of blocks away. In 1989, a portion of Holiday Hospital was remodeled and an adjoining building was constructed to create what is now Arnold Palmer Hospital for Children.

Individuals who were born at Orange General Hospital, or who think they know someone who was, should submit their information online at www.orlandohealth.com/orange-generalbabies. Participation is open to residents who currently live in Orlando Health's immediate seven county service area, which includes Orange, Seminole, Osceola, Lake, Polk, Brevard and Volusia Counties. The deadline for entry is 11:59 p.m., Monday, October 15, 2018. The oldest person will be selected based on year, month and date.

“

We want to find and talk with the oldest individual whose life began at Orange General Hospital.

— Karen Jensen, Vice President of the Orlando Health Foundation and chairman of the Orlando Health centennial committee



CRAFT BEER CHARITY EVENT
All proceeds go to American Cancer Society of Central Florida





OK TO BERFEST

Sat. OCTOBER 13TH 2018

HANNIBAL SQUARE IN WINTER PARK

5:00 PM to 10:00 PM

\$35 ADVANCE \$45 DOOR

!!! Get Your Tickets Today !!!

charity-craft-beer-oktoberfest.eventbrite.com

The Winter Park Playhouse



September 21 - October 14, 2018

This musical featuring a popular Irving Berlin score tells the journey of a piano from its first days in Tin Pan Alley to the 1950's. The story comes to life with over 60 of Berlin's most beloved songs including "Cheek To Cheek," "There's No Business Like Show Business" and "God Bless America."

407-645-0145 | www.winterparkplayhouse.org





A Professional Musical Theatre &
501(c)(3) Non-Profit Charitable Organization

From Page 1.

as evidence as to the disparity between what we have and feel and what they must have and feel.
Let me assure you, from the experience of sitting in my chair, I can guarantee you that they do not. No matter the person, their situation, their abundance or their walk of life... everyone is guilty of doing it. You may be looking up to someone who you believe has more than you and who 'must be happy' - but those people are absolutely doing the same and feeling the same level of discontent and frenetic desire as you are, as a result.

"The idea that "I need to be happy" or "my child deserves to be happy" comes from a sense that the present moment is somehow lacking. In other words, we see our life through a lens of scarcity, noticing all the things we don't have instead of the abundant way the universe provides for us. And so...we set off in "the pursuit of happiness," not realizing that this can never bring us happiness. On the contrary, it's the breeding ground of discontent and disappointment."

-Dr. Shefali Tsabary



It is the full experience of the 'now' in all its essence and through all of its facets that actually offers the promise of happiness and wholeness. It is the current (and constant) opportunity we have to be fully present and fully grateful that offers us our best and most guaranteed joy. It is the antithesis of the comparison to other people, places and futures that grounds us in the 'enoughness' of this very moment.
You may be uncertain as to exactly how to go about changing such an ingrained pattern within you, but it may very well be the simplest thing we can do.
There is a litany of emotions we can experience, most of which we are able to feel at the same time. We can be both happy and sad, given a specific circumstance that perhaps benefits us while not benefiting another. For example, maybe we got something we were hoping for while a friend didn't get it. We can be both joyful and grief stricken. For example, perhaps we are celebrating the birth of a child while also feeling the loss of not having a parent or loved one there to witness it. We can feel almost any two emotions at the same time, with one exception...
It is impossible for us to experience gratitude and self-pity at the same time.
Which means what, in regards to the earlier mandate?
It means if you are to take a moment, ground yourself in the very essence of the present and take an inventory of that for which you are grateful... it's impossible to compare yourself to others or see the world through a lens of scarcity.
That's right. Try it.
Find just one thing at this very moment that feels whole and like a blessing. Center yourself on it and allow the gratitude of it to sink into your bones. Feel the fullness of your heart, your world, your life and savor the flavor long enough to return to and remember it when next your old habit of scarcity comes knocking again.

Murphy Music Studio

PIANO LESSONS

Ages 5 and above

Rebecca Murphy

M. Music, Belmont University

407-496-1142

murphymusicstudio@gmail.com

Till the next time,
Be Well; Live Meaningfully.
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.

Choose same-day appointments.

Choose Orlando Health.



ORLANDO HEALTH®

Physician Associates

Pediatric medicine provided by Arnold Palmer Hospital for Children.

Deliveries performed at Orlando Health Winnie Palmer Hospital for Women and Babies

Stuart Janousky, MD

Pediatric Medicine

(407) 893-7377

Pranav Bipin Chudgar, MD

OB-GYN

(407) 898-6588

Penny Danna, MD

OB-GYN

(407) 898-6588

855-867 Outer Rd.
Orlando, FL 32814

For online scheduling, visit:
OrlandoHealth.com/BaldwinPark

From Page 1.

these algae blooms consume oxygen from the water, cause respiratory and neurological distress, and kill acres of aquatic vegetation essential to manatee survival.

It is imperative to acknowledge that while red tides do occur naturally, the frequency and intensity of recent events are firmly attributable to human activity. Land-based nutrients feed red tides, which are further exacerbated by the deluge released from Lake Okeechobee. The sources of these nutrients are many. Septic systems, agricultural fertilizer, animal waste, and urban runoff are poorly managed throughout the state and end up in our springs, rivers, and coastal systems where they fuel the toxic blooms that threaten both natural and economic resources.

This year also continues to be a record year for manatee mortality from watercraft strikes. So far in 2018, boat collisions have resulted in 75 manatee deaths. This past winter was also the worst for mortality from cold stress since 2011.

