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Freedom Ride – Horsepower For The Spirit, Changing Lives

A young boy should never have to deal with suffering from a stroke. For 12-year-old Shade, the sudden event changed his life. After 18 days in a coma from a congenital disorder, the stroke wreaked havoc on his body. One of his problems stemmed from losing many of his motor functions, causing him severe problems balancing. The prescription to help him recover was physical therapy—but not the kind of therapy most people would think about. The type of therapy prescribed by his doctor might be considered unconventional, but as Shade's father will attest, it can be life-altering.

On the north end of Orlando, out of sight from most people bustling about their day-to-day activities, is a quiet patch of land, about 10 acres. Horses can be seen grazing and enjoying the freedom to roam and frolic. These horses enjoy their freedom during their leisure time. When their work begins, they provide a special therapy that gives freedom for people like Shade.



These horses are a special breed. They love people, but more importantly they heal people. They provide freedom for those like Shade, who would have been shackled with the physical damage caused by his stroke. The horses at Freedom Ride have changed his life through "hippotherapy," the use of horseback riding as a therapeutic or rehabilitative treatment.

Hippotherapy, or "equine therapy"- treatment with the help of the horse—has changed numerous lives over the 20 years Freedom Ride has operated in Orlando. Many

children with all types of disabilities have found new life and opportunities. Parents seeing their child speak to a horse, when they rarely would speak to other people, is life-changing. Children with Down syndrome smile and laugh and help brush the horses. For many of them, commanding a thousand-pound animal provides the freedom to live in ways not imaginable without such therapy.

The movement of the horse, the rhythmic side-to-side, forward and backward movement is similar to the movements of a human. Man and horse moving together, encourages the rider to work harder to balance their upper bodies, and develop and sharpen hand-eye coordination. Learning new routines, sequencing, and accessing short-term memory skills assist riders who otherwise may experience difficulties with tasks most of us take for granted. Equine therapy breaks through resistance,

Continued on page 5





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Publisher's Message



As Americans, many of our traditions are created in our own unique way from those that were previously celebrated in history. When it comes to New Year's being a time to party, the

party, the credit goes to Julius

Caesar. During his reign the Romans switched to the Gregorian calendar and the day became known as the Festival of Janus, the god of all beginnings and gatekeeper

of heaven and earth.
This was also the time
they changed their
government officials, so
it was a time to feast
and celebrate the new
officials. Later, when
Constantine accepted
Christianity as their
new faith, they kept the
Festival of Janus as the
New Year's Day and turned
it into a day of prayer and

fasting. It was a day for all to turn over a new leaf, but many did not. Instead, they chose to continue to feast and celebrate.

Oh, and of course the Scots and Canadians come into play with the traditional playing of the song "Auld Lang Syne." It was written

by a Scot named Robert Burns in 1788, and made popular by radio and TV show host Guy Lombardo and his band, The Royal Canadians. Now while I only know the first two lines, I have to come right out and say that this song just doesn't make any sense to me. Literally, it translates to mean "old long since." We don't use these three words

together, and my acquaintances are surely never forgotten.

Well, here's to ringing in a new year in traditional American style with

enough food, fireworks, and football to make Caesar proud. It's great to start with a clean slate, and perhaps make those resolutions that lead to a very healthy and prosperous new year.

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

Rick Cable Founder/Owner

Guy Lombardo photo from A Trip Down Memory Lane. Robert Burns, 1759-1796. Poet. Painting by Alexander Nasmyth. From the Scottish National Portrait Gallery.

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It's A Wrap! By Tricia Cable

I bid a fairly fond farewell to 2018, and gladly ring in the New Year! Never one to dwell on the past as what's done is done, I have undecorated, decluttered, and now I sit giving mindful consideration to the personal goals I will set for myself for 2019; an annual ritual.

I read something the other day that got me thinking about this journey that I am on. After noticing a few new wrinkles on my face that seemed to have appeared overnight, I saw a very timely quote on social media that reminded me why Botox or any other filler for that matter would most likely never be an option for me. The quote read, "They are not wrinkles, they are the survival lines of your life."

Ponder that the next time you

take a look in the mirror. For me, at least for that moment, I looked very closely at my image in the mirror and more fondly at the lines that have become more prominent each year. I have worked hard (maybe at times too hard) for every single one of them and they do read a lot like a road map of my life; every frown and every smile leaves its mark.

My journey has been an interesting one and although I have had some incredibly tough times along the way, I wouldn't change a thing. At times, I will admit that others' paths seemed filled with more sunshine and butterflies, and I may have taken a wrong turn on occasion that



proved more challenging than I desired. But, what doesn't kill you makes you stronger and if nothing else, I am a walking testament to that statement.

So, as I sit here today to put pen to paper and commit to the goals I will set for myself in this New Year, I am more enthusiastic than ever. Af-

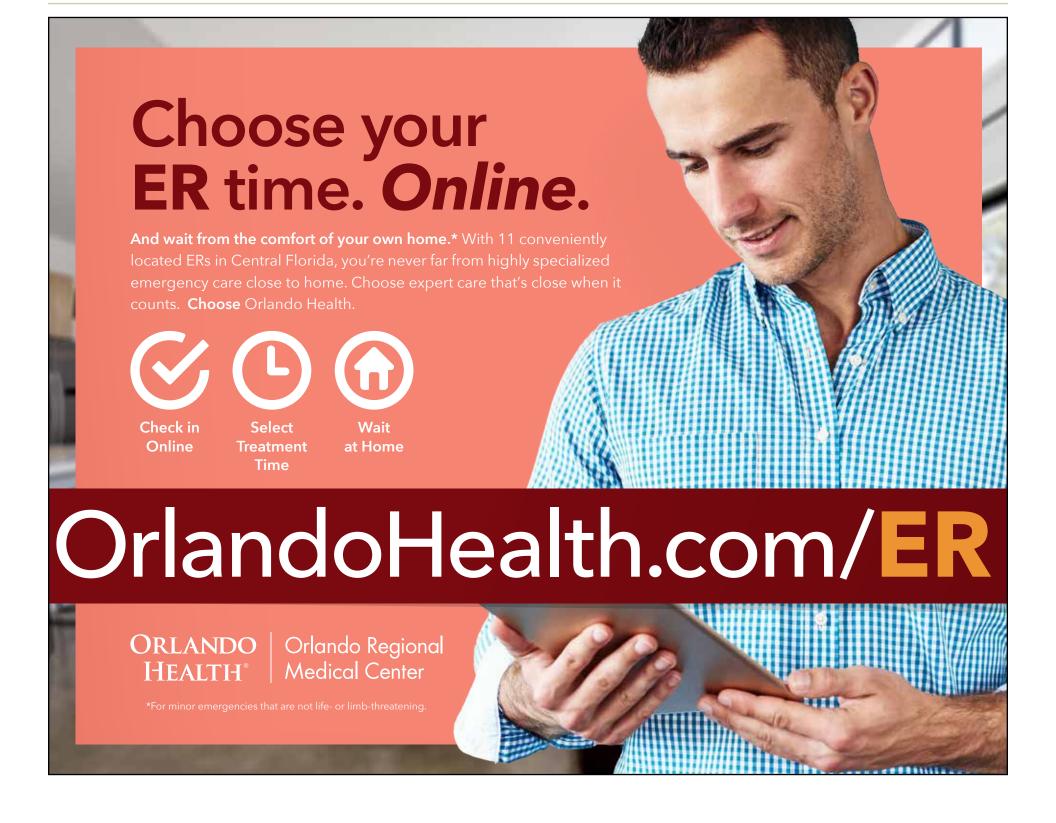
ter all at this stage of the game, I am more prepared and more confident about my abilities to achieve success. My life's resume is rich with my past accomplishments, obstacles that I have overcome, and challenges that I have conquered. I have in front of me a blank page and a clean

slate....anything can happen.

