

RESORT-STYLE RETIREMENT LIVING



THE MAYFLOWER

THEMAYFLOWER.COM | 407.672.1620

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](http://www.TheParkPress.com)

## Calling All WPHS Wildcats And Community Supporters

The fourth annual adults-only 2019 Restore the Roar event will take place Saturday, February 23 at Showalter Field from 6:00– 10:00 p.m. Food and drink will be provided by Sonny's BBQ , and there will be 80s music and a silent auction. This community event raises money for projects at Showalter Field as well as Winter Park High School, which benefits all the WPHS students. The event is put on in partnership with the City of Winter Park.

This year offers the opportunity to direct donations made to any WPHS club, organization, or sports program of choice. A percentage of table sales, sponsorships, and silent auction items will be directed back to either the designated group or the group that secured the donation, with the goal to build community and support all WPHS students. In addition to this benefit, the Foundation campaign will be focused on raising dollars for specific initiatives which impact the entire school:

- Student Media Center Renovations
- Biomedical and Mathematics Programs
- Further Showalter Renovations
- Student Groups & Programs

There are sponsorship and silent auction donation opportunities for individuals as well as businesses, for more information go to Handbid: <https://events.handbid.com/auctions/restore-the-roar> or follow the Winter Park High School Foundation page on Facebook.

## Celebrate A Special Valentine's Day At The Courthouse

Engaged and ready to “tie the knot”? Consider saying “I do” with the Orange County Clerk of Courts. Clerk Tiffany Moore Russell will perform a special group wedding ceremony on Valentine's Day, February 14, in the beautiful rotunda of the downtown Orlando courthouse at 3:00 p.m.

For the first time in recent history,

*Continued on page 4*

RESTORE  
THE ROAR

80'S  
STYLE

WINTER PARK HIGH  
SCHOOL FOUNDATION

SAVE THE DATE

Please save the date and join us for our  
annual Restore the Roar event:

SATURDAY, FEBRUARY 23, 2019  
SHOWALTER FIELD 6:00PM - 10:00PM

<https://handbid.app.link/rtr2019>

One Love. One Heart. Let's  
Get Together for Winter Park!

OUR PATIENTS SAY

"I have my  
confidence  
back!"

328 W. MORSE BLVD.  
WINTER PARK, FL 32789

407.960.1000

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](http://YeildingMD.com)

YMD

EYE & FACE

LASER AND PLASTIC SURGERY

RUTH HILL YEILDING, MD

### INSIDE THE PARK PRESS

Publisher's Message.....	2	Health .....	11
City Commissioner's Message ....	3	Arts & Entertainment.....	12
Winter Park Mayor's Message ....	4	In The Garden.....	13
News.....	6	Schools .....	14
Protection and Service .....	10	Calendar.....	16
Business.....	10		



# The Park Press™

**PUBLISHER** RICK CABLE  
rick@theparkpress.com

**EDITOR** TRICIA CABLE  
editor@theparkpress.com

**ART DIRECTOR** JILL SHARGAA

**ADVERTISING SALES**  
advertising@theparkpress.com  
407-644-6760

**EDITORIAL CONTRIBUTIONS AND WRITERS**  
Janna McGowan, Robert Stuart,  
George McGowan, Stephen and Kristin Pategas,  
Ayesha G. Shenk, M.A., Steve Leary, MPO  
James Whitman, Ron Frechette,  
Paul Gicola

**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. ©2019 THE PARK PRESS, LLC

## Publisher's Message



Rick Cable

As I sit down to write, I have a dozen things on my mind. I've worked in the media realm since I graduated from college, and I've continued to learn from some of the best in this industry. My professional career started as the world-wide web was in its stage of infancy. Many people, if asked "What's the "www" at the beginning of a website address stand for," wouldn't know the answer, but that's it. It's for "world wide web." As traditional media goes, it has become a compliment to their print and broadcast formats, but for many others, it has been their sole publishing medium. Unlike print and broadcasting, it basically cost nothing to publish on the web. Just get yourself one of these- www.something.coms - and you can post as much as you'd like. If you want to make money, you sign up for free with one of those web ad services that pay you fractions of almost-nothing for a click. The more clicks, the better. Now the question is, how do you become relevant and gain clicks if you don't have a print publication, or broadcast station? The easiest and fastest way is to post fake news.

I'm not saying all web-only media companies do this, but it happens, and their information gets shared and- guess what- they start making money. It's freedom of the press at its most basic and unintended form. And since their

advertisers are randomly posted on their site, there's no consequences to what they publish. This leads me back to the traditional media of print and broadcast. They are accountable, as they have a direct relationship to their advertisers. They have established credibility and accountability with their readers, viewers, and advertisers. They might at times run, in an effort to "scoop," a story without substantiated fact- but this doesn't mean they aren't continuing to pursue facts. They know it's almost impossible to retract something without consequences. They cannot just hit "delete." No media source should ever be confused as a replacement of our legal system. However, for most, especially for us with proven credibility and accountability, the goal is to share information from creditable sources and work towards disclosing fact, and at times share obvious thought-provoking opinions. Please always consider if the information is being provided by a reputable source, and beware if the information is from an "I've never heard of you.com," as there's a strong chance they are simply publishing click bait.

It's an exciting time in our history, and since I shared this opinion with you, I now only have eleven things on my mind.

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.





## SUMMER CAMPS

JUNE AND JULY 2019

KIDS AGES 7-12 AND  
TEENS AGES 13-17

STEAM based camps in  
Technology, Entertainment,  
Media, and Art.

Learn more at [FullSailLabs.com](http://FullSailLabs.com)  
407.673.6249 | [Info@FullSailLabs.com](mailto:Info@FullSailLabs.com)





Presented by  
**AdventHealth**

**February 9, 2019**  
Showalter Field, Winter Park



James C. Barnett, M.D. Memorial Run  
Presented by  
**AdventHealth**

**March 23, 2019**  
Park Avenue, Winter Park



*Joanette Giniewski McKen*  
**MEMORIAL 5K**

**April 27, 2019**  
Showalter Field, Winter Park



**July 4, 2019**  
Park Avenue, Winter Park

# RUN WINTER PARK



**TrackShack**  
Est. 1977  
Orlando, Florida

**SHOES | APPAREL | EVENTS**  
1104 N. Mills Ave. | Orlando, FL 32803 | 407.898.1313





# City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

Orlando is the perfect place to celebrate the month of February with your loved ones. Keep reading to learn about events happening all over our Great City.

On February 9, celebrate philanthropy and our City's sense of humor by joining Cupid's Undie Run. This is a "brief" fun run that takes place in the middle of a big downtown party, while raising money to find a cure for Neurofibromatosis! Visit [cupids.org](http://cupids.org) for details.

On February 13th enjoy an amazing concert at the Amway Center. Andrea Bocelli is performing and his music is certainly inspirational. For information about this and all of the happenings at the City venues, including the Amway, Camping World Stadium, Mennello Museum and Leu Gardens, visit [orlandovenues.net](http://orlandovenues.net).

For Valentine's Day, take your sweetheart for a picnic at Leu Gardens. While it is always fun to visit the gardens, on February 14th you can



Carol Burnett will be at the Dr. Phillips Center for the Performing Arts Feb. 18.

group, Ricky and the Buzzcatz. Buy your tickets in advance for a wonderful time. For more information, please visit [leugardens.org](http://leugardens.org).

Our culinary scene is also buzzing and there are great restaurants in every neighborhood for Valentine's Day or any day. Restaurants like Domu at East End Market, Bem Bom, or Osprey Tavern make a great date night.

February 2019 marks the 10th anniversary of the Audubon Park Community Market. Held every Monday night in front of Stardust Coffee and Video, this is a great place to shop local and maybe find a unique gift for a loved one this month. Visit [audubonmarket.com](http://audubonmarket.com) for details.

You still have a couple of days to enter the lottery for tickets to Hamilton, which closes February 10th at the Dr. Phillips Center for the Performing Arts. Find the lottery info at [hamiltonmusical.com/lottery](http://hamiltonmusical.com/lottery). For all other events happening at DPAC this month, including the Boston Pops, Dancing With the Stars Live, Carol Burnett, and Sarah Brightman. Visit [drphillipscenter.org](http://drphillipscenter.org) for more information.

Also on February 16th, from noon to 6 p.m., is the ninth annual Northwestern Mutual Orlando Chili Cook-off. I still remember when this event, started by some amazing local residents, got its feet off the ground in Baldwin Park and now has grown into a signature event that takes place at Orlando's Festival Park. Enjoy more than 100 chili booths, live music, games and a kid's zone while raising money for Alex's Lemonade Stand, Foundation for Childhood Cancer. Visit [orlandochili-cookoff.com](http://orlandochili-cookoff.com) for information.

Want to make Valentine's Day a family affair? The Orlando Philharmonic is hosting Symphony Story Time with Ferdinand on February 9th and 17th at

the Plaza Live on Bumby Avenue. Ferdinand is a peace-loving bull who wants nothing more than to sit and smell the flowers and is a great central character in an inspiring story of peace and standing up to bullies. Enjoy live music for young children by Orlando Philharmonic musicians, along with narration and beautiful hand-drawn illustrations that bring this children classic to life. Visit [orlandophil.org](http://orlandophil.org) for more details.

We also celebrate Black History Month in February. Join in the celebration on February 17th at Orlando Fashion Square Mall from 2-6 p.m. featuring a dynamic showcase of art and culture plus a strong representation from the business community. This family-centric celebration will feature a walk-through of Africa presentation, a fashion show and more. For more information, please visit [Eventbrite.com/blackhistorymonth](http://Eventbrite.com/blackhistorymonth).