Meanwhile, the laws that have protected manatees and their habitat for decades are under attack. In Congress, the Endangered Species Act faces an onslaught of bills designed to weaken it. The Department of Interior recently proposed new rules undermining the Act, including removal of key provisions that protect threatened species and regulations governing interagency consultation procedures. These regulations are crucial to protecting manatees and their habitat.

Alarm bells are ringing with the public and media now that the problem is so visible, but this problem has been brewing for years. Save the Manatee Club has attempted to address the root causes of these problems: working with the state to develop stronger plans to manage nutrients in important watersheds and to establish additional protected areas for manatees. But we need the public's help. Clean water and the protection of our nation's wildlife are nonpartisan is-



sues, and we need leaders who understand the importance of these resources. For information on contacting your elected officials and other actions you can take, please go to savethemanatee.org/action.



Umi is not only Winter Park's best destination for sushi & sashimi, Japanese Fusion cuisine & robata charcoal-grilled meat, seafood & vegetables, it is also a bar with the largest selection of wines, sake & Japanese beer.

525 S. Park Avenue
Winter Park, Florida 32789

407 960 3993
www.UmiWinterPark.com



Open 7-days a week - lunch & dinner - Happy Hour daily 5-6:30 pm - Reserve a table online

**WAREHOUSE - SELF-STORAGE - APARTMENTS
AVAILABLE IN WINTER PARK**



822 Clay Street, Unit A



400 W. Comstock Avenue



248 S. Pennsylvania Avenue

SYDNEY@SYDGAN.COM | WWW.SYDGAN.COM
407-644-3151 | P.O. Box 350 | WINTER PARK, FL 32789

SYDGAN
CORPORATION
Construction • Real Estate Management
Development • Brokerage



LaFleur Nurseries & Garden Center

10% OFF

FOR WINTER PARK
RESIDENTS WHO
MENTION THIS AD

**WE ARE A FULL SERVICE
LANDSCAPING CONTRACTOR
WITH A 7+ ACRE NURSERY,
PROVIDING:**

- Landscaping project design and installation
- Lawn maintenance
- Irrigation installation and repair
- Fertilization
- Pest control
- Nursery and garden center

25

PROUDLY
SERVING
WINTER
PARK FOR
YEARS



6275 WEST STATE ROAD 46 IN SANFORD
7AM - 5PM MON-SAT | CLOSED SUNDAY
LAFLEURNURSERIES@GMAIL.COM

CALL TODAY: **407.956.8117**



Ron Frechette

cybersecurity awareness by Ron Frechette, The Cyber Guy

Don't Get Spoofed And Fall For Phishing

Last year around this time, we introduced our readers to the cyber-criminal act of phishing. Over the past 12 months, spoofing and phishing attacks have become the most common attack vector used by cybercriminals. Many people seem to be confused by the two terms. So, for this month we will clear the confusion, explain how the two actually work together, and provide some ways that you can avoid becoming a victim of these malicious and potentially life altering acts.

How Spoofing and Phishing Work Together

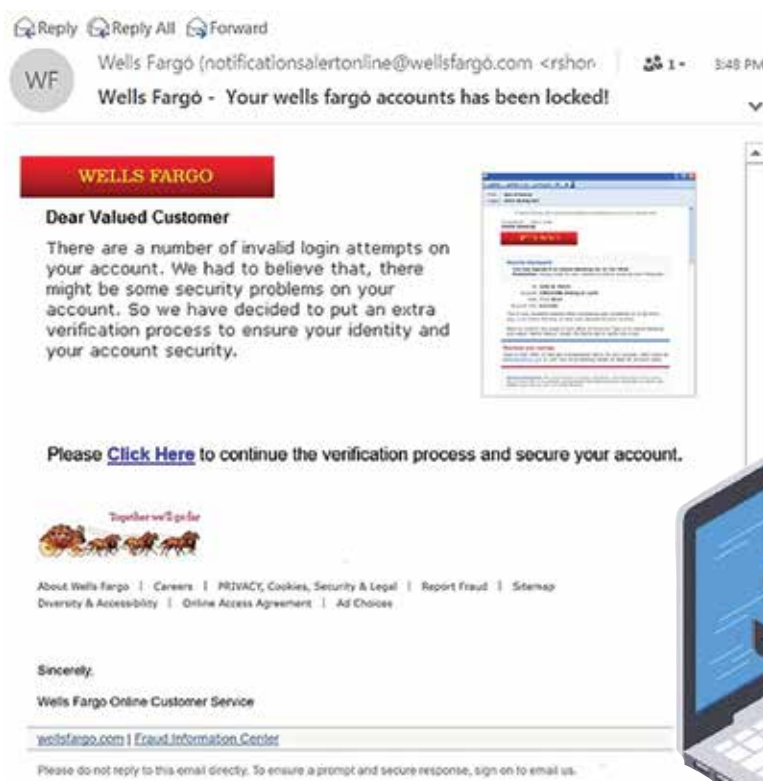
Spoofing is a technique deployed by cyber criminals to modify a domain name, phone number, email address, or IP address, and use it for unlawful purposes. Email is by far the most widely used form of spoofing. The objective of spoofing emails is to trick a user into thinking the email they are receiving is from a legitimate source and coerce them into taking some form of action.

When a victim is tricked into believing the email they are receiving is legitimate (successfully spoofed), they will be directed to click on a link or open an attachment. Once they click the link or

carry out the request, they can become infected with malware, ransomware, or have their credentials hijacked. This is the act of phishing.

Real Life Spoofing and Phishing

I recently received this email from Wells Fargo. The email address displayed is Wells Fargo (notificationsalertonline@wellsfargo.com). If you look closely at the word Wells Fargo in the email, there is a small dot positioned over the "o". At a glance, the untrained eye may see this as a legitimate email. This is an obvious attempt to spoof me into clicking the "Click Here" link.