And if you too believe that anything can happen, I say dream big! Fulfill your life's purpose, follow your heart, spread joy, give back and be happy, let's make 2019 a year to remember.



My life's resume is rich with my past accomplishments, obstacles that I have overcome, and challenges that I have conquered.



City

City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



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If you weren't one of the lucky winners in the Hamilton ticket lottery, but still want to get more active in our community, don't worry we have you covered! Keep reading for fun activities to do with your friends and family as we begin a new year in Orlando.

On January 4, Downtown

Historic Tours is giving an Historic Walking Tour of Orlando. The tour begins at the Rogers-Kiene Building and ends at the Orange County Regional History Center. Leading the tour is our local historic preservation expert, Richard Forbes. If you cannot join the Downtown Historic Tour that day don't worry, the tours operate on the first Friday of each month, October through May. Tours begin at the Rogers-Kiene Building at 9:30 a.m., located at 39 S Magnolia Avenue, Orlando FL 32801. For more information, visit the City website at cityoforlando. net and check out the Planning Division's page.

On January 11, get ready for an amazing night at Leu Gardens. Join in on Family Fun Night with a hike through the 50-acre gardens from 6:00-9:00 p.m. Each child will receive a special gift from Orlando Health Arnold Palmer Children's Hospital. This self-paced hike includes learning stations, the Ribbit Exhibit, and a bug house. Other great features

displayed are the Central Florida Zoo's Nocturnal Animals and the Central Florida Astronomical Society will have telescopes so that you can see the stars! Make sure to purchase your tickets in advance by visiting orlandovenues.net

On Sunday, January 13, enjoy free admission to the Mennello Museum for Family Fun Day. Beginning at noon the second Saturday of every month, enjoy an art project and free tours. If you like yoga, the museum also offers yoga in the sculpture garden the last Sunday of every month at 9 a.m. Visit orlandovenues.net for more information.

Another way to learn about the history of Orlando is to join the Greenwood Cemetery Moonlight Walking Tour taking place on Friday, January 18 at 8 p.m. Visit the final resting places of 100 of our city's most notable individuals. Registration for these tours normally opens about two weeks before the event. The tour is free and they fill up quickly, so visit cityoforlando.net and check out the events page for more details and information on how to register through Eventbrite.com.

On Saturday, 19, January the Southwest Orlando Jaycees are hosting the 35th Annual Downtown Orlando Martin Luther King Jr. Parade. Dr. Martin Luther King Jr. was an integral part of the Civil Rights movement, which helped lay

the foundation for equality here in the City of Orlando when he spoke at Tinker Field on March 6, 1964. This is a great event to celebrate history and change; the theme this year is "King's Vision: Humanity tied in a Single Garment of Destiny." We hope to see you there!

Camping World Stadium is busy this month, hosting Monster Jam on January 19 and the NFL Pro Bowl on January 27. Visit orlandovenues.net for information on these two popular events that Orlando is proud to host.

If you are over 21 and love technology, the Orlando Science Center has an event designed for their adult patrons. On January 19 at 8 p.m. come join Science Night Live Featuring Otronicon. Explore cutting-edge technologies through fun interactives exhibits and have a chance to meet the developers and engineers who created these exhibits. For younger visitors, Otronicon, which runs from January 18-21, is one of the signature events that takes place every year at the Center and is one you won't want to miss. As it says on their webpage, "Otronicon has successfully sparked interest throughout the Central Florida community in science, technology, engineering, art, math, digital media, simulation, robotics, virtual reality, and more. From flying a real-world military simulator to operating a surgical robot, guests of all ages and background are invited to experience four days of unprecedented access to the innovative technology created right in our backyard." Visit osc.org/ortronicon for more information on how to purchase tickets.

As always, thanks for your support of our Great City and I look forward to all the things to come in 2019!





Winter Park Mayor's Message Mayor Steve Leary



Keeping Our Community Healthy

In 2016, the city adopted a new vision statement: "Winter Park is the city of arts and culture, cherishing its traditional scale and charm while building a healthy and sustainable future for all generations." The latter part of our vision statement, "...building a healthy and sustainable future..." is important to us as elected officials and is something we encourage as our city grows. If you have driven by the intersection of Mizell

Avenue and Crosby Way especially in the past few months, you have noticed and experienced a tremendous amount of activity.

What is now a booming construction site will very soon be the completed Center for Health & Wellbeing, a state-of-the-art healthy living center focused on improving the quality of life for Central Florida. The Center, opening in early 2019, will include the new Peggy & Philip B. Crosby Wellness Center operated by the Winter Park Health Foundation, as well as medical and clinical offices operated by Florida Hospital, soon to be AdventHealth. Together the partners collaborate on the many Center spaces designed to promote whole-person health.

Center for Health & Wellbeing Programs and Services:

- Crosby wellness center
- Primary care and specialty physicians
- Florida Hospital diabetes institute
- Sports medicine and rehab
- Massage and acupuncture
- Pharmacy and lab
- Nutrition theater
- Nourish coffee bar + kitchen
- Community conference center
- Children's Wellness and Child Care

Learn more at YourHealthandWellbeing.org

In conjunction with the construction of the Center for Health and Wellbeing, the city has committed to making the following improvements to connect this new facility with Ward Park:

- Installation of 10' multi-use sidewalk
- Updated landscaping and additional lighting
- Connectivity between adjacent section of Ward Park in addition to other surrounding parks such as Showalter and Cady Way

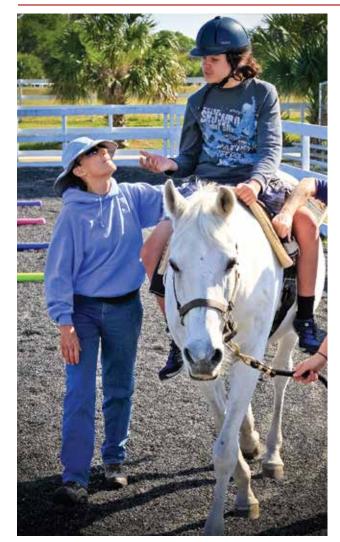




- Updates to site amenities such as trash cans, benches and picnic tables along with the addition of a bike service station
- Multi-purpose lawn area for both passive and active recreational programming use
- Bricking of Loch Lomond Drive with raised pedestrian crossings to encourage safe driving

These improvements to Ward Park made in conjunction with the new Center for Health & Wellbeing are great examples of partners in the community working together to enhance and improve our experiences and quality of life in our beloved City of Winter Park.

Wishing you and yours a healthy and happy New Year.



increases motivation, and offers a dynamic therapy rarely present in traditional treatments. It can also be a faster way forward, as far as treatment is concerned, taking fewer sessions to accomplish intended work

Increasingly, the medical community recognizes the outcomes of this type of therapy. Most referrals to Freedom Ride's center come directly from physicians. The center's volunteers and horse therapy specialist are seeing an increasing demand for this specialized therapy for children





and adults with disabilities such as cerebral palsy, muscular dystrophy, multiple sclerosis, autism, Down syndrome, brain injury, deafness and many emotional and learning disabilities.

But children aren't the only locals benefiting from this unique therapy. Freedom Ride has expanded its services to assist a growing number of veterans in the area, many suffering from post traumatic stress disorder (PTSD). Working closely with the Orlando area VA clinics, Freedom Ride has added two equine specialists to handle the extra therapy. These programs are beneficial to veterans experiencing PTSD and are crucial for individuals suffering from depression, domestic abuse, rehabilitation, eating disorders, grieving and many other life issues.