February also marks the opening of two Lucky's Markets in Orlando, one on Vineland Road and one in the SODO Main Street area of Orlando along South Orange Avenue with another coming later this year in Colonial Landing near Smokey Bones and Fashion Square. Lucky's is a natural grocer out of Colorado, who works hard to be a community partner. Here in Orlando, through May 25th, customers who bring their own bags to shop can choose a 10 cent credit per bag on their grocery bill or donate that credit to local non-profits such as Harbor House and Boys and Girls' Clubs. Then on February 26th, 10% of their net sales will go to Second Harvest Food Bank and Quest, Inc.

I look forward to seeing you out and about our Great City this month and thank you for your continued support of our shared community!

# Choose your ER time. Online.

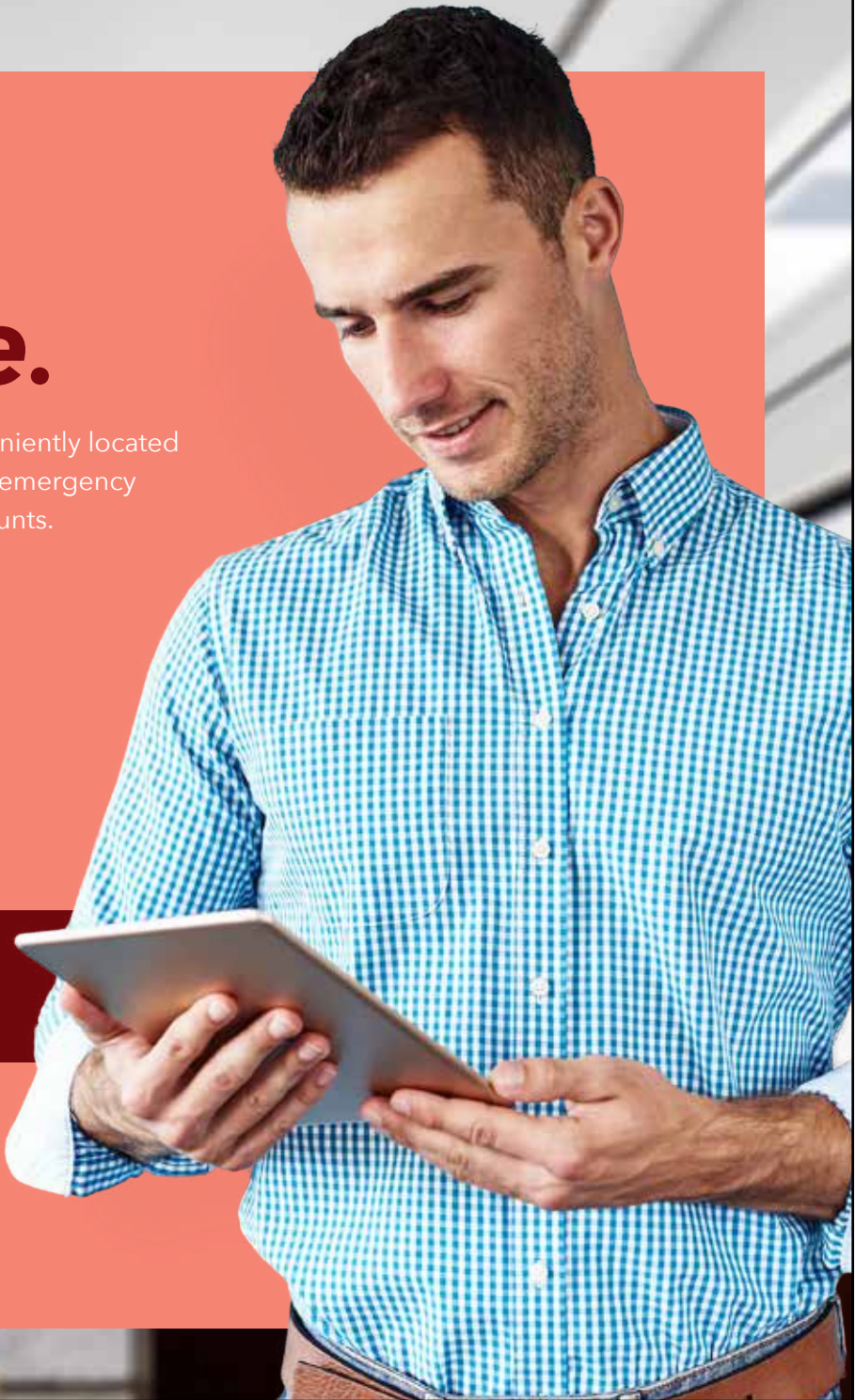
And wait from the comfort of your own home.\* With 11 conveniently located ERs in Central Florida, you're never far from highly specialized emergency care close to home. Choose expert care that's close when it counts. Choose Orlando Health.



OrlandoHealth.com/ER

ORLANDO HEALTH | Orlando Regional Medical Center

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







# Winter Park Mayor's Message

Mayor Steve Leary



Steve Leary

## Mayor Leary To Present State Of The City Address

On Friday, February 22 at 11:30 a.m., the City of Winter Park and Winter Park Chamber of Commerce will host the annual State of the City Luncheon, featuring Mayor Steve Leary, and presented by ACi Architects and AdventHealth. The luncheon is at The Alford Inn at Rollins, located at 300 E. New England Ave. In addition to the mayor's address, the event honors the City of Winter Park Employees of the Year.

Reservations are suggested and the tickets are priced as follows:

- \$40 Winter Park Chamber of Commerce members
- \$80 Non-members
- \$450 Corporate table sponsorships, which includes the following:
  - o preferred seating for 10 guests
  - o table signage
  - o recognition in the event program

The State of the City Luncheon is supported by community-minded organizations, including the Lowndes, Drosdick, Doster, Kantor & Reed, P.A., and MSL CPAs and Advisors. The city has also partnered with Orange County's government access channel Orange TV, to offer the mayor's address live the day of the event via the following outlets:

- cityofwinterpark.org/facebook
- Orange TV Channels:
  - o Spectrum (formerly BrightHouse): Channel 488
  - o Comcast: Channel 9
  - o CenturyLink: Channel 1081 (HD), Channel 81 (SD)
  - o WSWF: Channel 10-2 (digital over the air)

For additional information or to reserve a seat, please contact the Chamber of Commerce at 407-644-8281 or visit winterpark.org.

## Local Crooner Kevin Kelly Premieres In Spotlight Cabaret Series

Stage performer Kevin Kelly premieres his latest solo cabaret, *Make Mine A Double*, at The Winter Park Playhouse on February 20 and 21 at 7:30 p.m. The Playhouse musical director, Christopher Leavy, will accompany on piano.

Kelly will deliver a show filled with party atmosphere reminiscent of the classic crooners of the Rat Pack Era. He promises an evening full of familiar songs and musical pairings that guarantees laughs, toe tapping favorites, and a few classic patron-pleasing drinking songs.

Kelly has had a long standing career as a musical theatre stage performer and cabaret entertainer throughout the region. Making Orlando his home, he has credits with a variety of theatres in the area. At The Winter Park Playhouse Kelly's credits include *Some Enchanted Evening*, *Murder For Two*, *The Rat Pack Lounge*, *My Way: A Musical Tribute to Frank Sinatra*, *Ruthless*, *Forever Plaid*, *Musicals*

*of Musicals: The Musical* as well as numerous Spotlight Cabarets.

Additionally, Kelly has been a featured soloist with the Orlando Philharmonic Orchestra, although his favorite form of entertaining is simply crooning in a cabaret setting. He also has been teaching voice and piano lessons for nearly 20 years.

"Kevin Kelly is fantastic and an artist you will not want to miss! He always puts on a highly entertaining, great show," said Heather Alexander, Playhouse executive director.

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 for cabarets sell quickly so call 407-645-0145 or purchase online -winterparkplayhouse.org.



Kevin Kelly by Michael Cairns

From Page 1.

the ceremonies will be held inside the rotunda for 20 to 30 couples during a mass wedding ceremony.

"I want to provide a special day for couples getting married at the courthouse, and the courthouse rotunda is a great way to do this," said Clerk Russell.

For Valentine's Day only, couples will receive a package which includes the wedding ceremony fee, commemorative certificate, an edible gift, and wedding photos on a flash drive to remember the important milestone, for a \$50 fee.

If you'd like to participate in the wedding event, you and your future spouse can register by going to the website at [www.myorangeclerk.com](http://www.myorangeclerk.com). Please note you need to obtain your marriage license by February 11. For Florida residents, there are a few requirements that may require a three-day waiting period to be married. Visit the marriage section of our website for more details on the requirements.

For those looking for a more intimate and private setting, individual wedding ceremonies can be performed at the courthouse ceremony room and at three of our branch locations on Valentine's Day, or any other date we are open for business with or without an appointment.



## Cornell Fine Arts Museum Receives Education Grant

The Cornell Fine Arts Museum (CFAM) recently received a \$22,900 grant from the Winter Park Community Foundation, an affiliate of the Central Florida Foundation. The grant will help further CFAM's mission as a teaching space by supporting the museum's educational activities and programming. Central Florida Foundation's contribution will make it possible for younger visitors and their families to enjoy the museum's most essential teaching resources, including special programming, a revamped Education Gallery, and a children's book and audio guide.

"We are deeply grateful to the Winter Park Community Foundation for this generous grant which will allow us to deepen the museum's engagement with young visitors. Early access to the

arts translates into important life skills, and we are proud to play our part," said Bruce A. Beal Director, Ena Heller.