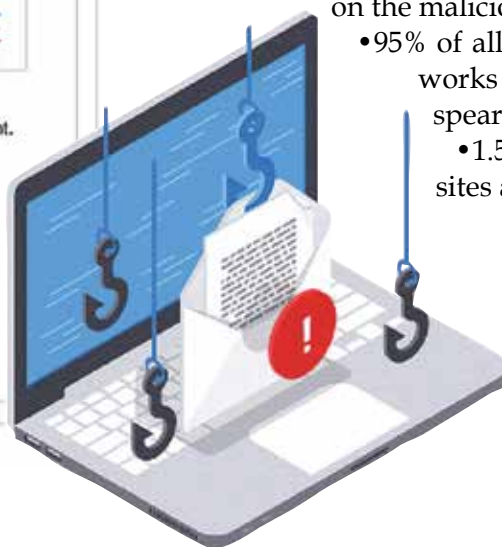
Clicking that link would most likely take me to a site that would ask for my username and password or I could be infected at that moment with malware or ransomware. This is a classic form of a successful phishing attack.

Another best practice when viewing emails is to hover your mouse over the URL. This will reveal the actual URL where the email was generated.

Due to the lack of knowledge and training among the general population, cyber criminals are having tremendous success with these types of spoofing and phishing attacks. The damage they cause to people and organizations can be catastrophic!

Facts about Spoofing and Phishing Attacks:

- Spoofing and Phishing attempts have grown 65% in the last year
- 76% of businesses reported being a victim of a phishing attack in the last year
- 30% of spoofing messages get opened by targeted users and 12% of those users click on the malicious attachment or link
- 95% of all attacks on enterprise networks are the result of successful spear phishing
- 1.5 million new phishing sites are created each month



Continued on page 14



Dan Iosue

family business perspective by Dan Iosue

How To Decide? Sell Your Business Or Keep It In The Family?

There is not an easy answer to this question for any successful business owner. Thinking through the variables can make one's face hurt. Of course, there are a multitude financial considerations: what if you can sell today and get a premium over fair market value? What are the tax implications of a sale? Will you have enough income to maintain your standard of living? One can come up with a long list of "what if" questions like these that can be answered in a binary way.

Objectively penciling the facts can go a long way towards establishing a level of confidence arming an owner with enough fact-based information to offer a firm yes or no answer. Then there is the emotional struggle of selling your business versus developing your child(ren) to lead. Do you have children with the leadership potential to run the organization successfully, and if so, are they willing to prove their passion through hard work and commitment? Are you up to taking on the challenge of balancing your children's professional aspirations with their personal development and lifestyle decisions? Do you have a stewardship sense of responsibility for the people who rely on your business every

day, your key managers and employees who have most likely helped build the business into the successful organization it is today? Would a new owner care about them the same way? What will you do if you sell the business and you are no longer a part of it? Then the intangibles; what's it worth for the opportunity to have an entrepreneur's retirement by coming and going as you please while your son/daughter competently manages the day-to-day operations. How much of the organizational value can be attributed to the involvement of yourself and your key managers? The list goes on.

What are the right answers to these questions

for you? Many of our clients initially respond with "It depends," and in our experience they are correct. Every one of our client's situations presents a unique set of challenges and opportunities for them. Each one worthy of thorough consideration, careful planning followed and intentional actions. Whether the "right" decision for you is to sell or not, succession planning for your business will add value and affirm the best path forward for yourself and all of those who depend on you: family, key managers, employees, vendors, and the surrounding community. In our experience, succession planning is a process that rewards the dedication

of time, energy, and valuable resources. Among many other things, a dynamic succession plan will greatly improve the single points of failure within your organization. When properly communicated this will give confidence to potential buyers that your business will run smoothly in any one individual's absence, consequently expanding the goodwill multiple on current earnings. The process of succession planning executed properly will get yourself and your key managers in the mode of looking towards the horizon and strategically planning for "what's next" instead of worrying about the "what ifs."





in the gardenby Stephen and Kristin Pategas

All photography by Stephen G. Pategas/Hortus Oasis

Grow An Award-Winning Hedge

How did that hedge get so mean and ugly looking? You’ve seen them and we’ve certainly grimaced over them. They are seemingly everywhere. Proper plant selection, watering, fertilization, and maintenance are the keys to the creation of a hedge that can provide privacy, screen unattractive objects, and provide color and textural foliage.

This is what it takes to grow an award-winning hedge:

- Judge the growing conditions – sun or shade, wet, dry, or in-between soil conditions.
- Figure out how high it needs to become to accomplish your goals. Are you screening a fence, a one-story house, or a two-story structure?
- Calculate the horizontal space it must grow within. Some side yards are too narrow for a wide hedge.
- Do you want blossoms for seasonal color?
- Select the proper cold hardy plant or combination of plants to meet the above requirements.
- Plant the rootballs at the proper depth with the top roots two inches above the soil level.
- When planting, eliminate air pockets by using the end of a nozzle-free hose (set at a trickle) to thoroughly water in the soil around the rootball. Add soil as it settles to fill in the air pockets.
- Cover the rootballs to a two to three-inch depth with renewable organic mulch such as pine bark or leaves saved from the spring leaf drop. Keep the mulch three inches from the stems.
- Water frequently until established (daily for one week, then every other day for two weeks, and then twice a week for three weeks). A soaker hose on a timer on a hose bibb works well. Then water regularly. Note that yew podocarpus needs extra water for about one year but requires little water once established.
- If it’s a flowering plant and you would like it to

bloom, learn what time of year to prune so flower buds aren’t trimmed away. Generally, it is safe to prune after it flowers.