Equine therapy is becoming increasingly popular due to the success of improving the quality of life for the participants and the tranquil nature of this unique, outdoor program. It's become so popular, it takes some 200 volunteers to assist mainly

Far left photo, Shade sits on therapy horse Ivan. Center photo, one of the Freedom Ride horses enjoys running through the 10 acres of space at the ranch. Far right photo, the center's volunteers and horse therapy specialist are seeing an increasing demand for this specialized therapy for children and adults with disabilities such as cerebral palsy, muscular dystrophy, multiple sclerosis, autism, Down syndrome, brain injury, deafness and many emotional and learning disabilities.

children, some 90 or so riding during the week and on Saturdays. Being the first organization in Central Florida certified as a Premier Accredited Riding Center, Freedom Ride's waitlist stays full.

Freedom Ride charges a small fee for every rider. Many are able to benefit from some grant money. The organization does not receive any government funding, so donations are always needed. Visit freedomride.com to find out more about how you can help by donating money, goods or by volunteering.

To find out more about Freedom Ride and how you can be a part of this organization, go to www.freedomride.com or call 407-293-0411.



Inspiring Whole-Person Health

Wholeness | Fitness | Medicine

The Center for Health & Wellbeing is where wholeness, fitness and medicine all come together to help you achieve your optimal state of wellbeing. It's where you can feed your body and your mind, while staying in tune with your health.

Wholeness

- Kid's Corner
- Conference center
- Health and wellness education classes
- Nourish coffee bar + kitchen
- Nutrition theater
- Gardens with walking paths
- Social gathering spaces
- Terrace with patio seating

Fitness

- Peggy & Phillip B. Crosby Wellness Center - a Medical Fitness Association Certified Facility*
 - Two indoor pools for lap swimming and warmwater activities
 - Multi-purpose group exercise rooms
 - Exercise equipment and weights
 - Indoor track
 - *Pending certification

Medical

- Acupuncture
- Weight loss management and Diabetes education
- Massage
- Outpatient lab
- Primary care physician offices
- Retail pharmacy
- Specialty physician offices
- Sports medicine and rehabilitation



A partnership between the Winter Park Health Foundation and AdventHealth

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UCF Tops In Local License Plate Sales

out in-state rival UF to claim the specialty license plate title in Orange County. Buoyed by another strong year of sales following the redesign of its plate, UCF had 6,683 plates on Orange County roads as of December 1 (Source: DHSMV). The University of Florida (6,557 plates) and Florida State University (4,215) round out the top three.

"The plate sales demonstrate what we've known for a long time," said Scott Randolph the Orange County tax collector. "Orange County is Knights Country."

In July 2016, UCF trailed Florida by nearly 2,500 plates. Then, in August 2016, UCF's redesigned black-and-gold plate was released, and the university launched its #KnightYourRide campaign with support from the Tax Collector's office.

This year, 1,398 new UCF plates were sold in Orange County, generating more than \$135,000 in revenue for programs such as scholarships for first-generation students. Endless Summer (678 new plates sold), Helping Save Sea Turtles (428), The University of Florida (291), Army (276), Ma-

It's been a long time coming, but UCF has beat rine Corps (238), Florida State University (235), Save Our Seas (206), Tampa Bay Buccaneers (202) and Save the Manatee (177) made up the top 10 new plates sold in Orange County in 2018.

> There are currently 126 different specialty license plates in Florida registered to more than 1.5 million vehicles. UCF has 22,445 plates statewide.

Specialty license plates are authorized by Florida statute and range in fees from \$15 to \$25, which benefit the plate's sponsoring organization. To have a new plate manufactured, the requesting organization must pre-sell 1,000 plates statewide within a 24-month period after the plate is authorized by the State. The State's Department of Highway Safety and Motor Vehicles (DHSMV) monitors the sale of all existing plates. Existing plates that fall below 1,000 statewide sales are placed on probation and subject to deauthorization.

To purchase a specialty license plate in Orange County, visit any one of the Tax Collector's seven tag agencies. Visit octaxcol.com to find a location near you.

2018 Ranking	2017 Ranking	Specialty Plate	Number of Plates on the Road in Orange County	New Plates Sold in 2017 in Orange County
1	2	University of Central Florida	6,683	1,398
2	1	University of Florida	6,557	291
3	3	Florida State University	4,215	235
4	4	Helping Sea Turtles Survive	3,708	428
5	5	Endless Summer	3,356	678
6	6	Marine Corps	2,299	238
7	8	Army	2,212	276
8	7	Save the Manatee	2,208	177
9	9	Protect Wild Dolphins	2,052	171
10	10	Protect the Panther	1,803	75

State Of Downtown

Last month Mayor Buddy Dyer of Orlando delivered his annual State of Downtown address at the Amway Center highlighting the community's work together over the past 16 years to revitalize Parramore and fuel downtown Orlando's resurgence through investments in education.

To help tell this story, Mayor Dyer included two young adults, Raysean Brown and Julian Harris, who grew up in Parramore and neighboring Pine Hills, and who are now working together with the city of Orlando to help shape the future of Parramore's youth and downtown Orlando. "Raysean and Julian's stories are living proof that education can change lives, change neighborhoods, change entire downtowns and cities," said Mayor Dyer.

Highlighting the new UCF and Valencia College campus under construction in Creative Village, Mayor Dyer noted, "This is an urban campus that has been built with, and for, the residents of Parramore and our entire city."

From UCF offering 20 of the most-sought after undergraduate degrees, to Valencia's world-class culinary and hospitality school and Center for Accelerated Training, to FAMU law school, the ACE community school in Parramore and the city's Parramore Kidz Zone and after-school programs, Mayor Dyer noted these pathways to education are the very definition of opportunity.

"Whether you have eight weeks to make your life better, or you want to spend eight years getting your undergraduate and law degrees, or something in between, all of this is now possible in the same village in Downtown Orlando," said Mayor Dyer. "And this all adds

Continued on page 8

Participants Needed For Caregiver, Memory Loss Study

Florida Hospital and the Dr. Phillips Center for the Performing Arts are recruiting participants for a groundbreaking study that aims to determine if and how the performing arts can help memory loss care recipients and their caregivers.

The study is designed to build caregiver resilience and reduce stress levels through a fun and interactive class that will meet once a week for eight weeks, beginning in January.

The curriculum was created exclusively for the study and provides opportunities for participants to explore their emotions, use their imagination, and explore conflict in a safe environment.

Both the care recipient and the caregiver must be available to participate in the classes and no performing arts experience is required.

Central Floridians who meet the following qualifications have an opportunity to be a part of this groundbreaking study:

- Caregiver must be the unpaid and primary caregiver, and 18 years of age or older
- Care recipient must be 65 years of age or older
- Care recipient and the caregiver must live in the community (not in a nursing or rehabilitation facility)

For caregivers, who have unique burdens and often don't know where to turn for support, the study will determine if and how much the experience improved their resilience, decreased negative emotions - like guilt and anxiety — and reduced overall stress levels. For patients, the study will identify alternative treatment options.

Interested participants can learn more about the study at www.creationhealthresearch.com/care-giver-study, or call Pam Jennelle at 407-303-7365.

The study is just one component of the Florida Hospital (which will soon be AdventHealth) and Dr. Phillips Center partnership, which is designed to create a leading center of excellence for performing arts and wellness education.





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up to a new kind of commitment to anyone in our community who wants to leverage education to make their lives better."

In closing, Mayor Dyer remarked, "If we succeed in bringing [this] vision to life, then we will have succeeded in creating a downtown that's built to last, a downtown that's built to own the future, a downtown that's built to provide a pathway for prosperity for every single person in our city who is willing to work for it. That is a future for our downtown that we can all be excited about."