The grant will fund an after-school program with activities inspired by the museum's extensive permanent collection. Students will have opportunities to learn about diverse artists and techniques while engaging in dynamic creative projects; all projects

have been successfully tested in the museum's Art Time Outreach Program. CFAM's existing Education Gallery will also be updated, enabling children and their families to immerse themselves in

similar creative activities on their own time.

The Museum acknowledges that early exposure to the arts is an essential component of a well-rounded education, and the basis of excellent visual learning and cultural awareness skills. At CFAM, accessibility and education go hand-in-hand; the Winter Park Community Foundation's contribution encourages all members of the

greater visiting community to take advantage of the museum's educational opportunities.

For additional information, call 407-646-2526 or visit [www.rollins.edu/cfam](http://www.rollins.edu/cfam).







**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**



# The Morse Announces Two New Exhibits

In two installations opening on February 12, The Charles Hosmer Morse Museum of American Art celebrates late 19th- and early 20th-century decorative art and interior design that reflect the eclecticism of the period.

In Iridescence—A Celebration, the Morse will present about 50 objects from its collection that shimmer and dazzle. The Museum’s new vignette, Charles Hosmer Morse’s Study at Osceola Lodge, is a setting for the elegant simplicity and functionality of décor inspired by the Arts and Crafts movement in America.

During the second half of the 19th century, iridescence—the optical light phenomenon natural to seashells, butterfly wings, and peacock feathers—captured the interest of glassmakers and potters in both Europe and America. The enthusiasm for mimicking these color-changing effects followed exciting discoveries of antique glass that had become iridescent after centuries of burial in mineral-rich soils. The premier decorative art studios of the West developed chemical techniques to reproduce iridescent rainbow colors on par with nature.

For its new exhibition, the Morse has selected objects by various designers, including Louis Comfort Tiffany’s firm in the United States and Glasfabrik Johann Loetz Witwe in Europe, to showcase these lustrous visual effects. Although interest in iridescence waned after World War I, it has never died.

“Iridescence represents instantaneous metamorphosis—impermanence, fragility and magic,” said Laurence J. Ruggiero, director of the Morse. “Our momentary fascination with this visual phenomenon removes us from the humdrum of life and relieves us for just a moment of



1910 vase from Tiffany Studios, a recent acquisition that will be presented for the first time in the Museum’s new exhibition, Iridescence—A Celebration.

the burdens of the day.” A highlight of the show is a recent acquisition, a rare c. 1910 iridescent vase by Tiffany Studios that features the draping of Aventurine glass, a name that references green quartz with spar-

ling particles. The piece was in Louis Comfort Tiffany’s personal collection.

In its new vignette, the Morse has decorated a gallery with furnishings and other objects from Charles Hosmer Morse’s study at Osceola Lodge in Winter Park. Morse (1833–1921), the Chicago industrialist and philanthropist for whom the Museum is named, began wintering in Winter Park in 1883.

In 1904, he purchased an 1886 house on Lake Osceola and over the next decade transformed it into a modern residence fitted with the latest and best furnishings in the Arts and Crafts style. These included chairs and tables and decorative objects from such respected firms as Tobey Furniture Company in Chicago and the workshops of Gustav Stickley (1858–1942), the influential figure who helped popularize the movement’s ideals across the United States.

Adherents of the movement set out to reform the look of the everyday visual environment that had become, in their view, corrupted by the ugliness of machine production. Osceola Lodge, named for the lake and the famous chief of the Seminole tribe, became Morse’s permanent home in 1915.

The Morse Museum, located at 445 N. Park Avenue, is open 9:30 a.m. to 4 p.m. Tuesday through Thursday and Saturday; 9:30 a.m. to 8 p.m. Friday; and 1 p.m. to 4 p.m. Sunday. Regular admission is \$6 for adults, \$5 for seniors, \$1 for students, and free for children younger than age 12. All visitors are admitted free 4 p.m. to 8 p.m. on Friday, November through April. For more information, call (407) 645-5311 or visit morsemuseum.org.

# 142nd Silver Spurs Rodeo

The Silver Spurs Club celebrates 75 years! The celebration starts with the 8th annual Monster Bulls event on February 9th at 7:30 p.m., and the 142nd Silver Spurs Rodeo weekend will kick off on Friday, February 15th (Rodeo Day) beginning with a 10:00 a.m. Rodeo Parade in downtown St. Cloud. There will be rodeos Friday and Saturday at 7:30 p.m., and Sunday, February 17th at 2:00 p.m. Real rodeo cowboys and cowgirls will be holding on for the ride of their lives as they compete against the clock for an entire year of bragging rights and \$100,000 in prize money.

The 8th Annual Monster Bulls competition gets things started. The show starts at 7:30 p.m. on the 9th, and these cowboys will try their skills on some of the most fierce and feisty livestock in the southeast with thousands watching the biggest and baddest Silver Spurs bulls. If you’re looking for extreme sports, Monster Bulls is expected to be action-packed! This year, the Silver Spurs organization will donate a portion of the ticket proceeds to the AdventHealth Foundation to be used for breast cancer research, treatment, and support.

With the parade’s last appearance being in the early 2000s through Downtown Kissimmee, the Silver Spurs Club decided the 75th anniversary weekend was a good time to bring back this tradition. On Friday, February 15th, “Rodeo Day” -a school holiday in Osceola County- the Rodeo Parade will kick off at 10 a.m. showcasing 30+ entries including Silver Spurs Club Members, cowboys and cowgirls on horseback, Big Boss Chris Fluke, Little Boss Chris Baker, local City of St. Cloud council members, City of Kissimmee commissioners, county officials, and Miss Silver Spurs Hayley Crosby & her court, Junior Miss Silver Spurs Ansley Bo, and Little Miss Silver Spurs Emma Boisclair, who will be riding in on the famous “big blue boot.” If you are interested in participating in the Rodeo Parade, please go to [www.silver-spursrodeo.com/parade](http://www.silver-spursrodeo.com/parade).

“We are so excited that the Silver Spurs Club is bringing back the Rodeo Parade and honored that they chose downtown St. Cloud as the location to kick-off Rodeo Weekend,” said Mayor Nathan Blackwell, City of St. Cloud. “This is a tradition that has been in Osceola County for over 50 years and



Giddy up! The Silver Spurs Rodeo comes to Kissimmee on Friday, February 15. Photo from [silverspursrodeo.com](http://silverspursrodeo.com)

# Welcome Home

Guidance and expertise to help you achieve your homeownership dreams

Contact us to get pre-qualified today.

2699 Lee Rd. Suite 480 Winter Park, FL  
407.644.0870 [Waterstone-FL.com](http://Waterstone-FL.com)

Subject to credit approval and program guidelines. Waterstone Mortgage Corporation (NMLS #186434) is a wholly owned subsidiary of Waterstone Bank SSB (NASDAQ: WSBF). State of Florida Licensee Exempt

**Waterstone MORTGAGE**

**LENDER**

WP-218-33114



From Page 6.

we are proud the parade will take place in St. Cloud on Rodeo Day.”

The traditional SSR performances will feature bull riding, bareback bronc riding, saddle bronc riding, women’s barrel racing, tie-down roping, team roping, and steer wrestling. In between all the rodeo action, there will be acts performed by award-winning rodeo clown Keith Isley and the crowd’s favorite and beloved Silver Spurs tradition-the calf scramble.

The largest rodeo east of the Mississippi is the work of the Silver Spurs Club, an all-volunteer, non-profit organization started in 1941 by Osceola County ranchers who began the rodeo in 1944, selling war bonds as admission to raise funds for our military.

Monster Bulls and Silver Spurs Rodeo ticket purchases include admission to the Osceola County Fair, which runs from February 8th -17th and is adjacent to the Silver Spurs Arena.

**Tickets to Monster Bulls (February 9th) are \$15 per adult and children 10 and under are free. The Rodeo Parade is free; the Silver Spurs Rodeos (February 15th-17th) Friday and Saturday tickets are \$20 per person and children 10 and under are free, while the Silver Spurs Rodeo’s Sunday afternoon ticket price is \$15 per adult and children 10 and under are free with a paying adult. Purchase your tickets online at [www.SilverSpursRodeo.com](http://www.SilverSpursRodeo.com) or by calling 407-67-RODEO (76336).**

## Musical Line-Up Announced For Indie-Folkfest

The Mennello Museum of American Art hosts the fifth annual Indie-Folkfest presented by PLR Florida. This annual free, all-ages event for people and their pets takes place February 16, 2019, from noon to 5 p.m. in the Mennello Museum Sculpture Garden, located adjacent to the museum at 900 East Princeton Street and features some of Central Florida’s best art, food, and music.

This year’s live musical line-up includes Jordan Foley & The Wheelhouse, Lauren Carder Fox, Beemo, The 502s, Eugene Snowden, and Beth McKee and the Swamp Sistas.

Throughout the afternoon event goers will have the opportunity to hear featured musicians live on stage, participate in raffles, purchase food, beverage, and cocktail offerings from local restaurants and food trucks, as well as purchase one-of-a-kind art and items made locally by some of the area’s best artists and artisans.

Emceeding the event this year will be three notable locals- Brendan O’Connor from the Bungalower, Jenny DeWitt from Townie Tourist, and Jon Busdeker author of “100 Things To Do In Orlando Before You Die.”

In addition to the art and music there will be a kids art project station and a communal fence painting zone.