- Trim the hedge by hand with hand pruners regularly as it grows. Cut back shoots part way at leaf buds or at side shoots to encourage full growth.
- Allow the base of the hedge to get wider than the top so the sun can reach the bottom foliage. Lean into the hedge as you prune so the top is always narrower than the base - when viewed from the end envision slanting sides with a pyramidal shape.
- Continue to prune it by hand without shears. During every other pruning, reach inside the hedge to prune out some branches. This allows light to penetrate inside to generate new growth and extend the life of the plant.

Hopefully, you don’t have one of those creepy hedges. If you do, now you know why and what to do to turn ugly to lovely.

At right: It’s time to trim these long shoots so they will branch.



Above: Earlier - This yew podocarpus hedge is starting to fill in. At right: Later - Two years later with light prunings the hedge is starting to mature.

Far right: This pyramidal hedge is trimmed with hand pruners.



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



YOU HAVE WORKED HARD THROUGHOUT YOUR CAREER,
NOW LET OUR FIRM ASSIST YOU IN MAKING YOUR ESTATE PLANNING EASY.
PLEASE CONTACT OUR OFFICE IF YOU HAVE ANY QUESTIONS
OR WOULD LIKE TO SCHEDULE A CONSULTATION.



ESTATE PLANNING

407.645.3297

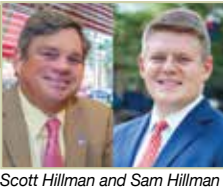
AUBREYLAW.COM



ELDER LAW | PROBATE | FAMILY LAW

SPERLING DUCKER PLC

ATTORNEYS AND COUNSELORS AT LAW



real estate in the parks

by Scott Hillman and Sam Hillman

Downsizing

Deciding to downsize can be a difficult decision met with mixed emotions. How do you know when it is time to downsize? Once the decision is made, the task of preparing to do so can be overwhelming and seem unconquerable, but by breaking it down and taking little steps you will be surprised how manageable the process can be.

The first step is to decide if the time is right for you to downsize. There are several things to consider which can help you reach the decision. Here are some basic questions that you could ask yourself. Does your home have a lot of unused space? Perhaps your children are grown and have moved out of the house, and you no longer need and/or utilize all your bedrooms and bonus living spaces. Even though you are not using these spaces, you are still paying for them, even if your mortgage has been paid off, in the form of property taxes and electrical bills. Have you recently retired or will be retiring soon? If the answer is yes, what are you planning to do in your retirement and how will your monthly income change? Maybe you are wanting to travel more and spend less on home expenses as you move into this next stage of life; if so then downsizing is probably the right decision. Take a look at your home and the property it sits on; is the maintenance becoming too

much? If this applies to you, then downsizing is the smart next step.

Once you have made the decision to downsize, now you must prepare yourself, your home, and your belongings. A great first step is to make a checklist; this helps to break down big tasks and make them easier and less stressful to achieve. How do you envision your lifestyle after you downsize? If minimal maintenance is at the top of your list; then you would be wise to be looking at condos and townhomes for your next home. A big task is to declutter your life and home. You must be realistic in deciding what can fit into your new smaller home. If you are a collector of things, (books, art, etc.), you will want to really look at your collection and decide what must come and what you can sell or donate. For example, if you are a book lover, peruse your collection and think “What are my top 20 choices,” or maybe you are an art lover but your wall space is considerably less in your new place, pick your top three favorite pieces.

Equally important is to take great care of important papers, photographs, electronics, and family heirlooms. Starting with important papers, do not throw or discard these. Gather them all (birth and death records, marriage license, investment

portfolios, social security cards, passports, military service records, wills, and insurance policies; to name just a few), and place them in a safe box or cabinet. Family photographs are priceless and special to each family, you don’t want to purge these; although perhaps you will need to have them all stored digitally. Ask a family member for help with this task or even outsource the job as there are many companies who offer this service. It is also very important to not get rid of any electronics unless you are absolutely sure that they have been wiped clean and no longer contain any of your personal information. Finally, take a close look at your family heirlooms; which ones hold special value and memories for you and your family. You don’t want to donate or trash these treasured pieces. Maybe you have more heirlooms than your new home can hold; consider gifting a few to your children or grandchildren.

Downsizing is a big step in one’s life, but if you take the time to break it all down into smaller steps you will see that you can achieve it all with relative ease. Of course, you may be a bit saddened to leave a home that holds so many special memories but think how many wonderful times are waiting for you in your new, more manageable home.

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.

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

Contact Fannie Hillman today and experience the support of Winter Park’s largest independent real estate office.

Serving Central Florida for over 37 years

Hillman

Fannie Hillman

Hillman

ASSOCIATES



1254 Via Estrella, Winter Park
3 bedrooms / 2 bathrooms, 1,774 sq.ft. \$575,000



1571 Harris Circle, Winter Park
3 bedrooms / 2.1 bathrooms, 3,816 sq.ft. \$1,295,000



1189 N. Park Avenue, Winter Park
3 bedrooms / 2 bathrooms, 1,632 sq.ft. \$725,000



4082 Ethan Lane, Orlando
6 bedrooms / 5.1 bathrooms, 5,880 sq.ft. \$1,675,000



828 Tuscarora Trail, Maitland
4 bedrooms / 3 bathrooms, 2,569 sq.ft. \$629,000



106 S. Interlachen Avenue #315, Winter Park
2 bedrooms / 2 bathrooms, 1,267 sq.ft. \$489,000

Improving the lives of the people we serve.

