# The Park Press



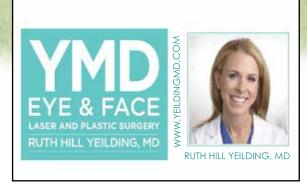
APRIL 2019

~ Positive news that matters ~

FREE

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The City of Winter Park's 65th annual Easter eggs, will begin with the official starting signal photos. In addition, the Kids' Zone will feature space. This fun-filled event will provide as much encouraged to join in the fun. excitement and laughs for adults as it will for kids,

Egg Hunt will be Saturday, April 20, 2019, in at 10 a.m. As always, every child will leave with two bounce slides, three hands-on craft stations, Central Park located in downtown Winter Park. an Easter egg. Children can hunt for eggs within the Winter Park Public Library "Story Walk," The egg hunt will occur in the West Meadow and their specific age group of 4 to 7 years at 10 a.m., Friendship 1 truck with games, as well as a additional family fun activities will take place 1 to 3 years at 10:15 a.m., or 8 years and older balloon artist and face painter. in the Easter Kids' Zone in the adjacent park at 10:30 a.m. Children with special needs are

just don't forget to bring your own Easter basket! Zone will provide fun for everyone. The Easter their grandchildren to hunt for eggs. For more The egg hunt, featuring over 14,000 stuffed Bunny will greet patrons and pose for family information please call 407-599-3342.

Winter Park's annual Easter Egg Hunt is the city's longest running community event. Grandparents After the egg hunt concludes, the Easter Kids' are now carrying on the tradition by bringing



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# INSIDE THE PARK PRESS

News1	In The Garden6
Publisher's Message2	Arts & Entertainment7
City Commissioner's Message 3	Protection and Service9
Winter Park Mayor's Message4	Schools9
Health5	Calendar11

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2 FROM THE PUBLISHER The Park Press | APRIL 2019

# The Park Press

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# Publisher's Message



Rick Cable

With this issue I'm thrilled to share that *The Park Press* is celebrating our 12th anniversary! As I stop to reflect, I find myself feeling blessed and honored by the role we play within our community. We have remained steadfast to focusing on "the positive"

news that matters" and we greatly appreciate your loyal readership and following.

Sure, I started this venture, but it has always been a team/family effort.

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

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

business with them and refer our advertisers' products and services to your neighbors, family, and friends whenever possible.

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

In closing, we continue to be strong supporters of some of the best events held in our community, and with this month, we are thrilled to be sponsors of the 11th Annual

Winter Park Paint Out, hosted by the Albin Polasek Museum and

Sculpture Gardens, for the 11th consecutive year! Twenty-five accomplished and well-known artists will roam around the community during the week of April 21 working their craft to capture landmarks and sites on canvas. Works will be on display,

and available for purchase, at the Polasek. For a complete schedule of events, please visit www.winterparkpaintout.org.

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

Rick Cable Founder/Owner

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# City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



April is a busy month in the City of Orlando. The weather is postcard perfect and lends itself to many different activities. Keep reading for all that is going on around our great city.

The City is currently updating its bicycle plan, which hasn't been updated since

2008, in order to expand and improve conditions and facilities for bicycling throughout the city and is hosting two open house meetings this month to gather community input. Each meeting will provide the same opportunity to learn about closing existing gaps in the bicycle network, connecting to community destinations, and improving safety for cyclists of all ages and abilities.

The meetings will be held on Tuesday, April 9th from 6-7:30 p.m. at the Dr. James R. Smith Neighborhood Center (1723 Bruton Blvd.) and Wednesday, April 17th at the same time at Lake Nona High School, 12500 Narcoossee Road, in the cafeteria.

We have received much feedback about the dockless bike sharing that the City is piloting through private vendors. Users can rent bikes, equipped



with GPS technology, without the need return them to a specific location. Most dockless bike companies offer smartphone applications where riders can locate a bike, unlock it, and pay for the trip. The upside to this program is how much these bikes are getting used; on weekends, the dockless bikes are clocking more than 2,200 rides a day in the City of Orlando. The downside is when inconsiderate individuals illegally leave a bike blocking a sidewalk, access ramp, a neighbor's driveway, a fire hydrant, a parking space, or an entryway into a business. These are the issues the city is working to mitigate, but we need your help as a considerate rider. If you see a bike parked illegally, you can find information on how to report it at our new Orlando.gov page by searching "bike share."

Another great opportunity for bicyclists and pedestrians alike is the now-open 200-foot long Colonial Overpass which connects at the northeastern corner of Orange Avenue near the Steelhouse Apartments and crosses Colonial Drive to Concord Street, taking us one step further to connecting the Urban Trail to downtown and further on to SODO. Join us on April 16th at 10 a.m. on the overpass for a ribbon cutting and celebration of this important milestone.