Last year’s event welcomed over 5,000 people and their pets. This is a rain or shine event with no reserved seating. In fact, there is no seating. Guests are encouraged to bring a chair or blanket to stay and enjoy the day. Offsite parking will be available at Urology Center, Magruder Eye Clinic, McCree Construction and Florida Hospital Alden Garage. Biking and ridesharing is encouraged.

This year’s featured artwork for the event was



created by local artist Peterson Guerrier. His work will be featured on limited-edition merchandise for sale the day of the event.


This years’ Indie-Folkfest 2019 Sponsors include PLR Florida, Lauglin-Beers Foundation, City of Orlando, *Orlando Weekly*, *Central Florida Lifestyle Magazine*.

2019 vendors are The Courtesy Bar, Maxines on Shine, Olde Hearth Bread Company, The Thirsty Topher, Simply Foods By Courtney, Sugarbuzz Dezert Company, Hanson’s Shoe Repair, Tapa Toro, La Femme du Fromage, Dawg Swim & Woof! Orlando.

**2019 ARTISTS AND ARTISANS:** Lure Paper Goods, Just Okay Things & Leviathan Artworks, Lady Lion Creations, Kathy Ivers, Gypset, Chelsea Smith, Life’s Palatte, Flynn Dobbs Curated Booth feat. Peterson J Guerrier, PJ Svejda, Annette King, Dawn Schreiner, John Baker, Jon Napoles, Anayansi Artworks, Bet’s Bars, Carla Poma Jewelry, Gidget Mobile Boutique, Kicking Cones, Sonas, Tony Garan, Uncharted Designs.

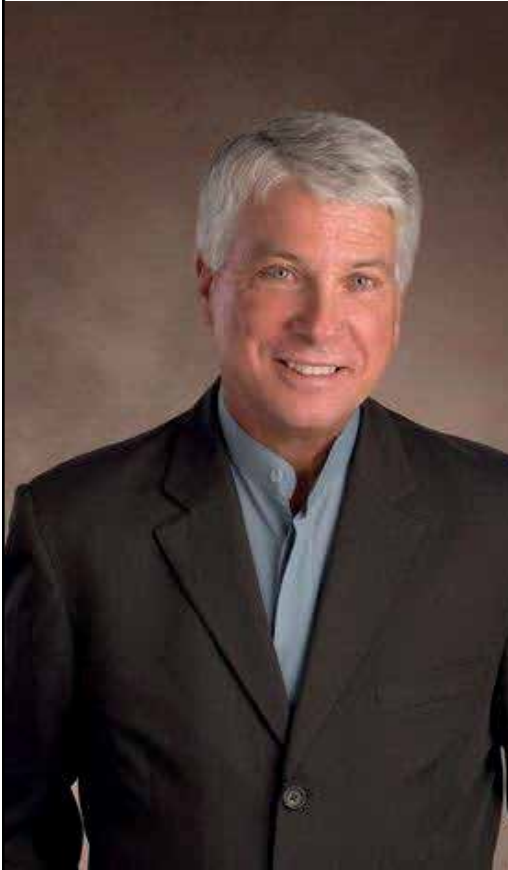
The Mennello Museum of American Art, owned and operated by the City of Orlando, is located on the shore of Lake Formosa in Orlando’s Loch Haven

*Continued on page 8*



# TODD WEAVER

For Winter Park City Commission, Seat 4



Political Advertisement paid for and approved by Todd Weaver for Winter Park City Commission, Seat 4

## On the Issues:

- Traffic! Traffic! Traffic! The city government must implement intelligent traffic management solutions.
- I value local governance that welcomes, respects, and appreciates *your* input.
- I want to give Winter Park’s existing citizens and businesses priority over new development.
- I believe city government must do a better job managing *your* tax dollars.

## “Winter Park is a community, not a commodity.”

### Vote March 12th, 2019!


### He Has a Head for Business


- Aerospace and Mechanical Engineer.
- President of Weaver Engineering, Inc. and TruGrit Traction, Inc.
- Multiple patents in aerospace and infrastructure.
- Expertise in design, management, and construction.
- Founded three companies and created dozens of jobs.


### And a Heart for Service

- Past chairman of both Winter Park and Orange County Lake and Waterways Advisory Boards.
- Founding Member of Friends of Lake Bell (created to restore and preserve the lake).
- Member of the University Club of Winter Park, Winter Park Rotary Club, League of Women Voters, Friends of Casa Feliz, Polasek Museum, UCF Alumni Association and others.

 [Weaver4WinterPark.com](http://Weaver4WinterPark.com)

 (321) 307-3618

 @Weaver4WinterPark

 [Todd@Weaver4WinterPark.com](mailto:Todd@Weaver4WinterPark.com)



# Rites Of Spring At The Morse

The Charles Hosmer Morse Museum of American Art marks the return of spring on March 15, the first day of a three-day weekend open house held in conjunction with the annual Winter Park Sidewalk Art Festival.

Each spring, the Museum invites the community to a series of special events that include free admission to the galleries. It is a celebration of the season’s new exhibitions and an invitation to experience the Museum’s renowned, eternally blooming garden of glass by American artist and designer Louis Comfort Tiffany.

The events include the Winter Park Sidewalk Art Festival Open House March 15 through 17, an Easter Weekend Open House April 19 through 21, and live music, tours, and more on six consecutive spring Friday evenings in March and April.

Various musicians will play live from 5 p.m. to 8 p.m. on Friday nights March 22 through April 26. Admission is free from 4 p.m. to 8 p.m. on Fridays through April.

In addition to the music on those Friday nights, the Morse will offer tours of the multi-gallery exhibition *Louis Comfort Tiffany’s Laurelton Hall* at 7 p.m. The April 12 programming includes a family tour of selected galleries and a demonstration of metalworking techniques. Participants receive a free take-home art activity.

The complete listing of the Morse’s free spring events is as follows:

### MARCH 15-17

**Winter Park Sidewalk Art Festival Open House.** 9:30 a.m.-8 p.m. Friday; 9:30 a.m.-4 p.m. Saturday; and 1-4 p.m. Sunday.

### FRIDAY, MARCH 22

**Live Music.** 5-8 p.m. Victoria Lynn Schultz Harp Trio (Celtic harp, flute, violin).

Tour of *Louis Comfort Tiffany’s Laurelton Hall*. 7 p.m.

### FRIDAY, MARCH 29

**Live Music.** 5-8 p.m. “48 Strings” (harp and violin).

Tour of *Louis Comfort Tiffany’s Laurelton Hall*. 7 p.m.

### FRIDAY, APRIL 5

**Live Music.** 5-8 p.m. Beautiful Music Chamber Trio (cello, flute, and violin).

Tour of *Louis Comfort Tiffany’s Laurelton Hall*. 7 p.m.

### FRIDAY, APRIL 12

**Live Music.** 5-8 p.m. Beautiful Music Romance Duo (flute and guitar). Family Tour of Selected Galleries. 5:15 p.m.

**Art Demonstration.** 6 p.m. Metalworking techniques with Orlando artist Stefan Alexandres.

Tour of *Louis Comfort Tiffany’s Laurelton Hall*. 7 p.m.

### APRIL 19-21

**Easter Weekend Open House.** 9:30 a.m.-8 p.m. with live music by Joshua Englert (classical guitar), 5-8 p.m. Friday; 9:30 a.m.-4 p.m. Saturday; and 1-4 p.m. Sunday.

### FRIDAY, APRIL 26

**Live Music.** 5-8 p.m. Beautiful Music Paint It Black Orchestra (bass, cello, flute, and violins).

Tour of *Louis Comfort Tiffany’s Laurelton Hall*. 7 p.m.

The Morse Museum is home to the world’s most comprehensive collection of works by American artist and designer Louis Comfort Tiffany. New exhibitions include *Earth into Art—The Flowering of American Art Pottery and Iridescence—A Celebration*. Through April, Museum hours are 9:30 a.m. to 4 p.m. Tuesday through Thursday and Saturday; 9:30 a.m. to 8 p.m. Friday; and 1 p.m. to 4 p.m. Sunday.

Regular admission is \$6 for adults, \$5 for seniors, \$1 for students, and free for children younger than age 12. Admission is free from 4 p.m. to 8 p.m. on Fridays, November through April.

The Museum, located at 445 N. Park Avenue, is owned and operated by the Charles Hosmer Morse Foundation and receives additional support from the Elizabeth Morse Genius Foundation. It receives no public funds.



Louis Comfort Tiffany’s 1915 oil-on-canvas painting *Peonies and Iris*. This painting is currently on view in the exhibition *Louis Comfort Tiffany’s Laurelton Hall*.

# Radon, A Silent Killer

The Florida Department of Health in Orange County (DOH-Orange) is working with the U.S. Environmental Protection Agency (EPA) on a nationwide campaign to educate Americans about the dangers of radon exposure.

Orange County residents are encouraged to take action to protect their homes and families during this year’s National Radon Action Month by testing their homes for radon. Radon poses a serious threat to our community’s health but there is a straightforward solution. Testing homes for elevated levels of radon is simple and inexpensive. Radon test kits can be purchased at local hardware and home improvement stores. Radon problems can be fixed by qualified contractors for a cost.

“Everyone should be educated on the dangers of radon, and they should test their homes for radon because it is a silent killer,” says Dr. Kevin Sherin, the health officer for DOH-Orange.

In Florida, one in five homes tested has elevated radon levels. Radon is a naturally occurring, invisible, odorless, tasteless gas that is dispersed in outdoor air, but which can reach harmful levels when trapped in buildings. Scientist have long been concerned about the health risk of radon,

however, never has there been such overwhelming proof that exposure to elevated levels of radon cause lung cancer in humans.