205 W. Fairbanks Avenue, Winter Park, Florida 32789
407.644.1234
www.fanniehillman.com

Leading

REAL ESTATE COMPANIES

OF THE WORLD

LUXURY

PORTFOLIO

FINE PROPERTY COLLECTION

pop culture detours

by George McGowan

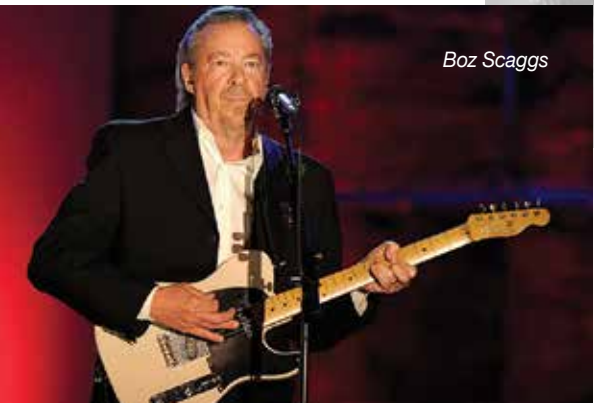
Peaking At Number Two On The Charts Is No Way To End A Career

I have written before about songs that stalled on the way to the top at the #2 position, such as Foreigner’s “Waiting for a Girl Like You” which stayed at #2 for a record ten consecutive weeks or Madonna’s “Material Girl” which was blocked from achieving number one by none other than REO Speedwagon! But this month I would like to write about an artist whose highest charting album, “Silk Degrees,” peaked at #2 in 1976. This artist is William Royce “Boz” Scaggs. You may know him from his 70s “yacht rock” hits, “Lowdown” and “Lido Shuffle.” It’s time to get to know his most recent work because at age 74, Mr. Scaggs has just finished a trio of recordings, made over the past six years, which are simply amazing.

The first of this trio was recorded in the city for which it is named, “Memphis,” in 2012. Scaggs put together a wonderful band of classic soul and R&B performers, including Ray Parker Jr. on guitar and Spooner Oldham on keyboards. Google these names and you will see how many collaborations they have made with any number of “brand-name” music artists, including the great Aretha Franklin, may she rest in peace. On “Mem-

phis,” Scaggs channels Al Green and Mink DeVille, among others, to put his stamp on the music he grew up loving. His slow, hushed version of “Rainy Night in Georgia” is a standout.

Scaggs followed up his visit to Memphis with a visit to Nashville’s Bluebird Studio in 2015 and spent just four days with the same band to interpret an additional twelve songs, including dueting with



Bonnie Raitt and Lucinda Williams on two cuts. On this album, “A Fool to Care,” the singer alternates between soul, R&B, and gospel and also delivers a wonderful take on the western swing of the title song, which was first recorded way back in 1940 by Ted Daffan’s Texans and made famous in 1954 by Les Paul and Mary Ford.

The third album, just issued this

year, “Out of the Blues” may be the best of the three. It continues Scaggs’ homage to obscure but wonderful tunes and includes a Scaggs origi-



nal “Little Miss Night and Day” which fits right in with the groove set by the others. Scaggs brought his bandmates to Sunset Sound Studios in Hollywood, CA this time and taps Jack “Applejack” Walroth as a writer and on harmonica to put more of a blues focus on several songs in this collection. It wraps up the trilogy in style and causes one to wonder if Scaggs has a fourth one in him in the near future because he sounds just as good as ever.

Finally, more on the great Aretha Franklin. I have heard several recent profiles of this musical genius after her recent death including one that correctly posits that there are two

periods in modern soul music, before Aretha and after Aretha. Aretha Franklin was the best singer I have heard in my lifetime, by far. She

“
Aretha Franklin was the best singer I have heard in my lifetime, by far.

cannot be surpassed. I believe that she has joined the choir in heaven and they have all stepped aside to acknowledge their new leader.

theater in the parks

by Barbara Solomon and Paul Gicola

Orlando You’re The Top

As I attend shows here in Orlando, I am constantly amazed at the quantity and quality of what is available and the wealth of talent in the area. I attribute this to a combination of factors unique to our area. Our world class theme parks recruit and train entertainers, and local universities, colleges, and high schools have excellent theatre programs. In addition, many older people in the entertainment industry relocate here from places such as New York. All this results in a wealth of opportunities for theatre-loving patrons. For example, let’s look at some of the recent shows.

“Gigolo-The New Cole Porter Revue”- Winter Park Playhouse World Premiere:

This show was an entry in the 2017 Festival of New Musicals in which the first act was presented. Since then it has undergone further development into a full-scale musical by author Paul Gilger and Playhouse’s artistic director, Roy Alan. This is one of the best productions to grace the Playhouse stage. There is no dialog and

the entire story is conveyed through Cole Porter songs. The musical director, Christopher Leavy, with arrangements and orchestrations by Ned Wilkinson, led the cast of talented actors through the numbers. To further enhance the story there is much use of intonation, gestures, and body movements. The 1930s costumes and art deco set further add to this excellent show.

Next up in September/October -” I Love A Piano” winterparkplayhouse.org. 407-645-0145.

“Little Foxes” and “Buyer and Cellar”- Mad Cow Theatre:

“The Little Foxes” is a 1939 play by Lillian Hellman about financial greed and backstabbing within a family that is as relevant today as it was 80 years ago. You only need to follow the stories in the news and even HBO’s current series “Succession” which has a similar theme. Everything about the production is first rate and you may see a bit of your own family in this production.

“Buyer and Cellar” in the intimate

black-box theatre is a hilarious show about a guy named Alex who is hired to tend the street of country shops in Barbra Streisand’s basement. Actor Louie Gravance is excellent as he plays all five characters. When he portrays Barbra, he doesn’t do an impression or imitate her, he becomes Barbra. This laugh a minute show is unique and highly entertaining.