Other great activities to get us outside this month are taking place at the Orlando Fire Museum and Leu Gardens. Join the Orlando Fire Department for their second annual Easter Egg Hunt on Saturday, April 13th from 10-11:30 a.m. at the Randall R. Tuten Orlando Fire Museum located at 814 E. Rollins Street in Loch Haven Park. There will be mu-



"Wall-E" will be shown at Lake Eola on Friday, April 26 at 6 p.m.

sic, snacks, and beverages! You can enjoy museum tours, kids will get a chance to collect prizes while learning about fire safety, view new and antique fire trucks, and take a photo with the Easter Bunny.

And that evening, enjoy a jazz and blues concert under the stars at Leu Gardens. With many great acts, the concert begins at 7 p.m. Visit leugardens.org for details and ticket information.

In honor of Earth Day on April 22nd, the City is hosting an adults-only evening clean-up of Lake Baldwin. The event is sponsored by City Beverages and starts promptly at 5 p.m. where volunteers will plant and remove litter, sprucing up a portion of the lake shoreline. The work portion of the evening will conclude at 7 p.m. then volunteers can celebrate their accomplishments with complimentary snacks and drinks at Gator's Dockside. RSVP required to jody.buyas@orlando.gov.

Also in celebration of Earth Day, bring your blankets, chairs and snacks to Lake Eola at 6 p.m. on Friday, April 26th for a family-friendly movie screening of the film Wall-E. There will be activities before the movie and vendors selling food and drinks.

If you see a ride share bike parked illegally, report it at https://www.orlando.gov/Initiatives/Dockless-Bike-Share



# You're Invited to a Special Event

To Celebrate the Grand Opening of the Center for Health & Wellbeing

### Join us Sunday, April 28, from 1 to 5 pm

The Center for Health & Wellbeing is an 80,000-square foot, state-of-the-art, health and wellbeing facility located in the heart of Winter Park. Every element within The Center is dedicated to strengthening the body, mind and spirit. From personalized fitness plans and picturesque walking trails and gardens to outstanding community programs and physician offices, there is plenty to keep you motivated to becoming the healthiest you.

**Wholeness, Fitness and Medicine** 



2005 Mizell Avenue

# Winter Park Mayor's Message

Mayor Steve Leary



#### **Mayor's Founders Award**

Three years ago, I introduced the "Mayor's Founders Award," to be presented annually during the State of the City Address. This award honors an individual, family, or organization whose commitment, dedication, and actions have built upon our founders, Loring Chase and Oliver Chapman's vision, and have developed Winter Park into the best place to live, work, and play for individuals and families of all ages. Each year's award

is hand-made by me and reflective of the honoree. This year's award is a wooden cross, hand carved from two oak logs that fell during Hurricane Irma a few years back.

A critical component of a successful, healthy community is its faith-based organizations. This year's honoree, the Very Reverend Richard Walsh, has served as both priest and counselor for many in his congregation and beyond.



At left. Father Walsh with Mayor Leary.

Father Walsh is the longest serving pastor of any church in Winter Park and has been highly awarded and recognized by his peers and the community. Because of his humility, energy and dynamic personality, he is able to lead the spiritual well-being of over 3,500 families and all of the lives he touches through his missionary work locally and internationally. Father Walsh has truly built upon our founders' vision.

In addition to this award, we also present the city's Employee of the Year awards in recognition of their extraordinary efforts during the year. I would like to congratulate each of these gentlemen for their commitment to the City of Winter Park:



Luke Brvan

#### **EMPLOYEE OF THE YEAR**

**Luke Bryan** manages the city's Fleet Maintenance Division, which entails maintaining all city vehicles including those of the Electric Utility Department. During a recent acquisition of a "rearlot" vehicle that would allow utility crews to access poles and equipment behind residents' homes, Luke extensively reviewed various products and

investigated options that would eventually save the city over \$30,000.

During the hurricane and storms of 2018, Luke was fully-engaged and remained accessible 24 hours a day to make all city vehicle needs were met. Through it all, Luke manages to engage coworkers and residents with a smile as well as a lending hand, no matter the situation. He leads by example and serves as a role model with the success of the city as his main goal.



Kevin Powers

#### FIREFIGHTER OF THE YEAR

Kevin Powers began his career with the Winter Park Fire-Rescue Department in July 2012. He is extremely detail oriented and serves as a role model for other employees to follow. Kevin is a well-respected member of the department, and defines what it means to be a "team player." In addition, he dedicates his personal time to spearheading and coordinating special events to benefit

organizations such as Cystic Fibrosis and the American Heart Association.