More highlights from Mayor Dyer's address:

A Place to Grow, Learn and Thrive

- Since the launch of the city's **Parramore Kidz Zone** in 2006, juvenile arrests in Parramore have decreased by nearly 70 percent and for the third year in a row, all of the program's seniors graduated from high school and enrolled in college, the military, or trade
- Starting next year, Parramore residents can take advantage of Valencia College's new Center for Accelerated Training. Through a program that takes as little as eight weeks to complete, adults can potentially go from not having a high school diploma to getting the skills to get some of the most in-demand jobs in industries like construction and advanced manufacturing.

A Place Where People Want to and Can Live

• The city and Community Redevelopment Agency have committed

more than \$12 million to increase the housing inventory for residents at all income levels to live in Parramore and downtown Orlando.

Current projects include partnering to build nearly 500 new multifamily housing units, constructing 57 new single family homes and providing up to \$100,000 in down payment assistance for residents.

Addressing Community Challenges

- Today, Mayor Dyer announced the city is launching a text-togive campaign called "Give Smart Orlando."
- The campaign will provide an option that allows residents, workers, and visitors to direct dollars that might typically be given to a panhandler to instead support non-profits that are part of the region's Housing First initiative.
- Starting today, people can text "Give Smart" to 8-5-5-1-1 to help change behaviors around panhandling and help create real, lasting change in the lives of homeless in the Central Florida region.

Watch Orlando Mayor Buddy Dyer's 2018 State of Downtown Address at - https://youtu.be/znPBPn0hE_I.

Watch Raysean Brown and Julian Harris talk about the impact of education on their lives and the young people in Parramore at youtu.be/T4-DCWcaRPA.

Fourth Annual SIDE BY SIDE

In the spirit of unity and appreciation, the fourth annual SIDE BY SIDE, a celebration to pause and honor the gifts of our community, will be Friday, January 25 at 8:30 a.m., at Knowles Memorial Chapel, located on the campus of Rollins College. This community-wide celebration is presented by First Congregational Church of Winter Park and Rollins College in partnership with the City of Winter Park and the Winter Park Chamber of Commerce. Refreshments will be served immediately following the ceremony near the rose garden outside the chapel.

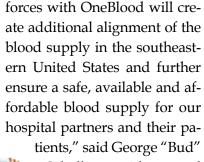
SIDE BY SIDE was inspired by the community events held in honor of the city's 125th Anniversary in 2012, and serves as an opportunity for the community to recognize its gifts and strengthen relationships with one another. The celebration will feature remarks from leaders representing the civic, business, and spiritual facets of Winter Park, as well as music from soloists and groups from the community. This all-inclusive, community-wide event serves as opportunity to gather annually in unity, celebration, and support of one another.

For more information regarding SIDE BY SIDE, please contact coneil@cityofwinterpark. org or 407-599-3506.



Blood Centers Announce Intent To Merge

Community Blood Center of the Carolinas, Inc. (CBCC) is merging with OneBlood, the not-for-profit blood center serving Florida as well as areas of South Carolina, Georgia and Alabama. The merger is expected to take place in early 2019.



"CBCC's decision to join

Scholl, president and CEO of OneBlood.

"Merging with One-Blood is the right thing to do for our commu-

will provide opportunity to expand our lifesaving services in the Carolinas," said Martin Grable, president and CEO of Community Blood Center of the Carolinas.

The merged organization will distribute more than 1.1 million blood products annually, service more than 250 hospitals throughout the southeast and employ close to 2,500 people. The centers will continue operations without any changnity and the merger es in service or leadership.

Orlando Shakes Presents 2017 Tony Nominee

Lucas Hnath's A Doll's House, Part 2, produced by Orlando Shakes in partnership with UCF, runs from January 2 - February 3, 2019. In the final scene of Ibsen's 1879 masterwork, Nora Helmer makes the shocking decision to leave her husband and children and begin a life on her own. This climactic event – when Nora slams the door on everything in her life — instantly propelled drama into the modern age. In A Doll's House, Part 2, many years have passed since Nora's exit. Now, there's a knock on that same door. Nora has returned. But why? And what will it mean for those she left behind?

"A comedic send-up of Ibsen's original dramatic script, Hnath's A Doll's House, Part 2 is a continuation of Nora's journey," said Cynthia White, the director.

"Her exit at the end of Ibsen's A Doll's House was known as 'the door slam heard around the world.' What has happened to Nora-and to the feminist movement-in the fifteen years since she first slammed that door?"

Orlando Shakes' A Doll's House, Part 2 features:

- Suzanne O'Donnell as Nora. O'Donnell first season at Orlando Shakes was in 1993 in As You Like It and Comedy of Errors. She has extensive experience teaching acting to kids, teens, and adults and holds certifications with Yogaworks and Kripalu Yoga.
- Steven Lane as Torvald. Lane was last seen at Orlando Shakes in *The Luckiest People*. He

Continued on page 11

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protection and service by Winter Park Police Department

Help Officer Reynolds

Last spring, Master Police Officer John Reynolds was diagnosed with Stage 4 colon cancer. John is a police officer at the Winter Park Police Department, serving as a school resource officer. John has given fifteen years of dedicated service to the citizens of Winter Park and he served five years at the Fayette County Sheriff's Office in Kentucky.

John and his wife will be traveling to NYC for surgery early next year, followed by reoccurring treatments in NYC for an extended period of time. The cost of travel and accommodations will place a tremendous financial burden on his family, as they are not covered by insurance. John and his wife have two young children and are active in their local church.

John has already undergone extensive treatment, remaining positive and upbeat. He continues to serve his community, working in the school as much as possible. His commitment is exemplary. John's fifteen years of selfless service is commendable and we want to see him win the ultimate fight.

John has many brothers and sisters in blue (and green) and we are hoping his extended family will help and support him as he courageously fights to beat cancer.

BUSINESS

Please donate whatever you can. His family and his WPPD family thank you, in advance, for any assistance you can provide. Please share and help John.

https://www.gofundme.com/ fnncmt-help-john-kick-cancer



Cybersecurity awareness by Ron Frechette, The Cyber Coach

Practicing Good Cyber Hygiene In 2019



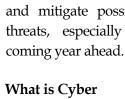
As we launch into the new year, many of us have established our New Year's resolutions with the hopes of improving the quality of

our lives. The practice of establishing New Year's resolutions dates back thousands of years to the ancient Babylonians. For those who do not subscribe to the practice, you may be interested to know that studies have shown 46% of people who make New Year's resolutions (e.g. weight loss, exercise programs, quitting smoking) were likely to succeed, over ten times as among those deciding to make life changes at other times of the year. Encouraging news for those of us who have adopted the practice of setting New Year's resolutions!

One resolution we strongly encourage our readers adopt in 2019 is practicing good cyber hygiene. Last months article, State of Cybersecurity and Future Threat Landscape, shared compelling evidence as to why we would be wise to make this a top priority. As was reported, experts predict we could see a 10 fold increase in cybercriminal activity over the next 2 to 3 years. Most people live with the, "it will never happen to me" mindset when it comes to cybercrimes. The consequences and hardships of dealing with the loss of sensitive/confidential information, malware intrusions, phishing and ransomware attacks persist for many years after the initial crime. This not only affects us as individuals or small business owners, it also puts our family, friends, co-workers and clients at risk.

tors that surround our digital footprints that cybercriminals constantly trying to penetrate; people, processes, facilities and technologies.

With the severe threat of attacks forecasted in 2019, it's nearly impossible to always know what is coming. That's why it is so imperative to practice basic cyber hygiene as a way to eliminate and mitigate possible threats, especially



Hygiene?

The Center for Internet Security (CIS) and the Council on Cyber Security (CCS) defines cyber hygiene as a means to appropriately protect and maintain our IT systems and devices and implement cyber security best practices. Without clear assessments and interventions hackers will have an easy in



Your digital footprint

As illustrated here, through unpatched and outdated solutions, and there are 4 threat vec- yet to be identified security gaps in newer technologies.