Next up in September/October - “The Royal Family”. madcowtheatre.com 407-297-8788.

“The Pirates of Penzance”-Central Florida Community Arts:


This lively production was one of the best reincarnations of this musical I have seen in recent years. The voices of Erick Perafan and Allie Kaye were outstanding, as was the acting of David Lowe. Currently in its fourth season, CFCA Theatre- under the direction of Donald Rupe- has come a long way. Donald himself is quite the entertainer as evident in his pre-show monologs. I am continually impressed by the progress of this organization.

Next up in September/October - “Noises Off” cfcarts.com 407-937-1800 x710

“Including Shooter”-Breakthrough Theatre of Winter Park:

This show about a school shooting hits close to home. Although it doesn’t provide any answers as to why these occur, it does provide food for thought. In this sparse black-box theatre, the acting takes center stage. Coletyn Hentz as the shooter, James, gives an emotional performance, as do the other young actors. Perhaps it’s because this is an issue that their generation faces. Director Wade Hair is to be commended for bringing edgier dramas to the stage and evoking powerful performances from his actors, as evident from this show and the recent “Murder in the First” in which actor Michael Durand gave a standout performance as a death row inmate at Alcatraz.

Next up September - “Shrek the Musical” breakthroughtheatre.com 407-920-4034



protection and service by Winter Park Police Department

National Night Out

Thirty-five years ago, the National Association of Town Watch created National Night Out in an effort to have residents in communities take a proactive approach to crime prevention. Through the years the event blossomed into block parties, festivals, and community events. The Winter Park Police Department recognized that the National date in August was always hot and had a very high probability of rain. Therefore, the alternate date in October was decided upon along with the decision to host an “open house” event.

This year’s event is scheduled for Tuesday, October 2nd from 6:00 p.m. to 8:00 p.m. at the Winter Park Public Safety building located at 500 N. Virginia Avenue Winter Park, FL 32789. Representatives from the National sponsors such as Ring will be present as well as local businesses that specialize in residential security. Our partners from Home Depot, Armstrong Lock and Security, Victim Service Center of Central Florida, and many others will also be on hand to showcase safety products and services. Once again, Winter Park Lost Pets along with Orange County Animal Services and the Veterinary Emergency Clinic will be on site to offer free micro-chipping of pets. Walgreens will be offering free flu shots to those who qualify, along with coupons and giveaways.

Hot dogs and hamburgers will be served by the Winter Park Police Department and additional refreshments will be provided by Kona Ice, Chick-Fil-A, and Krispy Kreme.

The Winter Park Fire Department will provide bay and truck tours as well as a demonstration of extrication tools as they “cut” a car in half. They will highlight some of the high tech medical equipment used by the WPPD Paramedics and EMTs. Hands-on opportunities will be available to use medical equipment on a life-sized patient simulator.

The Police Department will display the S.W.A.T. vehicle along with a Patrol Boat, Crisis Negotiation vehicle, Patrol vehicles and K-9. A crime scene scenario will be available for budding detectives as well as an opportunity to “walk a beat” and be ready to make a split-second decision with our live action simulator.

Please mark your calendar and we hope to see you there!



From Page 10.

How to Combat the Spoofing and Phishing Epidemic

The most effective way to reduce the threat of becoming a victim of spoofing and phishing attacks is by implementing a phishing simulation tool and security awareness training. A phishing simulation tool sends test phishing emails to see how vulnerable you are to spoofing and phishing attacks. They are designed to keep us alert and simulates different environments at which an attack could happen. Over time, organizations have seen up to a 90% decrease in successful spoofing and phishing attacks.

There are several companies in the market that offer these types of services. They are very cost effective and offered as a subscription-based service. There are also open source phishing tools that can be administered for free. Gartner Peer Insights is a great source for reviewing Phishing Simulation and Training programs. We listed the URL in the Sources below.

The cybercriminal landscape is only increasing as we get further into the Digital Age. The key is to look for a program that can assess, educate, measure, and reinforce good cyber hygiene. Until next month, wishing you safe travels in cyberspace!

Questions? Send me a tweet: @GoldSkyRon or email: ron.frechette@goldskysecurity.com

Sources: <https://www.gartner.com/reviews/market/security-awareness-computer-based-training/vendor/symantec-blue-coat/product/phishing-simulation-training>; <http://www.phishing.org/what-is-phishing>; <https://en.wikipedia.org/wiki/Phishing>

Ron Frechette is the Founder and Managing Partner at GoldSky Security, a full service SMB cyber security solutions firm and the creators of CSOaaS.

Philharmonic Opens New Season

The Orlando Philharmonic Orchestra kicks off its 2018-2019 season with Respighi’s Pines of Rome on Saturday, September 29 at Bob Carr Theater.

The concert is the first of five in the FAIRWINDS Classics Series and includes Conductor Eric Jacobsen, Concertmaster Rimma Bergeron-Langlois on violin, and guest artist and soprano, Maria Laetitia.

“The opening concert of the Orlando Philharmonic’s 2018-19 Season asks us to think about where we come from and how we can explore and imagine outside our immediate surroundings,” said Jacobsen. “What were the songs you grew up with and what were colors and textures that made up the landscape of your summer nights? Our concert features the tone paintings of Respighi’s Pines of Rome. He has quite literally painted the trees in Rome with the colors of his orchestra. For a moment in time, Respighi can send us all for a walk in Italy.”