The EPA estimates that radon is responsible for more than 21,000 lung cancer deaths per year. Radon is the second leading cause of lung cancer in the U.S. after smoking and the leading cause of lung cancer among non-smokers.



For more information on radon, radon testing, mitigation and radon-resistant new construction, call the Florida Department of Health at 800-543-8279 or visit our website at <http://www.floridahealth.gov/environmental-health/radon/> or visit EPA’s National Radon Action Month website at <https://www.epa.gov/radon/national-radon-action-month-information>.

# Orlando Magic Unveils AdventHealth Practice Facility At Amway Center

The Orlando Magic and AdventHealth unveiled the AdventHealth Practice Facility as part of their expanded partnership, featuring a large focus on whole-person health and innovation in the sports medicine realm.

This partnership will include a collaborative and specialized body of research, providing a unique opportunity to bring together medicine, research and AdventHealth’s philosophy of whole-person health — body, mind and spirit — by incorporating elements such as nutrition, sleep, and injury prevention and recovery.

“The Magic are thrilled to unveil the AdventHealth Practice Facility and share in our commitment to health and wellness for our athletes and fans,” said the Orlando Magic



CEO, Alex Martins. “Our mission to be world champions both on and off the court starts with our focus on the health and wellness of each of our athletes as well as innovation in the sports medicine realm. AdventHealth is taking us to that next level and shares in our vision building healthier, more active and engaged communities all across Central Florida.”

AdventHealth, formerly known as Florida Hospital, and the Magic

Continued on page 9

From Page 7.

Cultural Park. The museum provides residents and visitors creative and diverse experiences with art through temporary exhibitions that feature a broad range of American art from traditional to contemporary practices. The museum is also home to a permanent collect of folk modernist Earl Cunningham.

For more information visit [www.mennellomuseum.org/events](http://www.mennellomuseum.org/events)



# Orlando Philharmonic To Perform Beethoven’s 7th Symphony

The Orlando Philharmonic Orchestra *FAIRWINDS* Classics Series continues with Beethoven’s 7th on Saturday, February 23 at 8 p.m. at Bob Carr Theater. Joining the Orlando Philharmonic is Guest Conductor Pablo Rus Broseta and featured pianist and Genius of Youth Artist, Harmony Zhu.

A happy girl with multiple talents, 12-year-old Harmony Zhu has been featured on CBC News, NPR’s *From the Top*, as well as NBC’s *The Ellen DeGeneres Show* many times for her exceptional gifts in piano, composition, and chess. In recognition of her “distinguished career in music” and “the high standard in artistic and professional achievements”, Harmony had the privilege of becoming the youngest “Young Steinway Artist” in history at age 10. Zhu will perform Robert Schumann’s colorful piano concerto, composed for and dedicated to his wife, notable 19th century pianist Clara Wieck Schumann.

Pablo Rus Broseta is associate conductor of the Seattle Symphony and music director of the Jove Orquestra de la Generalitat Valenciana. In 2011, he founded the Spanish Chamber Orchestra Grup Mixtour, which he still directs today. There, he aims to revitalize concert experiences through eclectic programming of music from different eras and with diverse aesthetics.

*FAIRWINDS* Credit Union is the Classics Series sponsor. The Concert Sponsor is Merrill Lynch. The Accommodations Sponsor is Crowne Plaza Orlando Downtown. The Genius of Youth Sponsor is Seline H. Dreifus. The Orlando Philharmonic Orchestra is funded in part by United Arts of Central Florida, home of OrlandoAtPlay.com and UAArtsEd.com; Orange County Government through the Arts & Cultural Affairs Program; and the Department of State, Division of Cultural Affairs, the Florida Council



Joining the Orlando Philharmonic is guest conductor Pablo Rus Broseta, below, and featured pianist Harmony Zhu, above. Photos courtesy of Orlando Philharmonic Orchestra.

on Arts and Culture and the State of Florida.

Single tickets start at \$25 and student tickets start at \$18 and can be purchased online at [orlandophil.org](http://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.)

Celebrating its 26th Season, the Orlando Philharmonic Orchestra is led by Music Director Eric Jacobsen and comprised of accomplished musicians from around the world. The Philharmonic annually presents the *FAIRWINDS* Classics and Pops Series at Bob Carr Theater and its Focus Chamber Series at The Plaza Live. The mission of the Philharmonic is to enrich and inspire the diverse communities of Central Florida through the transformative power of live music, and it presents more than 170 live concerts and impacts more than 70,000 children, youth and families annually through its Young People’s Concerts, Symphony Storytime Series, Notes in Your Neighborhood program, and free outdoor community concerts. A resident company of the Dr. Phillips Center for the Performing Arts, the Philharmonic will perform in Steinmetz Hall when it opens in 2020. Learn more at [OrlandoPhil.org](http://OrlandoPhil.org).





good state



better state

More is better. Let State Farm® add renters to your auto insurance and you could save an average of \$603.\* That's a lot of pizza. Pile on the savings at [statefarm.com](http://statefarm.com)® or contact an agent today.

**Get to a better State®. Get State Farm.**

Hablamos Español



**John Psomas RICP, Agent**  
922 Lake Baldwin Lane, Suite A  
Orlando, FL 32814  
Bus: 407-277-2997  
[www.johnpsomas.com](http://www.johnpsomas.com)



**James E. Ackerman CLU, Agent**  
922 Lake Baldwin Lane, Suite A  
Orlando, FL 32814  
Bus: 407-277-2994  
[www.jimackerman.net](http://www.jimackerman.net)



\*Average annual per household savings based on a 2010 national survey of new policyholders who reported savings by switching to State Farm.  
State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL  
State Farm Life and Casualty Company, State Farm General Insurance Company, Bloomington, IL

From Page 8.

continue to work together to develop a sports performance and medical model with the focus on reducing athlete injury, creating the best course of action, optimizing performance, and translating those learnings to the broader community. That work includes AdventHealth’s close collaboration with the Magic’s high performance director to extend the life of its athletes on and off the court.

Already, AdventHealth scientists are bridging the gap between the research bench and the patient’s bedside in an effort to tackle obesity, diabetes and heart disease. Researchers at the AdventHealth Translational Research Institute for Metabolism and Diabetes are looking at metabolism, age-related muscle loss and genetic causes of obesity. The collaboration with Magic will add to that growing body of research.

“AdventHealth and the Orlando Magic have been longstanding partners with a shared goal of making Central Florida a healthier and better place for all,” said Daryl Tol, president and CEO of AdventHealth’s Central Florida division. “This is a unique opportunity to bring together medicine, research and our philosophy of whole-person health. We’re all inspired by elite athletes, and with our partnership with the Orlando Magic, we stand to learn great things from them. It is our hope that our learnings will shape medicine and how we care for all patients.”

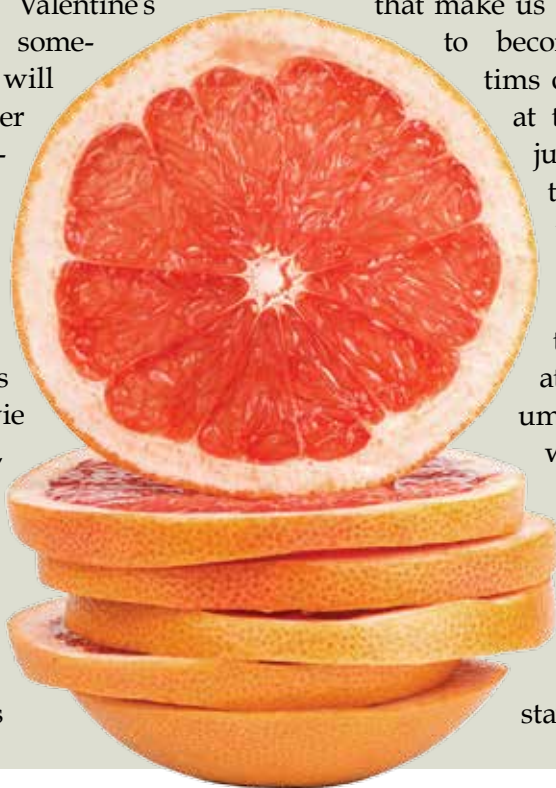




## protection and service by Winter Park Police Department

### Pucker Up! by Jim Whitman

After all, it is National Grapefruit Month as well as National Weddings Month and the Month we celebrate Valentine's Day. However, something else that will make you pucker is when you become a victim of theft. Now this may sound like the "same old song" much like Bill Murray's life in the movie Groundhog Day, where (spoiler alert) he enters a Maelstrom of monotony living the same day over and over until he realizes



that he needs to improve himself, but as we fall into our "routine" it is easy to overlook those actions that make us susceptible to becoming victims of theft. So at the risk of jumping to the reason to celebrate February 4th (National Create a Vacuum Day), we would like to remind you of simple actions you can take to stay on your

"A" game.

Starting at home, remember to lock those doors, even when you are home, both on your residence as well as your vehicle. Close your garage door when you are not inside of it (this includes when doing lawn work in the yard) and set your alarm (if you have one) when you leave, even if you are only leaving for a short period. Speaking of vehicles, make sure you remove all valuables from the interior and at minimum, place them in the trunk and out of sight and never store a handgun in your car.

While out and about, never use an ATM late at night. When using an ATM (during "normal" hours) or receiving change from a cashier, always place the cash securely in your wallet before leaving the machine or register

(as there are cameras in the vicinity of the ATM and another set of eyes at the register). When parking, choose a spot directly underneath or as close to a light pole as possible. This will help you find your car at a later time and provide better security if returning after dark.