Javier Rodriguez

#### OFFICER OF THE YEAR

Master Police Officer (MPO) Javier Rodriguez is one of those employees who is always asking "what else can I do?" Over the past year, MPO Rodriguez has continued to expand the Seniors First program by providing food to our seniors in need during the holidays as well as assisting with stocking their pantries on a monthly basis. This program continues to be a great success.

He has also built a partnership with Ring to bring new crime-fighting ideas to our residents. Winter Park became one of the first cities to arrest a criminal using information from this doorbell device, with a video highlighting this case shown during the International Association of Chiefs of Police Conference.

MPO Rodriguez has continued to increase the department's footprint in our community, attending events, teaching SAFE classes, serving on the honor guard and hostage negotiating team, coordinating the annual National Night Out event, and becoming super hero Officer Batman during the Trick or Treat merchant event.

We are proud of these three stellar employees and all our city staff for their commitment to making every day exceptional in the City of Winter Park.

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

# Parenting On A Stick...

Sometimes I wonder whether there's anyone out there who feels as though there's plenty of time, they're hitting all their marks, and the kids are all

fine. I can't tell too much of a sob story, my kids are amazing. So given that... really, is there anyone who feels like they have plenty of time and space and perspective and energy on any given day?

My older two kids are straight A students, full time athletes, happyhearted, kind, generous and loving. They do their homework without fussing, they help around the house, and they are generally a joy to be around. The little one is hitting every developmental milestone with grace and humor and lighting up our lives in the process. But still, even with being blessed by these extraordinary kids, and a husband who knocks-it-out-of-the-park routinely, I still find my eyelids whipping open at 2:13 a.m. remembering that I forgot to send money in for

school pictures or order more diapers.

Don't get me wrong - a 14-year-old girl, a 9-yearold boy, and a 5-month-old baby - can all be their own special flavor of handful. Throughout the ins and outs of "normal" (developmentally appropriate) testing, we can find our kitchen calendar littered with too many commitments (or too many sad faces if the 'testing' has gotten out of hand in a given week). But generally speaking, the kids earn their points/smiley faces and we race from work - to school events - to the fields, and the weeks clip by at mach pace.

I can't even imagine how different life would be with different kids... or how much greater a challenge so many people have. And yet, here I am, still feeling like there's never enough time and the margins are always slim to nonexistent.



The Dalai Lama has been rumored to say that he meditates for an hour a day unless he has much to do, and on those days it's two hours...

Talk about enlightened.

I help people find perspective and grace in their lives for a living. I practice my own gratitude and prayers. I meditate as often as I can. I read voraciously about my craft and my own practice. I would say, as people go, I'm working pretty hard at this.

And yet still, the eyelids.

I don't really feel as though I'm a perfectionist... I'm a big believer in 'good enough' and every i does not require a dot, nor t a cross... I like things to be ordered and calm and for everyone I love to feel as though their needs are being met and they can be the best versions of themselves. So where does the twine inevitably break?

Probably within myself, if I'm being honest.

I could do a better job of self care. I could work to soften my tone. I could extend my patience. I could schedule lunch time. I could do many things... and should, really.

But instead I'll say this:

Maybe the journey is supposed to be a little chaotic. Maybe this year's school pictures won't even be that great. Maybe the baby can take a nap while we're waiting for Amazon to deliver diapers. Maybe the hustle and bustle and the unchecked boxes on the to-do list are

exactly the sort of life and measure that we're supposed to be living in order to weave the story of our lives into exactly the tapestry we are meant to.

Maybe we actually are hitting all our marks and the kids are just fine...

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

Ayesha G. Shenk, M.A. practices at 2150 Park Avenue North as a Licensed Mental Health Counselor and can be reached at ayesha@livemeaningfully.net or 407-796-2959.



IN THE GARDEN The Park Press | APRIL 2019

### in the garden by Stephen and Kristin Pategas

All photography by Stephen G. Pategas/Hortus Oasis

# Pro Chat Landscape Pest Control Contractor 1.0

In a Pro Chat, Stephen and Kristin interview a professional in a field related to the landscape industry. See May's In the Garden for part two of this chat with Roi Levin.

Stephen & Kristin Pategas

**Business Name:** Environmental Pest & Lawn Services, Inc.

The Pro: Roi Levin

**Contact Information:** 407-532-8188, www.epls1.com, epls@bellsouth.net **Service Area:** Orange, Seminole, and Lake Counties

#### What is your background?

I immigrated to the United States from Israel in 1993. That was quite the transition! After high school, in pursuit of a career in Veterinary Medicine, I attended the University of Florida and earned my BS in Animal Sciences. As opportunities presented themselves, I became involved with work in the field of landscape nematology, which involves the identification and quantification of damage thresholds of parasitic roundworms in plants. As I was working with some of the finest nematologists in the country, they didn't have to twist my arm too much when I was offered a fellowship to study and conduct research in landscape nematology. Then, one master's degree and about 15 years later, here we are...