The program includes:

FRANK – *Three Latin-American Dances*

BRUCH – *Scottish Fantasy for Violin and Orchestra*

NEGRÓN – (Composer-in-Residence) *Puerto Rican Songs*

DE FALLA – *Ritual Fire Dance from El Amor brujo*

RESPIGHI – *Pines of Rome*

“Every composer on the program brings us to another beautiful place on earth,” said Jacobsen. “Gabriela Lena Frank will take us on a journey from her native Peru, Angélica Negrón, is arranging traditional songs to celebrate the rich musical culture of Puerto Rico, and Manuel De Falla brings us to the ceremony of the Ritual Fire Dance in Spain. Our virtuosic hero for opening night is our very own Rimma Bergeron-Langlois featured in Bruch’s Scottish Fantasy.”

“I’m incredibly honored and thrilled to start my residency at the Orlando Philharmonic with three arrangements of Puerto Rican folk songs showcasing and celebrating the rich and diverse musical landscape of the island,” said Négron. “The talented soprano Maria Letitia will bring to life a seis montuno with new lyrics written by the young trovador Irvin Santiago, as well as a medley of some of our most beloved plenas and the classic danza “El Coquí” amplifying the sounds of this small frog native to Puerto Rico.”

FAIRWINDS Credit Union is the Classics Series Sponsor. The Orlando Philharmonic Orchestra is supported by United Arts of Central Florida, host of OrlandoAtPlay.com and UAArtsEd.com. This project is funded in part by Orange County Government through the Arts & Cultural Affairs Program, and sponsored in part by the Department of State, Division of Cultural Affairs, the Florida Council on Arts and Culture and the State of Florida.

Subscriptions to the FAIRWINDS Classics Series are on sale now. Single tickets will go on sale August 28 starting at \$25 and can be purchased online at orlandophil.org, by calling 407-770-0071, or in person at the Box Office, located at The Plaza Live (425 N. Bumby Avenue, Orlando). The Box Office is open Monday through Friday, 10 a.m. to 4 p.m. (Ticket prices subject to change.)



From Page 6.

General admission tickets are \$20 plus a one drink minimum. Once sold out, “Standing Room Only” tickets may be purchased for \$10. Seating is limited so advance reservations are strongly recommended. Doors open at 6:30 p.m. for the 7:30 p.m. show. Tickets sell quickly so call 407-645-0145 or purchase online at winterpark-playhouse.org.

schools



Orlando Mayor Buddy Dyer (third from left) and District 3 Commissioner Robert Stuart (far right, back row) present the Mayor's Matching Grant to Audubon Park School.

Audubon Park School
PRINCIPAL TREVOR HONOHAN

After years in the making, what a proud day it was to open the doors of Audubon Park School last month. Our community, families and staff were welcomed to the new facility during a kick-off Pep Rally on August 2nd. Mayor Buddy Dyer & District 3 Commissioner Robert Stuart joined us on opening day and named Audubon Park School the recipient of the Mayor's Matching Grant for the 2018/2019 school year. Mayor Dyer presented

our school with a \$9,000 check that will support student initiatives in partnership with the Audubon Park Garden District, Fleet Farming, and Rollins College. Our Athletic Department is gearing up for the OCPS Soccer Season. The boys' and girls' teams have been working hard under the direction of Coaches Howe and Tucciarelli. Students will enjoy being a part of our Falcon Fan Frenzy section for each game. We want to invite parents and community members to join us at our kick-off Falcon Fling at

Four Rebels on September 13th at 6 p.m. Tickets for this adult-only social can be purchased for \$10 at FoundationForOCPS.org (Click Give>Support a School> Falcon Fund) It will be a great night to mix and mingle with parents and staff. Come learn how you can be a part of our school-wide initiatives to further the student experience at Audubon Park School. Finally, Open House will be Wednesday, September 12th from 5:30 - 7:00 p.m. As always, check out our school website and social media channels for the latest Falcon News.

Baldwin Park Elementary
PRINCIPAL ANNA FERRATUSCO

Baldwin Park Elementary was excited to start the school year with a new name and a new identity! The school kicked off the start of the year with a school makeover turning the green to blue and gray. Students were welcomed back in to classrooms and hallways that had been repainted and decorated. We also opened our new STEM lab sponsored by the Bobcat Fund. This exciting start to the school year is just a preview of the innovative ideas that will be infused into the students' learning throughout the school year. We look forward to showcasing and highlighting many more aspects of our school and community!

at Brookshire. The beginning of the year is off to a great start and we couldn't be more excited for the year ahead!! GO BULLDOGS!

Glenridge Middle School
PRINCIPAL CHRIS M. CAMACHO

I hope each of you had the opportunity to rest and recharge those batteries for the amazing school year ahead. This year, with our move to digital learning, the key word here is learning. Students will be learning through a new platform known as Canvas. As parents, each of you will have the ability to monitor your child's progress in their classes through Canvas. As a parent of a college student who uses it, I am honestly say I am thankful for this tool, as it allows me to keep track of my son's academic progress.

I want to thank each of you, in advance, for the great year ahead. Together, I know we will make a difference in the lives of our children. Go Lions!

and Imagine South Lake Charter School. Rachel is an active member of Blessed Sacrament parish in Clermont. Mrs. Mina Harper has accepted the position as the second kindergarten teacher and will work alongside Mrs. Borello as we have grown to the point of splitting kindergarten into two classes. Mina comes to us with 14 years teaching experience, nine of which were within the Diocese of Orlando at St. Andrew Catholic School. On the technology front, SCBCS purchased 50 additional Chromebooks to add to the 40 we were already utilizing. This allows for three full carts of 30 to be used with the students. We have improved the technology lab and have also added five new mobile interactive screens into the classrooms. This brings our total number of interactive screens in the school to nine with plans for more as we continue with a push towards STEM initiatives. It's an exciting time to be a BULLDOG!