So as you anxiously await your next vacation or February 20th (National Hoodie-Hoo day - yes it's a thing), take some time to document the valuables in your home by either videoing or photographing their serial numbers and model numbers (as this will make it easier for insurance purposes if you do become a victim of theft). In the meantime, we'll be looking for you at Noon on the 20th waving your hand over your head and greeting us with a "Hoodie-Hoo"!

## cybersecurity awareness by Ron Frechette, The Cyber Coach

### The Good, Bad And Ugly Of The Cybersecurity Workforce Shortage

As the global economy continues its rapid transformation towards a digital economy, the demand for skilled cybersecurity professionals continues to skyrocket. Unfortunately, the shortage of human capital with the skills needed to manage the security and privacy of data in cyberspace is in extremely short supply.



Ron Frechette

There have been countless articles written and study's conducted to identify the core issues and address this global crisis. According to the (ISC)<sup>2</sup> 2018 Cybersecurity Workforce Study, the gap equates to 2.93 million jobs, while research conducted by Cybersecurity Ventures predicts 3.5 million job openings with no talent to fill the gap by 2021. Fact is, the demand for cybersecurity employees is increasing at over three times the pace of the rest of the IT job market and 12 times the pace of the general job market. Great news for those who have chosen to pursue a career in cybersecurity. Or is it?

#### Be Careful What You Wish For

The old adage, "be careful what you wish for" certainly holds true for many in the cybersecurity industry. Having been in the industry for the past decade, I can attest that there are many positive aspects to being in an industry where the supply and demand dynamic is upside down. There is also the negative side that must be considered. Let's examine both sides of the issue.

#### The Good

Job security and a fair wage are certainly towards the top of the list of being in the cybersecurity industry. While high salaries and benefits are attractive, cybersecurity professionals

are also driven by their passion for technology and meaningful work that a cybersecurity career provides. Cybersecurity professionals work behind the scenes protecting top secret government agency information, global supply-chain networks, healthcare information systems, financial services networks, basically anything connected to the internet that if in the wrong hands could devastate organizations and potentially compromise our national and global safety.

This is especially true for small-midsize businesses (SMBs). Most SMBs lack the knowledge to properly protect their digital footprints in cyberspace leaving them, their clients and vendors extremely vulnerable to cyber criminals. This is why we are seeing a record number of data breaches among SMBs and the trend is continuing to rise. Developing solutions that have the potential to eliminate these types of threats is a noble endeavor and can be very rewarding and self-fulfilling in a cybersecurity career.

#### The Bad and Ugly

Throughout my career in the cybersecurity industry, I have witnessed many of my cybersecurity colleagues over the years suffer from job fatigue, burn-out, and yes, even loss of life, due to the overwhelming demand it takes to perform their duties and endure the stress that goes along with this line of work. The Information Systems Security Association (ISSA) and Jon Oltsik, a Principal Analyst at Enterprise Strategy Group ESG, teamed up to produce groundbreaking global studies on this issue. The research findings indicate:

- 70% of cybersecurity professionals say the cybersecurity skills shortage has had some impact on their organization.

- 63% percent of cybersecurity professionals say the cybersecurity skills shortage has increased the workload on existing staff. More work and stress at the same salary is a recipe for dissatisfied employees and high attrition.
- 41% of cybersecurity professionals say the cybersecurity skills shortage has led to a situation where the Infosec staff spends a disproportional amount of time dealing with high-priority issues and incident response. This means that many they face a high-stress workplace from the beginning to the end of their workdays.
- 68% of cybersecurity professionals believe that a cybersecurity career can be taxing on the balance between one's personal and professional life. In other words, InfoSec pros are taking the pressure of their jobs home with them. This can lead to issues like substance abuse and others.
- 38% of cybersecurity professionals say the cybersecurity skills shortage has led to high burnout rates and staff attrition.

In closing, a career in the cybersecurity industry can offer a great quality of life and be extremely rewarding. We need as many skilled workers as possible to help fill the workforce shortage gap. The flip-side is it requires a thick skin and the ability to maintain a healthy work-life balance.

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





live meaningfullyby Ayesha G. Shenk, M.A.

## Resolutions 2.0

So, we are now fully immersed in 2019. There are no more “Happy New Year’s” being exchanged, hopefully you’ve learned to write the correct date on your checks (for those of us ‘old school’ enough to still use checks) and we are hopefully aware of just which intentions for the new year have stuck and which have already fallen along the wayside.

February presents an opportunity to cheer on your team, to celebrate your love and to hopefully stay the course with those things that you identified in January were really important to you.

What sort of intentions did you set for this year?

Will you focus on your health and wellbeing?

Will you reconnect with old friends?

Will you prioritize those important to you?

Will you attain or achieve a goal or get to the next level?

...Or will you simply learn to accept exactly who and where you are and cherish it with gratitude and nurture it with love?

That felt like a trick.

I know all of those listed ‘resolutions’ are good, in theory. I know we have been taught to always drive towards being a better version of ourselves. I know there are so many things to which we could and perhaps should strive...

But what if being a better version of ourselves is simply getting to know and love and to accept ourselves a bit more, just exactly as we are?

What if, by the very nature of self acceptance, it opened us to greater vulnerability, more love and attunement, better health, more connection, clearer priorities and achieving the ultimate goal of gratitude and joy in the lives we’re already leading?



Wouldn’t that be something?

What has to happen for that to even be possible?

Love.

Love for yourself first, of course. But that opens you up to all sorts of love.

February marks yet another time of year to reach out to those you love and to really show them how you feel about them. Of course, you could do this

with another bouquet of flowers or a reservation at your favorite restaurant. You could even shower them with gifts or chocolate, as the media would like you to believe you should. Or you could take inventory of what it means to really love. Not during just one random day in the middle of February, but in the abiding and self offering way it means to really love someone. To know and love and serve their needs without thought or calculation of yours. To extend grace and forgiveness and acceptance and peace their way. To be thoughtful and generous of spirit in your pursuit of attuning to them. To love wholly and unabashedly with wild abandon.

That sort of love is revolutionary. And is at a terrible deficit in the world in which we live, at the moment. That sort of love is the love between a mother and child, the love between a wizened old couple holding hands after a lifetime of learning, the love between brothers in arms and the love between those who know how fleeting this lifetime can be and throw caution to the wind by loving anyway.

So, this month I’d encourage you to take stock of where you are. Identify what resolutions you really have for yourself this year and offer them with intention, grace, acceptance, generosity and, always most importantly, love.

With love 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](mailto:ayesha@livemeaningfully.net) or 407-796-2959.

Choose same-day appointments.

Choose

Orlando Health.



At **Orlando Health**, we make finding compassionate, personalized care as convenient and hassle-free as possible. And with added conveniences like **online scheduling and same-day appointments**, you’ll find care that fits your needs and your lifestyle.

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](http://OrlandoHealth.com/BaldwinPark)



## pop culture detours by George McGowan

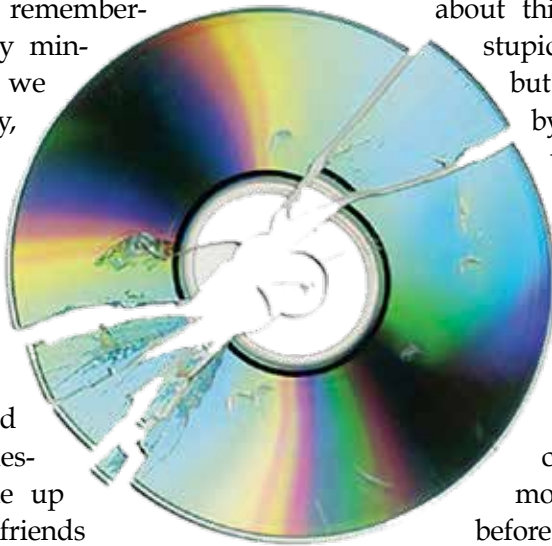
### The Morality Of Being A Pop Culture Consumer

In today's world, in many ways we "see all" and oftentimes before we know the context or the larger picture. Every perceivable fault and every accusation against a public figure becomes a "cause célèbre" in our social media-dominated universe. With the more we know (and don't know), is it important for consumers to weigh all information and determine where and when to end our support for public figures? How much effort is required (or worth our time) to find the truth beneath the first, second, and third bites at the apple taken by the cognoscenti? When does it become morally necessary to end our "relationship" with our favorite musicians, film makers, or TV stars?

As with most things I have come in contact with in my life, nothing a human being does should be graded on a "pass/fail" basis. So, what do

we do with the art we have loved that we realize comes from an artist who we wouldn't give the time of day to if we saw them on the street? What do I do with my memory of seeing Bill Cosby at Sea World in the late 70s and remembering loving every minute? What do we do with a lovely, uplifting song like "I Believe I Can Fly?" which has given hope to a generation?

I don't have the answers and only more questions. This came up recently as my friends proposed a reunion of sorts at a concert coming to our area. Jackson Browne owned the mid-80s on my



CD player, and I often listen to his albums to this day. In fact, I initially thought about writing an appreciation for the often overlooked "Lawyers in Love" album by Mr. Browne for this column. OK, two things

about this album: yes, stupidest title ever but it's redeemed by the great and underappreciated song "Tender is the Night." Why does going to a Jackson Browne concert raise a moral issue? Well, before the internet and social media, Browne was accused of beating his ex-girlfriend, actress Daryl Hannah, after

she left him and began dating John F. Kennedy Jr. There was never a public reckoning for this accusation, words flew in both directions, publicists did their thing, *People* and *US* magazines went back and forth about it. Hannah never filed charges and Browne denies ever hitting her. Cut and dried, right? But, for some reason, this incident stuck with me. I always recall it when I listen to his music. Why?