Top Cyber Hygiene Practices to Adopt in 2019

- Become familiar with industry-accepted cyber risk management frameworks like the National Institute of Standards and Technology (NIST CSF) and GoldSky Security's DREAMSecureSM platform for small businesses.
- Perform annual security risk assessments. It is required in many industries.
- Perform monthly security awareness training. CSOonline provides great content and its free.
- Leverage multi-factor authentication whenever possible. Disable applications no longer in use. They
- are an open door for vulnerabilities. Consistently back up data. Use a secure cloud
- solution in addition to on premise. • Be vigilant about patching applications regularly.
- Unpatched systems are great attack vectors. Implement complex passwords. Use pass
- phrases.
- Limit users with admin privileges.
- Upgrade aging infrastructure and systems.
- Implement endpoint protection using a white list solution.

The Digital Age has come upon us so fast that a majority of the global population is still uneducated about how to implement basic cyber hygiene practices. Unfortunately, even with the best protection there are no guarantees that we won't become the victim of a ransomware attack, data breach, or other cybersecurity threat.

That said, cybercriminals tend to focus on soft targets with no signs of security controls in Continued on page 11



A partnership to explore, integrate and foster the ability of performing arts to further health, well-being and quality of life.

Research Study For Caregivers And Persons With Memory Loss

Florida Hospital and Dr. Phillips Center for the Performing Arts are partnering to conduct a research study on the role of the arts in improving community health. The objective of this study is to use the performing arts to build caregiver resilience and reduce caregiver stress. Participants are now being accepted.

> Call 407-303-7365 or visit CaregiverStudy.com to learn more and enroll.





10 **HEALTH** The Park Press | JANUARY 2019

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



Everything Changes...

In Roman Mythology, Janus was the god of the doorway... In keeping, January offers us

the door to the New Year.

There are a lot of things I could say about 2018 and many wishes I'd like to offer for 2019, but as I watch my very active seven-week-old smile and kick and play on her Finding

> Nemo playmat, I am reminded that simple things are perhaps the best things.

Finding Nemo©, Disney Pixar

So without pomp or circumstance, I will offer you again my very favorite piece of

written work. For those of you who have never heard or read 'Desiderata,' you are in for a treat. For those of you who have, whether here or elsewhere, I cannot strongly enough emphasize that it bears repeating.

Hold on to this paper, keep it in a desk drawer or post it on your fridge- I promise if you return to it, each and every time it will offer you something new and give you the answer for that which confounds you.

Wishing you and all of those you love a year full of the most meaningful things...

May grace wash upon you, kindness center you and love fill you.

Happy 2019 from my family to yours.

With love till the next time, Be Well; Live Meaningfully. Ayesha

DESIDERATA

Go placidly amid the noise and haste, and remember what peace there may be in silence.

As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others,

even the dull and the ignorant; they too have their story. Avoid loud and aggressive persons,

they are vexations to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble;

it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is;

many persons strive for high ideals; and everywhere life is full of heroism. Be yourself.

Especially, do not feign affection. Neither be cynical about love;

for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune.

But do not distress yourself

with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding

Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life keep peace with your soul.

as it should.

With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

Max Ehrmann, Desiderata, Copyright 1952.

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.

Miss America Organization Local Pageant

Outstanding Teen scholarship pageant, an offi- ing, college degrees and utilize scholarship grants cial program of the Miss America Organization, to further their educations. This year's Pageant is

Phillips Center for the Performing Arts on Saturday, January 19 at 7:00 p.m. and will be emceed by Joshua Vickery and Mary Thompson Hunt.

"Miss Orlando began in 1933 and we are excited to continue this Orlando tradition," said David Wheeler, executive director. "Our organization has seen unprecedented growth over the last several years due to the support of our business community, and we are excited to be partnering with the Dr. Phillips Center for the Performing Arts on our new venue."

Christine Rhodes David, along with the Orlando Scholarship Organization and the Gracia Livingston Foundation, will award more than \$10,000 in academic scholarships to provide the region's brightest women the platform to expand their societal impact and promote physical health. All of the contestants Mary Thompson Hunt

The Miss Orlando, Miss City Beautiful, and have either received, or are in the process of earnis at the Alexis & Jim Pugh Theater at the Dr. produced in association with the Downtown Arts

> District and Central Florida Community Arts.

"We are proud of the partnership we share with the Miss America Organization and are excited to host the Pageant in Downtown," said Barbara Hartley, the executive director of the Downtown Arts District for the City of Orlando. "The scholarship program provides a forum for today's young women to express their talent in the creative arts and share their viewpoints in front of a live audience."

The Miss America Organization, a 501(c)4 non-profit organization, is the largest provider of scholarship assistance to young women in the United States, awarding millions of dollars annually. The Miss America Organization is comprised of 51 organizations, including all 50 states and the District of Columbia. Miss America contestants contribute tens of thousands of community service hours annually and have

raised over \$16 million for Children's Miracle Network Hospitals and Miss America scholarships since 2007.



Crowning Michaela McLean Miss Orlando 2018





11

From Page 9.

place. It's like a criminal walking through a neighborhood looking for the houses to rob where they see no ADT Security signs or hear any barking dogs in the house. Cybercriminals utilize various tool kits found on the Dark Web that allow them to perform a similar process in cyberspace.

By adopting a New Year's resolution to implement basic cyber hygiene practices, you will most likely be passed over as the growing number of cybercriminals hunt through the world wide web in search of the overwhelming amount of vulnerable digital footprints they consider to be low-hanging fruit. Encouraging news for those of us who decide to take action!

Wishing all a safe and prosperous new year!

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

Sources:

https://goldskysecurity.com/dreamsecure-crms/ https://en.wikipedia.org/wiki/New_Year%27s_ resolution

https://www.csoonline.com/

https://www.nist.gov/topics/cybersecurity

From Page 8

has worked at numerous theaters in a wide range of roles, from Che in *Evita* to Mordred in *Camelot* to Cornelius in *Hello*, *Dolly!* Lane has a bachelor's in vocal performance from Stetson University and is a grateful member of Actors' Equity.

- Anne Hering as Anne Marie. Hering is the director of education at Orlando Shakes.
- Ana Martinez Medina as Emmy. Ana is currently studying to earn her MFA in Acting at UCF. After graduating from Western Michigan University (BFA, Musical Theatre Performance), she moved to Chicago for a year where she worked as a freelance actor, director, and dramaturg. Since then, she has been happy to call Orlando her home.

Director Cynthia White's directing credits include Oregon Shakespeare Festival; Pioneer Theatre Company; Utah Shakespeare Festival; Alabama Shakespeare Festival; Marin Shakespeare; Ford Center for the Performing Arts at the University of Mississippi Theatre. White is Orlando Shakes' director of new play development, through PlayFest presented by Harriett's Charitable Trust. At UCF, credits include directing as well as work developing UCF's Pegasus PlayLab's inaugural season.

The artistic team also includes the scenic & lighting designer, Stephen Jones; costume designer, Denise R. Warner; and sound designer, Britt Sandusky.

Tickets (starting at \$30) are available now by phone (407) 447-1700 ext. 1, online at orlandoshakes.org, or in person at the John and Rita Lowndes Shakespeare Center (812 East Rollins Street).

PERFORMANCE INFORMATION AND RELATED EVENTS

Preview Dates: January 2 & 3 at 7:30 p.m. **Opening Date:** January 4 at 7:30 p.m.

Senior Matinees: January 9, 16, 23 & 30 at 2:00 p.m. Talk Back Performance: January 20 at 2:00 p.m.