Brookshire Elementary
PRINCIPAL JASON FRITZ

Brookshire had an amazing first week when our teachers returned on August 6th. They returned from break with energy, enthusiasm, and tons of Bulldog spirit! PTA hosted popsicles at the playground for our kindergarten students and the turnout was great! The kindergarten families and students were able to play on the playground and get to know each other and their teachers a little better while enjoying an icy pop to stay cool. Brookshire and the City of Winter Park teamed up on August 11th for a cleanup day. Students, parents, and representatives from the city of Winter Park came together to help pick up trash around campus and the canals next to Brookshire. They did a great job making the environment a better place for the students and the wildlife

St. Charles Borromeo Catholic School
PRINCIPAL NATHAN NADEAU

School was back in session starting August 8th. Along with returning and new students, we had a few new faculty members to welcome. Mrs. Lisa Bobowicz, our previous resource para professional, has accepted the position of fifth-grade teacher. Lisa has a master's degree in English Education. Mrs. Rachel Schneider, our new middle school science teacher, comes to us with ten years' experience teaching everything from Algebra II to Biology. She has taught at Leesburg High School, Lake Minneola High School,

Winter Park High School
PRINCIPAL TIM SMITH

The 2018-19 school year at Winter Park High School is off to a fantastic start, under the leadership of Principal Matthew Arnold. This is made possible in part thanks to the many parent and community volunteers who support the students and teachers. For those seeking to play a role in building and keeping a strong school, mentoring is a great way to make a difference. Progress to Success mentors need not be an expert in any subject matter, just a good listener who will take an active interest in a student and help guide him or her on the path toward graduation and beyond. A once-per-week meeting with a student could make the difference that student needs. If you are interested in becoming a mentor, please visit the WPHS website: winterparkhs.ocps.net/parents/progresstosuccess

Get your tickets now for the annual Winter Park High School PTSA BBQ, Homecoming Parade & Wildcat ROAR Pep Rally! This year's event will take place Wednesday, October 3rd beginning at 5:30 p.m. on Park Avenue in Central Park, near the bandstand. For information and tickets for Sonny's BBQ, contact Johnny Miller by email: jmiller@cityofwinterpark.org.

Winter Park Presbyterian Preschool

The students attending Winter Park Presbyterian Preschool's 2018-19 school year have been very busy meeting new friends, getting acquainted with the teachers and staff, and exploring their classroom and school. The teachers are preparing for Open House in September and our wonderful parent committee has been working on plans to provide a Spaghetti Dinner for all families during Open House. It is an exciting time for the families and teachers as we begin a new school year!

Below: New faculty members hit the ground running at St. Charles Borromeo Catholic School.



COMMUNITY CALENDAR

Audubon Park Garden District Events

Ongoing Events

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

Now through September 23 Fairy Doors at Leu Gardens – It's the great fairy 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.

Now through October 7 Exhibitions, Our Orlando: Making Sense of our World and American Youth: Our Future - Both exhibitions are on view at the Mennello Museum located at 900 E. Princeton Street. For more information, please call 407-246-4278 or visit www.mennello-museum.com.

September 7 Leu Gardens Movie Night - 8:00 p.m. at Leu Gardens located at 1920 N. Forest Avenue. Grilled items, popcorn and drinks are available for purchase. Garden admission: \$6 adult, \$3 child (ages 4-17 years) and free admission for Leu Gardens Members. For more information please call 407-246-2620 and visit leugardens.org for movie selections.

September 15 "Our Orlando" Artists Panel - 1:00-2:00 p.m. at the Mennello Museum located at 900 E. Princeton Street. Curator Katherine Navarro will moderate a panel discussion with the artists from "Our Orlando." For more information, please call 407-246-4278 or visit www.mennellomuseum.com.

October 5 Leu Gardens Movie Night - 8:00 p.m. at Leu Gardens located at 1920 N. Forest Avenue. Grilled items, popcorn and drinks are available for purchase. Garden admission: \$6 adult, \$3 child (ages 4-17 years) and free admission for Leu Gardens Members. For more information please call 407-246-2620 and visit leugardens.org for movie selections.

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.

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 407-246-4447.

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 prob-



lem 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.

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.

October 4 Orange County Retired Educators Association Meeting - 10:00 a.m. at College Park United Methodist Church, 644 W. Princeton Street, Orlando. A program will be presented by Up Against Poverty with current members sharing their experiences as volunteers. For more information, please call 407-366-8982 or visit www.ocrea-fl.org. Anyone who has worked in education is invited to join.

October 7 Fall Festival Hosted by the Eatonville Crafts and Culture Market - 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 Core 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 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.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. The group now includes members who walk exclusively, those who both walk and run, and those who run exclusively. It is 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.

Third Thursday Each Month The Winter Park Neighborhood Jam 5K - 6:30 to 9:30 p.m. Weather permitting, on the outdoor stage on the back (east) side of the WP Community Center located at 721 W. New England Avenue, with audience seating with microphones will be provided along with a drum kit for drummers, but please bring your own instruments, amplifiers and accessories.

September 8 Spinning Time with Art - 10:00 a.m. to noon at Phelps Park located at 1200 N. Phelps Avenue. For more information on this free family fun program, please call 407-599-3342.

September 9 American Association of University Women (AAUW) Annual Membership Event - 92:00 to 4:00 p.m. at the Community Room at the First Congregational Church, located at 225 South Interlachen Avenue, Winter Park. Guests free.

September 15 Capture Flag - 10:00 a.m. to noon at Kraft Azalea Garden located at 1365 Alabama Drive. For more information on the free family fun program, please call 407-599-3342.