You don't need to me to lecture you on which artists we should throw overboard and never associate with again. I have several who I now avoid because of various indiscretions and you may too. I may never have an answer but I do feel it's important for me to in some fashion know the artist that I am "consuming" and to use my own judgment to determine if I can with good conscience contribute in my little way towards their success.

## theater in the parks by Paul Gicola

### Plenty Of Misbehavin' In Orlando

**"The Legend of Georgia McBride"- by Matthew Lopez, Garden Theatre**

The story centers on Casey, an Elvis impersonator with a pregnant wife and no money to pay his rent. He is fired from his job at a bar in the Florida Panhandle when the owner decides to feature a drag queen show to try to boost attendance. With very few options, he decides to become a drag queen but keeps it secret from his wife. The stellar cast- directed and choreographed by Rob Winn Anderson- is filled with comedy, music, and glitter, but underneath all this there is heart. Each one of them is at rock bottom but come together to make the drag show a success. Along the way, they become a family supporting one another and in turn each becomes successful. Chris McCoy is great as Georgia McBride and Simon Coulthard as Miss Tracy Mills provides the heart and soul that keeps things together. A movie version starring Jim Parsons is currently in development.

**"Ain't Misbehavin' The Fats Waller Musical Show -by Richard Maltby Jr. & Murray Horwitz, Winter Park Playhouse**

The cast, directed and choreographed by Roy Alan, hits all the right notes. This high energy all-singing all-dancing revue features 30 songs Fats Waller made famous during the '20s and '30s. Fats Waller's jazzy fast tempo comedic style of piano playing and singing is on display. The bi-level set recreates the Cotton Club, a New York City nightclub located in Harlem. The show features six musicians under the direction of Christopher Leavy and along with the five outstanding performers, the joint is really jumpin'. The sound design by J. Adam Smith evokes just the right club experience. Deejay Young from Tampa is excellent in his third appearance at the Playhouse. You may remember him as Sammy Davis Jr. in "The Rat Pack Lounge." In addition to his considerable singing and acting skills, he is extremely charming and has great stage presence. Overall, this is a fun show.

**"Hand to God"- by Robert Askins, Mad Cow Theatre**

I often describe this show as "Avenue Q" on steroids. This ruthless comedy features lots of sex, sinners, and yes, sock puppets. It has been a favorite of mine since I saw it on Broadway. But under this ruthless thrill ride comedy is a story of a mother and son who can't express their feelings and communicate with each other after the death of Jason's father. Each of them acts out in bizarre ways seeking attention. Jason forms an alter ego in the form of the shocking hand puppet Tyrone. His mother, Margery, a very religious woman, exhibits wild behavior and has sex with a teenage boy in her class at church. This is a hard production to mount. The key to a successful production centers on the director and the lead actor who plays Jason. Director Tony Simotes and actor Anthony Pyatt Jr. succeed in making this a great production. Kudos to the Mad Cow Theatre for bringing this must-see show to Orlando, but just be aware this is an adult-only show.

January Review: I would like to thank The Winter Park Playhouse for hosting the memorial for Barbara Solomon on January 7. It was a nice evening remembering this unique lady. Thanks to John DiDonna for hosting and Sara Jones

and Christopher Leavy for performing Barb's favorite song and to all those who spoke. All in all, it was a reminder of just how much she is missed.

The 3rd annual Orlando Winter Mini Fringe was a great success. Ticket sales increased almost 5% from last year. There were 22 shows, about half of which were new. I especially liked "Spare the Rod" in which Paris Clayton III gave a powerful performance; and "Kafka and Son" featuring an outstanding performance by Alon Nashman. Hopefully they will reappear at the 28th annual Orlando Fringe festival, May 14-27, so they can reach a larger audience.

# The Winter Park Playhouse

## Ain't Misbehavin'

### The Fats Waller Musical Show

"The Joint is Jumpin'" in this Broadway revue featuring 30 songs from the iconic jazz great, Fats Waller!

**January 25 - February 23, 2019**

407-645-0145 | [www.winterparkplayhouse.org](http://www.winterparkplayhouse.org)

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

**BEST BETS: MR. BURNS - A POST ELECTRIC PLAY, (VALENCIA COLLEGE); A TALE OF TWO CITIES, THE MUSICAL, (CFCARTS); THE NERD, (OSCEOLA ARTS)**





Stephen & Kristin Pategas

in the garden by Stephen and Kristin Pategas

All photography by Stephen G. Pategas/Hortus Oasis

Plant Like A Pro

Proper planting of trees, shrubs, groundcovers, and other plants should not be a mystery. With proper planning and execution, planting should go smoothly and the plants should thrive. This is the process we follow.

PREPARATION:

- 1. Soil:** research shows that soil amendments do not improve growth unless soil test results show they would be beneficial. Contact the cooperative extension service about soil testing.
- 2. The plant(s):** select a quality plant that will grow in the planting conditions. Look for a full plant without disease or insect pest problems. If possible, check to make sure it is well rooted into its container but is not rootbound.
- 3. Mulch:** have enough organic mulch from a renewable resource on hand to apply as noted in #9. Recommended mulches include: pine bark, pine straw (needles), or collected oak leaves. Do not use stone, rubber, or weed mat which after a few months do not prevent the growth of weeds.

THE PLANTING PROCESS:

- 1.** Determine the proper spacing for planting and mark each location.
- 2. BEFORE** digging the hole, remove the plant from its container. Note the location where the top roots emerge from the stem/trunk. Remove all soil above that level. Remove any weeds including their roots.

- 3.** If the root ball has many roots encasing it then remedial action is needed. The visible roots must be cut away so mostly soil is visible. Otherwise even after being planted, the plant may stay rootbound without new roots growing into the surrounding soil.
- 4.** Measure the height of the root ball and deduct two inches. When planted, the top of the root ball should be two inches above the surrounding grade. Dig the hole only to the depth calculated and about twice as wide as the root ball. Tamp down any loose soil in the bottom of the hole to reduce settling of the plant.
- 5.** If the plant has a side that is fuller, face it in the direction from which it will be viewed then place it in the center of the hole. Check to make sure it is plumb even if on a slope.
- 6.** Backfill around the root ball with excavated soil. Be careful to fill the voids to eliminate air pockets which are harmful to the roots. The use of the open end of a hose on low volume is helpful for muddying the soil to fill the voids.
- 7.** Place a sloped ring of soil against the exposed root ball. If it is a tree, create a saucer. Do not place soil on top of the root ball.

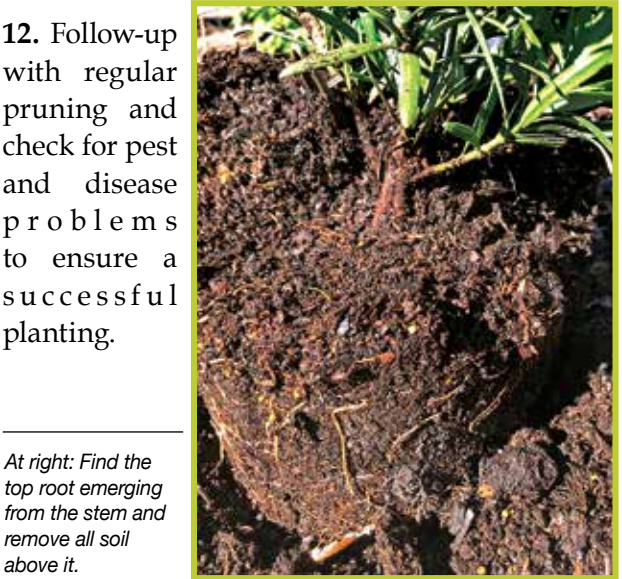
- 8.** Water each root ball and the surrounding soil. A long watering wand with a water breaker and shutoff is ideal for this as it reduces stress on the back and saves water by directing it to the rootball area.
- 9.** Add an organic sustainable mulch to a three-inch depth with a maximum one-inch depth on the root ball. Keep the mulch two-to-three inches away from the stem/trunk.
- 10.** If needed, trim the plant to correct structural problems and promote branching for fullness.
- 11.** Maintain moist but not soggy soil conditions until the plant is established. Supplemental hand watering is more efficient than running the automatic irrigation system more frequently.
- 12.** Follow-up with regular pruning and check for pest and disease problems to ensure a successful planting.



Above: A yardstick and wire flags are useful for layout.



Above: If roots form a mat, then remedial action is needed. At right: Cut away and loosen roots.



At right: Find the top root emerging from the stem and remove all soil above it.



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



## schools

## Audubon Park School

PRINCIPAL TREVOR HONOHAN

Audubon Park School is going green! We recently teamed with the City of Orlando and OCPS Sustainability to implement a school-wide Food Waste Reduction Program. A composting system was developed for food scraps and the creation of a Share Table for unwanted food was started. In just the first week, our students rescued over 500 pounds of food from going to the landfill! All food waste is composted, then travels to Harvest Power's Energy Garden on Disney property. There, the organic material is turned into renewable energy bio gas then converted to electricity which helps power some of Disney's rides.

What is our Green Falcon Team doing with the paper that is recycled at school? This innovative group will be creating Seed Paper (paper embedded with catnip seeds) out of paper they collect in our Single Stream Recycling bins. Once planted, this recycled paper product will grow catnip grass for feline friends.