Opening Night Party & Pre-Show Chat Friday, January 4

Arrive at 6:15 p.m. to enjoy free light appetizers, followed by a brief, informative discussion about the creative process with the director and members of the creative team. Free to all opening night ticket holders. No RSVP necessary.

A Doll's House Double Feature Saturday, January 26

Immerse yourself in Nora's world by experiencing both shows in one day! See a Saturday matinee performance of *A Doll's House* at CFCArts Black Box Theatre, before going to Orlando Shakes to enjoy a buffet dinner followed by a panel chat with the cast and creatives behind both productions. The evening comes to a close with a performance of Orlando Shakes' *A Doll's House, Part* 2. For tickets and more information, please visit dollshouseplay.com.



Photo by Megan Pridemore shows Suzanne O'Donnell and Steven Lane.

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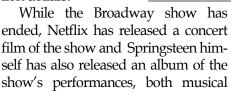
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pop culture detours by George McGowan

Springsteen On Broadway And On Netflix And On Spotify And On And On

You couldn't call me a Springsteen "fan" – because Springsteen fans come in only one shape and size: completely faithful and absolutely fervent. Springsteen fans are "all in" and place Bruce,

"The Boss," in their musical pantheon and will let you know it. So, it's no wonder that his show on Broadway, the aptly titled "Springsteen on Broadway" has been a massive hit, earning about \$2 million a week (give or take a couple of hundred thousand) for about 50 weeks. Yes, that is a cool \$100 million dollars.



and story-telling. I have friends who attended the Broadway show and they were unanimous in its indelible impact. One friend, who had doubts about the amount of money he was spending



Bruce Springsteen photo by Stephen Lovekin/Rex/Shutterstock

on seeing the show, even months later told me that being there was "... the perfect place to be right now." I believe he meant that in several ways, both big and small. The Broadway show was a relatively small and intimate affair held for less than 1,000 viewers in a cozy theatre. But what The Boss was sharing was something that needed to be shared far and wide in these crazy days as an American.

One of the things I have trouble with about Springsteen is his earnestness. His music always seemed to me to be a bit too much. Too much story, too much emotion, too much message, it was not cynical enough, not "punk rock!" Well, after seeing the Netflix show and listening to the album, I am not exactly converted but I now understand. Earnestness means "sincere and intense conviction" and Springsteen delivers exactly this sentiment but without all of the other baggage that used to accompany it. Springsteen himself calls it his "magic trick" - and as Matt Zoller Seitz puts it in his article on the film "... the plainness of the presentation enhances Springsteen's magic trick, which consists of taking stories that are encrusted with artifice (as all stories are) and presenting them as if they were being told to you in the form of an anecdote, by a participant who gets to the point and is poetic without necessarily trying to be."

The revelation I experienced when watching and listening Springsteen on Broadway is that Bruce knows who he is and who he is not. He has examined his life, he is 69 now, and does not apologize for who he is and had to be to become as successful as he is. But, he was always dedicated to his craft, never put on any airs and has been his most true self when performing for his fans. Through his monologues and his music he taught this "Boss agnostic" that there's great worth to his music and his experiences. I am happy that so many of his most ardent fans and even those like me can now can experience his unique perspective through this new film and album.

theater in the parks by Paul Gicola

New Year...New Shows

Before I go into the exciting things happening in January, I would like to recognize some outstanding holiday performances. Brett D. Walden "A Christmas Story" (Winter Garden Theatre) was charming as Ralph the adult looking back at that one special childhood Christmas. In addition, the tie in with ICE at Gaylord Palms (until 1/6) made it possible to see the story set out in colorful life-size ice scenes. By the way, the leg lamp is available in various sizes on Amazon.

Dave Sierra Jr. was highly energetic as Buddy in "Elf The Musical" (Orlando REP) Directed by Steve MacKinnon and Spencer Morrow, the show struck a nice balance in being able to entertain both kids and adults.

Steven Patterson as Scrooge in the Orlando Shakes production of "A Christmas Carol" was outstanding in this version adapted by Jim Helsinger.

A special mention to Mad Cow Theatre's production of "The Mystery of Edwin Drood." In this lots of fun musical production by Rupert Holmes, the audience gets to pick the killer since Charles Dickens died before completing the story. The adept actors fill in the plot and conclude the story based on who is selected from the eight possibilities.



January Special Events: For those who can't wait until May, the 3rd annual Orlando Fringe Winter Mini-Fest will be held January 10-13 at Orlando Shakes. This event was created to showcase some of the best of the Orlando International Fringe Festival. This year there are 20 shows performed multiple times over the four days. In addition to festival favorites there are also some new

shows. For those of you who have never experienced Fringe, this smaller version is a good way to start. For a complete schedule and to purchase tickets go to orlandofringe.org.

A special collaboration is taking place between two Orlando theaters. Central Florida Community Arts will present "A Doll's House" from 1/11-1/27 and Orlando Shakes will perform "A Doll's House Part 2" from 1/2-2/3. They are



separate stories that take place 15 years apart and you do not have to see part 1 first or even see them both, although it would be nice. Saturday, January 26 is a special double feature day which includes both shows and a cast and creative panel with buffet included. There is a special website for this event, dollshouseplay.com or call 407-447-1700 ext. 1.

Other January Theater: "Ain't Misbehavin'"-Winter Park Playhouse 1/24-2/23. The Fats Waller all singing-all dancing musical revue featuring 30 songs.

MEMORIAL SERVICE CELEBRATING THE LIFE OF BARBARA SOLOMON WILL BE ON MONDAY, JANUARY 7, 2019, 6PM AT THE WINTER PARK PLAYHOUSE.

"Hand to God"-Mad Cow Theatre 1/18-2/10. A ruthless comedy about sex, sinners, and sock puppets. Kind of like "Avenue Q" on steroids.

"Best of Broadway 1996-2000- Breakthrough Theatre of Winter Park. 1/18-2/11. "The legend of Georgia McBride"- A struggling Elvis impersonator in a Florida bar finds new life as a drag queen. Soon to be a motion picture starring Jim Parsons.

"The Nerd"-Osceola Arts 1/25-2/10. A hilarious comedy about a houseguest who overstays and the extent a guy will go to, to make him leave.



All photography by Stephen G. Pategas/Hortus Oasis

IN THE GARDEN



in the garden by Stephen and Kristin Pategas

Our Most Difficult Design - Ever

At our home and office, we have a garden - actually, multiple garden areas: Front Formal Garden, Sunset

Temple Terrace, Pollinator Garden, Edible Garden, Birdbath Fountain Garden, two border gardens, and a shade garden nestled under the mammoth, iconic magnolia tree. They are completed except for the tweaking that gardens demand.

When we close our eyes, we dream about what our generously-sized and last remaining open space will become. At one time it was a separate 50-foot-wide lot that could have hosted an adjacent house. Thankfully, the previous owners of our home purchased the lot in the 1940s and now it is permanently part of our property, but no longer suitably sized for a house.

Prior to moving into this house in 1999 we

left behind a smaller house and yard. There we had purposefully eliminated all the grass and sold the lawnmower. In our new house we did not want its side yard lawn. Never irrigated, fertilized, or treated for pests or diseases, it has morphed into a mostly green patchwork quilt. The "lawn" will never win yard of the month. We can partially blame the recession for the delay in turning the area into intriguing gardens. However,

we cannot solely blame economics - it's our profession.

We are far from being the cobbler whose children had no shoes - we appear to have credible design capabilities and lovely gardens. The problem is that we know too much, and we've seen too many gardens in our travels. Many of these gardens added one or two design features to our "wish list." From overseas travels and road trips with a van, we've also stockpiled a fair amount of ornaments to incorporate into a garden. So, the biggest challenge lies in deciding what to include and what to leave out. Following a visit to three outstanding California gardens with succulent plants (The Ruth Bancroft Garden, Lotusland, and Succulent Gardens) we were freshly motivated.

The latest plan we created shows a succulent garden that incorporates berms to improve

> drainage and add visual interest, unusual ornaments we have collected, and a petanque court (the French version of bocce). The copper Turkish kettle we had stored for years finally found its purpose - as the focal point of this garden. Now, by far, it is the largest planter on the property. It rests upon three carved stone turtles brought back from Lombok (Bali's neighboring island to the east) more than a decade

ago. Succulents flow over its rim and diminutive Firebird aloes fill a giant clam shell perched on the top. The next steps are the installation of the berms and an irrigation system. In our minds, we use the fourth dimension of time and see a future garden of succulents like the mature ones we recently strolled through.

Just like those of you fantasizing about your dream garden, we want it all and want it done right. It starts with inspiration and an idea. Now with ours in mind and on paper - we are launched.







Top right: The Ruth Bancroft Garden has numerous gardens with vignettes featuring succulents. Bottom right: Lotusland is a world-renowned garden that includes many succulents. Far left: Succulent Gardens in Castroville, CA is a nursery with inspirational display gardens. Middle: The Turkish copper kettle is the largest container in our gardens.

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



schools



Saldwin Park Elementary

Opportunities for visual and performing arts abound at Baldwin Park Elementary School. In addition to weekly art and music classes for each child, there are many after-school clubs at little or no cost to the Bobcat Family. The visual art team sponsors an Art Club after school where students work on special projects and art work beyond the scope they can accomplish in a weekly, large group setting. For young musicians, we have the Wednesday Warblers chorus, TrebleMakers instrument club, a ukulele club, and, new this year, Bobcats Rock!- a club for the students to explore modern popular song by artists like Pink! And Imagine Dragons.

Our art students have had their work displayed at the Maitland Art Festival, the Winter Park Sidewalk Art Festival, the Orlando Museum of Art, the Ronald Blocker Educational Leadership Center, the Orlando International Airport, and in calendars for The Orlando Utilities Commission.

In December each student will have art displayed at BPE's own Art After Dark, which is an evening dedicated to the arts. Families will have an opportunity to see their student's artwork in a gallery setting, as well as be able to purchase it in a frame, or as a reproduction. Additionally, there will be dozens of local artists demonstrating painting, pottery, weaving and many other art mediums. Students and families are invited and encouraged to participate. Proceeds benefit BPE's art program and allow us to continue providing every student with an enriching art curriculum.

Also in December all four music clubs performed a concert for family and friends to share their accomplishments. Rehearsals for Disney's Aladdin Kids begin with the new year and the Bobcat Players Production will debut the week of March 25th. Musical Theater is a wonderful opportunity for the students to sing, act and dance and explore talents beyond traditional musical skills.



Dommerich Elementary PRINCIPAL KAREN VERANO

The Dommerich Elementary Kindness Club invited members of the Maitland Police and Fire Rescue to present at our December meeting. The fire fighters and police officer spoke about their careers and how they became interested in a field of helping others. They inspired our group to share kindness in their homes, school, and community. We thanked them for their service by presenting them with handmade cards and cookies! Thank you to the First Responders of Maitland for sharing kindness with our group!

At right, the Dommerich Elementary Kindness Club had members of the Maitland Police and Fire Rescue visit in December.



Hello Glenridge Families,

I hope each of you had a wonderful holiday break. Recently we've been reminded to reflect on the importance of family and ensuring each of us take the time to spend with our loved ones. In the event you have not heard, one of our students was involved in a tragic car accident last month. As a result, our student lost both parents. I was able to visit our student in the hospital and there will be a long road of recovery for them and their family. I want to openly thank our school and community for the ongoing support, love, and keeping this student and their family in your thoughts and prayers. For an event like this, the words "thank you" just do not seem to express the gratitude I have for each of you.

With the Holiday Seasons behind us, I continue to be reminded, sometimes just by driving or watching the news, how great of a need there is in our world. Included in December's newsletter was information about how we can support those in need. I want to thank you, our community and school, for helping collect much-needed items. This caring act truly tells me how special our school is and know I am grateful every day to be part of this loving community.

Thank you again for your ongoing support. Together, I know we will make a difference in the lives of our students.









Written by Sara, NJHS President

The National Junior Honor Society at St. Charles Borromeo Catholic School focuses on serving others in need. This past month we volunteered at Clean the World, a nonprofit organization that aims to give include an annual

people in need hygiene products like soap. Some of us sorted boxes of Dove soap and put them in buckets so the workers there could make new soaps with them. Other NJHS members sorted hygiene kits that contained shampoos, toothbrushes, and toothpaste. Clean the World was a new experience for most of us, and we had a great time lending a helping hand.

Our other major service projects Continued on page 15



THAT INSPIRES STUDENTS TO LOVE BEAUTY, THINK DEEPLY, AND PURSUE CHRIST'S CALLING.



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schools

trip to Second Harvest Food Bank, collecting food at school to donate to local food banks, and organizing our school's mission drive. When we volunteer at Second Harvest, we sort a variety of products, from vegetables to frozen meats. Last time we sorted peppers, and although it was a bit messy at times, we had fun and worked hard. At school Masses each week we collect, count, and organize donated items to later be delivered to a local food bank. Every couple of months we organize the school's mission drive. Items are collected in each homeroom and are sent to our brothers and sisters in the Dominican Republic through the Catholic Diocese of Orlando.

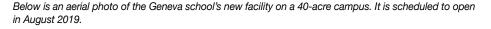
Overall, NJHS membership allows us so many wonderful opportunities to help our community. We are a group of determined and passionate individuals who are not afraid to step up and take action.



The Geneva School, a K4-12 Christian classical school in Winter Park, will open a new 59,000-sq-ft upper school facility on its 40-acre campus on Seminola Boulevard, Casselberry, in August 2019.

This phase of construction is the second in Geneva's overall campus expansion plan, which began with a \$6M state-of-the-art athletic facility located on Seminola Boulevard. The new building will be home to students in 7th-12th grade. For a season, the school will be on two campus locations serving one mission. Grammar students (K4-6th grade) will remain at the school's current campus on Semoran Boulevard in Winter Park. As enrollment grows on both campuses, plans are in place for a third phase of construction on the new property to enable the entire school to be together on one campus.

The design of the middle and high school facility supports Geneva's mission of teaching students how to think deeply and speak persuasively. In addition to classroom and office spaces, the design includes a full-sized gymnasium, locker and weight rooms, multiple science labs, and a black box performance theater that will include state-of-the-art amenities for lighting, sound, and audience seating. Other interesting features include a daVinci Lab used for group discussion, creative collaboration, and student thesis presentations, and a collaborative (multi-purpose) industrial space for drama set design, science experiments, large art projects, and digital photography shoots. Other adjacent spaces include an art lab with a kiln and sound-treated music rooms for lessons and practices.





🥁 Winter Park High School PRINCIPAL MATT ARNOLD



Hospitality and Culinary students competed at the Orlando Marriott World Center on November 30.

Winter Park High School was one of several schools across Orange County that participated in the 8th annual OCPS Hospitality & Culinary Competition at the Orlando Marriott World Center on November 30. Over 300 students from across the county entered the competition, which featured over 55 renowned local chefs and hospitality industry professionals offering advice and feedback. WPHS teams placed third in both the Guest Services Case Study and Hospitality Event Project, second in the categories of Dessert and Hospitality Overall, and first for the Gourmet Meal category! Congratulations to all the culinary competitors on a job well done.