Our student-run Edible Gardens have produced their first harvest. Students picked fresh vegetables, then bagged and prepared them for home use. Each Falcon Fresh bag had a QR Code for quick feedback and even an upload feature so families could share what they made with the locally-grown food.



Edible Gardens are tended by Audubon students.

Congratulations to our student teams who won the AdCap Youth Pitch Competition and earned funding for their healthy school projects, funded by Winter Park Health Foundation and The Florida Dairy Council. Also, our cafeteria and PE departments teamed up and won a \$3,700 grant from Fuel Up to Play 60 to bring even more healthy options to our school. Students and staff at Audubon Park School are Changemakers. We can't wait to see what opportunities they continue to create.

## Baldwin Park Elementary



PRINCIPAL ANNA FERRATUSCO

Our Bobcat community has been very busy as we kicked off the second semester of the school year. We are beyond proud of all the growth our students have made. We would like to recognize two individuals who were honored during the month of January at the OCPS Teacher of the Year and Support Person of the Year banquet. We are proud to have first grade teacher, Amy Black and support staff, Carol Tullos represent our school as our Teacher and Support Person of the Year. These individuals go above

and beyond for our students and our community each and every day. During the banquet they were celebrated by the entire OCPS community and received a well-deserved plaque. We are so lucky to have them as part of our Bobcat team!



## Dommerich Elementary

PRINCIPAL KAREN VERANO

Dommerich Elementary has successfully implemented a new Garden Club this 2018-19 school year. Open to all grade levels, the club has 35 members and meets biweekly on Tuesdays after school. There are five adults, teachers and staff members, who help plan and lead small group activities. Students are afforded the opportunity to help make choices about the activities and the club also supports the school gardening program! Some of the DES Garden Club activities have been weeding, planting a variety of plants and seeds, creating stepping stones and holders for our watering cans, releasing ladybugs, making planters for the Kindergarten porches, and making lavender sachets for holiday gifts!



Students painted pots for the DES Garden Club.



## Glenridge Middle School

PRINCIPAL CHRIS M. CAMACHO, EdD

Hello, Glenridge families. I hope you each are having an amazing month. Great things continue to happen here at Glenridge MS. We recently had several art students recognized for their work and it was displayed at recent festivals. In addition, we have had band, chorus, and orchestra students selected to participate in either the Orange County All County or Florida All State performances. This is testament to the hard work of both students and teachers in preparing for these prestigious events. Thank you for your ongoing support for our school, teachers, and students. We couldn't continue our path of success without each one of you.



## St. Charles Borromeo Catholic School

PRINCIPAL NATHAN NADEAU

### Students Collaborate with Morning Star

Classroom teachers at St. Charles Borromeo Catholic School and Morning Star, a Catholic school for students with special needs, have been working together this year to provide opportunities for their students to work in partnership on various activities. The fourth graders have visited the younger Morning Star students on their playground. They will be returning with books next time so they can read with their buddies.



St. Charles Borromeo Catholic School students read with the Morning Star students.

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

HEADMASTER BOB INGRAM

So much has been happening at The Geneva School this past month!

Our French students took a trip to Tampa to see the musical, "Les Misérables."

To culminate their study of ancient Greece, third-grade students experienced an authentic Greek feast and an afternoon of Olympic Games. Students competed in events such as javelin, discus, long jump, shot put, and running races to win awards for teamwork, leadership, enthusiasm, and sportsmanship.

After studying medieval architecture, the fourth grade embarked on a tour of cathedrals in downtown Orlando. They enjoyed an architectural scavenger hunt and were entertained by several knowledgeable tour guides as they visited St. Luke, St. James, and St. George churches.

Seventh through twelfth grades enjoyed a fun-filled Spirit Week that included dress-up days and a pep rally to celebrate the successes of our winter sports teams.

Our Junior Thespians' One Act Play took first place at the District Festival at Winter Springs High School. They were only two points away from getting a perfect score for their performance and were chosen as one of the two plays to represent the District at the State level.

Continued on page 15.

## 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

Winter Park Presbyterian  
PRESCHOOL  
400 S. Lakemont Avenue  
Winter Park, FL 32792

REGISTRATION  
FOR FALL 2019  
OPENS  
FEBRUARY 11

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



schools

From page 14.

Our new 7th-12th grade 14 million dollar building expansion is continuing to take shape. The steel is in, building continues on schedule, and we are looking forward to celebrating at our July 2019 opening for the upcoming school year.

Join us for our next prospective parent event, specially designed for parents and students of K4-1st grade, on Saturday, February 23rd, at 9am! Call 407-332-6363, or visit [www.genevaschool.org](http://www.genevaschool.org).



The Geneva School expansion is scheduled for a celebration in July, 2019.

Winter Park High School  
PRINCIPAL MATT ARNOLD

Thanks to the Winter Park High School Foundation, half of the shade project is complete! New shades are installed over the pool area and soon they will be in the outdoor lunch area on the main campus. This is an enormous project and would not have been possible without our amazing community and generous WPHS Foundation donor base.



Winter Park continues a tradition of producing top-performing students. Special recognition goes out to some of WPHS's most recent "Super Scholars" who were accepted to a Top 20 College or University (below). Additionally, students who passed at least three AP Exams were recognized with a luncheon and a t-shirt in January. Congratulations to all!



Students on both campuses were excited to discover newly renovated cafeterias when they returned from Winter Break. Now called Wildcat Cafe, they feature coffee shop-style booths and tables.





Imagine a School . . .

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



NEW UPPER SCHOOL CAMPUS  
OPENING FALL 2019

THE GENEVA SCHOOL

2025 SR 436 • Winter Park, FL 32792 (K4-6th Grade)  
1775 Seminola Blvd • Casselberry, FL 32707 (7th-12th Grade)

K4-12th Grade Christian Classical School  
[genevaschool.org](http://genevaschool.org) • 407-332-6363

Winter Park  
Presbyterian PreSchool

All classes (even the toddlers!) participate in our WPPP Patriots' Day Parade which takes place on February 20. The children will have patriotic props that they have created and will march around the campus square where parents gather to take pictures and cheer them on. It's an exciting event that we look forward

to every year following Presidents Day. Age-appropriate stories about our flag and our country are presented in class leading up to the big event.

Registration for new students ages six months through VPK for the 2019/2020 school year begins February 11. After-school enrichment programs include soccer, ballet, yoga, music & movement, art, cooking, Spanish, and nature experiences. Please contact us for a campus tour at 407-629-0727.



Below, photo of students creating delicious fruit-filled hand pies during Culinary Kids after school enrichment at Winter Park Presbyterian Preschool.



# 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/](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](http://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; 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/](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 AdventHealth 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 AdventHealth 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 AdventHealth 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](http://www.TrackShack.com).

**Every Thursday Senior Stretch (Yoga Gold)** – 10:00 a.m. at AdventHealth 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.

**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.

## SATURDAY, FEBRUARY 23

**"Restore The Roar"** – 6:00 to 10:00 p.m. at Showalter Field. Food and drink will be provided by Sonny's BBQ, and there will be 80s music and a silent auction. This community event raises money for projects at Showalter Field as well as Winter Park High School, which benefits all the WPHS students. For more information go to Handbid: <https://events.handbid.com/auctions/restore-the-roar>.



**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.

**February 7 The Orange County Retired Educators Meeting** – 10:30 a.m. at the College Park United Methodist Church, 644 W. Princeton Street. This is the annual potluck luncheon. Anyone who has worked in education is invited to join. For more information, please call 407-366-8962, or visit [www.ocrea-fl.org](http://www.ocrea-fl.org).

## 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](http://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](http://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](http://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 [jackgallagher534@gmail.com](mailto:jackgallagher534@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](http://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](http://polasek.org).

**Now Through May 12 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](http://www.rollins.edu/cfam).

**Now 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](http://www.winterparkplayhouse.org).

**February 9 Run 4 Love Mile Presented by AdventHealth** – 7:30 a.m. at Showalter Field located at 2525 Cady Way. Proceeds benefit the Track Shack Youth Foundation. Registration is required. Run to [www.trackshack.com](http://www.trackshack.com).

**February 13 Winter Park Garden Club General Meeting** – 10:00 a.m. at Mead Botanical Gardens located at 1300 S. Denning Drive. Please wear hiking clothes. For more information, please call 407-644-5770.

**February 15-17 Weekend of the Arts Open House** – 9:30 a.m. - 8 p.m. Friday, 9:30 a.m.-4:30 p.m. Saturday, 1:00-4:00 p.m. Friday, hear live music by Beautiful Music Chamber Quartet (cello, flute, viola, and violin). For more information, please call 407-645-5311, or visit [www.morsemuseum.org](http://www.morsemuseum.org).

**February 16 "Don't Pitch It, Fix It" Workshop** – 1:00 to 4:00 p.m. at Winter Park Community Center located at 721 W. New England Avenue. For more information, please visit [cityofwinterpark.org/dontpitchitfixit](http://cityofwinterpark.org/dontpitchitfixit).

**February 22 State of the City Luncheon** – 11:30 a.m. at the Alford Inn featuring Mayor Steve Leary. For additional information or to reserve a seat, please contact the Chamber of Commerce at 407-644-8281 or visit [winterpark.org](http://winterpark.org).

**February 23 2019 Restore The Roar** – 6:00 to 10:00 p.m. at Showalter Field. Food and drink will be provided by Sonny's BBQ, and there will be 80s music and a silent auction. This community event raises money for projects at Showalter Field as well as Winter Park High School, which benefits all the WPHS students. For more info go to Handbid: <https://events.handbid.com/auctions/restore-the-roar>.