In early December, a group of eight carefully-selected ninth-grade students attended the "Rally to Tally" field trip. A total of 127 immigrant Orange County Public School students many of whom are English Language Learners - traveled to Tallahassee to develop a youth agenda for Florida Policy Action. Over the course of the three-day summit, students toured the Capitol and the campus of Florida State University and developed a set of policy proposals to address concerns related to youth issues. The program provided students with practical opportunities to connect their classroom studies to present-day events. A great learning experience for our leaders of tomorrow!

Winter Park Presbyterian PreSchool

We hope that everyone had a wonderful Christmas followed by a restful and restorative break. We're very happy to be back at school and are looking forward to an exciting new year.

Since 1985 we have worked to provide a warm, safe, and nurturing environment for young children, and have strived to engage them in developmentally appropriate activities. We understand that "play" is a child's work and the context for learning. Creative expression is a very important part of every day for our young students in all age groups.

Our goal is to foster the social, emotional, and cognitive growth of each individual child, and provide the opportunity for each child to grow and develop at their own pace. We help children to grow confident in their abilities. We provide a learning environment that will prepare young students for the emotional demands of further schooling and life.

Registration for ages six months through VPK for the 2018/2019 school year begins February 11. Early drop-off and extended day are available. After-school enrichment programs are offered in Spanish, art, soccer, ballet, cooking, yoga, gardening, and music and movement.

Please contact us for a campus tour at 407-629-0727. Office hours are 8:30-3:30 Monday through Friday.



Students in the ballet after school enrichment class performed for friends and family. Bravo, ballerinas!

Learning through Play and Exploration.



- Six months to VPK programs
- Extended day hours available
- Enrichment programs for Spanish, art, soccer, ballet, yoga, nature experiences, music and movement

www.winppc.org/preschool



400 S. Lakemont Avenue Winter Park, FL 32792

Call today to schedule a campus tour! 407-629-0727

Discover St. Charles Borromeo Catholic School! PreK4-8th grade

Sunday, January 27 • 9:00 am—12:30 pm



JOIN OUR FAMILY!

Tour our school, meet our teachers and administration, and learn how SCBCS is the right choice for your family!

- Christ-centered learning environment
- Rigorous academic programs
- Safe, secure campus
- After School Care programs
- Financial assistance opportunities



St. Charles Borromeo Catholic School, 4005 Edgewater Drive, Orlando

www.stcharlesschoolorlando.org • 407-293-7691

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.

Every Wednesday Plant Clinics - 3:00 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/.

February 14 Valentine's Day Concert – 7:00 to 10:00 p.m. featuring Ricky and the Buzzcatz at Leu Gardens located at 1920 North Forest Avenue. For more information, call 407-246-2620 or visit Leu Gardens' website at leugardens.org. All proceeds benefit the Gardens' programs.

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 Mills50 MidWeek Group Runs – 6:00 p.m. at Track Shack located at 1104 N. Mills Avenue. This event is free to runners of all abilities. For more information, please visit www.TrackShack.com.

Every Thursday Senior Stretch (Yoga Gold) – 10:00 a.m. at Florida Hospital Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Free for Health Village Fitness Center members. Call 407-303-2552 for more information.

Every Thursday College Park Farmers' Market – 5:00 to 9:00 p.m. located at 1600 Edgewater Drive. For information call 407-999-5251.

Every Friday Your Active City Seniors Dance – 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 Sunday Downtown Orlando Farmers' Market -10:00 a.m. to 4:00 p.m. at Lake Eola. For more information call 407-246-3625.

COMING IN MARCH

MARCH 9

Streisand: Then and Now – 7:30 p.m. at The Winter Park Playhouse featuring Carla DelVillaggio as the iconic Barbra Streisand in her nationally recognized tribute show for one night only. For tickets and more information, call The Playhouse box office at 407-645-0145 or visit online at

www.winterparkplayhouse.org.



Photo courtesy of Main Event Entertainment

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.

January 11 Family Fun Night – A Hike Through Leu Gardens - 6:00 to 9:00 p.m. Each child will receive a special gift from Orlando Health Arnold Palmer Children's Hospital. This self-pace hike includes learning stations, the Ribbit Exhibit and a bug house. Other great features displayed are the Central Florida Zoo's Nocturnal Animals and the Central Florida Astronomical Society will have telescopes so that you can see the stars! For more information and tickets, please visit orlandovenues.net.

January 19 35th Annual Downtown Orlando Martin Luther King Jr. Parade - 10:00 a.m. to noon from the Downtown Orlando Courthouse to Lake Eola Park. This event is hosted by the Southwest Orlando Jaycees.

January 19 Monster Jam - 7:00 p.m. at Camping World Stadium. For more information, please visit orlandovenues.net.

January 27 NFL Pro Bowl – 3:00 p.m. at Camping World Stadium. For more information, please visit orlandovenues.net.

February 2 Walk To Fight Suicide – Check-in/registration starts at 7:30 a.m. with walk beginning at 9:00 a.m. in Baldwin Park located at 2420 Lakemont Avenue. Registration is free and open to the public. Walk donations are accepted until June 30. For more information, please visit www.afsp.org/orlando.

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily.

Every Thursday Healthy Maitland Walk 7:00 a.m.; **Babytime** 10:30 to -11:30 a.m. and **Adventures w/Books Club** 2:00 at the Maitland Public Library. For more information, please visit www.maitlandpl.org.

Winter Park Events

Ongoing Events

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

Every Tuesday and Thursday Tour of Louis Comfort Tiffany's Laurelton Hall - 2:30 p.m. at the Morse Museum located at 445 N. Park Avenue. Learn more about Louis Comfort Tiffany's Long Island estate. Space limited. No advance reservations. Free with admission. For more information, call 407-645-5311, or visit www. morsemuseum.org.

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 Gallery Talk on Revival and Reform — Eclecticism in the 19th-Century Environment - 11:00 a.m. at the Morse Museum located at 445 N. Park Avenue. Learn more about the rich diversity of styles, especially in leaded-glass windows, that made up the visual environment of the late 19th century in Europe and America. Space limited. No advance reservations. 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 very eclectic, and has an age span from people in their 20s through 80s. New participants are always welcome to join. For more information, please email jackgallagher 534@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 – 6:30 to 9:00 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 on the adjacent lawn. All voices, ages, abilities and instruments are welcome. A PA system with microphones will be provided along with a drum kit for drummers, but please bring your own instruments, amplifiers and accessories. For more information, please call 407-629-5194.

Now Through April 14 Polasek Museum Winter Exhibition – Lay Of The Land: The Art Of Florida's Cattle Culture - This exhibition will feature art and objects presenting the culture of Florida's 500-year cattle industry. A broad range of items will be exhibited, from hand-made functional objects like saddles, whips, chaps, and spurs, to fine art photography, sketches, paintings, and sculpture. For more information, visit polasek.org.

January 17 Through May 12, 2019 De La Torre Brothers: *Rococolab* – on view at various times - Cornell Fine Arts Museum, Rollins College, located at 1000 Holt Avenue. *Rococolab* features a selection of works that bring together art historical imagery, religious symbolism, and pop culture in unexpected dialogue. For more information please call 407-646-2526, or visit www.rollins.edu/cfam.

January 25 Through February 23 Broadway Hit "Ain't Misbehavin'" - Performances are Friday and Saturday evenings at 7:30 p.m., Thursday and Saturday matinee performances at 2 p.m. and select Friday and Sunday matinees at 2 p.m. at the Winter Park Playhouse. For more tickets and information call the box office at 407-645-0145 or visit online at www.winterparkplayhouse.org.

January 16 Winter Park Garden Club General Meeting – 10:00 a.m. at the clubhouse located at 1300 S. Denning Drive. For more information, please call 407-644-5770.

January 19 Park Avenue 5k Presented By Florida Hospital/AdventHealth – 7:30 a.m. and hosted by Track Shack at the Main Stage in Central Park. Registration is required. For more information or to register, run to www.trackshack.com