#### What certifications are required and how are they noted?

Certified Pest Control Operator (PCO)

Green Industries Best Management Practices Certification (GI-BMP) Limited Commercial Fertilizer Applicator Certification

#### What additional certifications should a homeowner look for?

Membership in industry organizations such as the Florida Pest Management Association (FPMA), International Society of Arboriculture (ISA), and Florida Turfgrass Association (FTA) are a plus.



on a sabal palm frond.



Above: The beneficial lady beetle pupae on dill.

#### What is the best part of your profession?

Over the years, I've surrounded myself with fantastic professionals who share my core values. It gives me great pleasure to provide multifaceted solutions to complex problems by collaborating with industry professionals. Additionally, I'm proud to integrate my unique expertise in entomology and nematology into my profession.

#### How can a homeowner best use your services?

I try to educate my customers about their unique home and landscape environment. Following a discussion of what a homeowner wants from their landscape and establishing expectations, we can develop long-term plans to achieve exactly what they want. It is so much more than what is typically thought of as a "spray service"!

#### What are "beneficials" and are they important?

Beneficial organisms benefit plant health and mitigate stress. They include insects, nematodes, arachnids (typically spiders), other animals, plants, bacteria, fungi, viruses, and nematodes (microscopic worms). Benefits include pest management, pollination, and maintenance of soil health. They provide the foundation to healthy waterways, soils, and landscapes. These underappreciated and underestimated beneficials not only manage pests and diseases, but also ensure that nutrients cycle and plants grow healthy to provide us with beautiful landscapes and clean air. So, while lady bugs are cute and eat aphids, we must not forget about the plethora of life out there that allows plants and us to quite literally live!

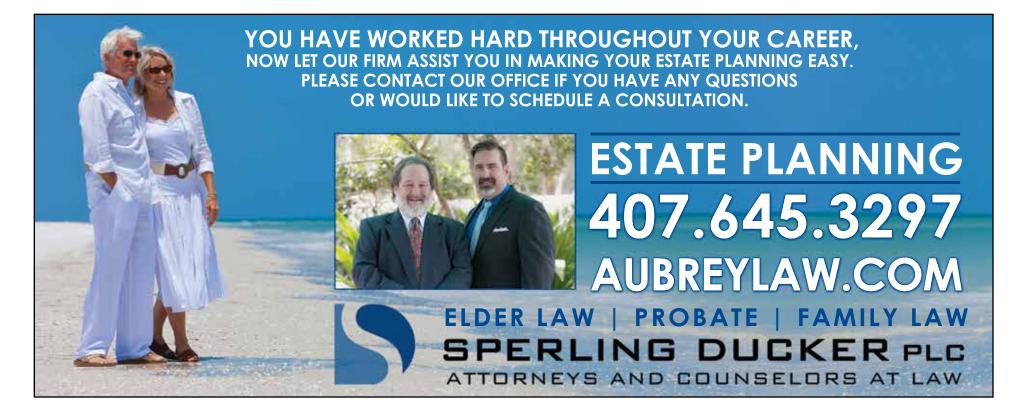


Above: Scale is an insect pest on dwarf Indian hawthorne



Above: The fruiting bodies of mushroom root rot which is a fungus affecting plant roots.

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



## pop culture detours by George McGowan

# Super-Talented Women Artists Are Taking Over My Ears!

Over the past couple of months, seminal music from two consummate artists has been delivered to my ears. I feel very much that you should make the time to hear it, digest it, consider it, re-consider it, and maybe even recommend it to your friends. Both of these recent works are filled to the brim with meaning and significance (even to this old dude) as well as great musicianship

hooks. I am referring to the latest albums by Solange and Jenny Lewis.

Solange's latest is "When I Get Home" and is a celebra-tion of her

hometown of Houston. I raved about Solange's previous record in this space and while I would have loved more music in the vein of that record from Solange, the new record takes a left turn into the experimental and shows that Solange is just not content to repeat herself and become a "hitmaker." Which she could easily do. On "When I Get Home" she presents snippets of lyrical ideas, intriguing instrumentation, all in a 19-song and 40-minute package of intrigue. I'll always remember how the album flew by when I first listened to it, transporting me away and back again in those 40 minutes. I wanted so much more, but it is the perfect length for an immediate re-listen. Which I have happily repeated several times!

> Jenny Lewis' album "On The Line" intrigues in a different way. Lewis is a former child actor who ditched the life of appearing in such gems as "Camp Beverly Hills" and "The Wizard" to become the lead singer of a well-regarded indie band, Rilo Kiley, in the early 2000s. She released her first completely solo ef

fort in 2014 with "The Voyager." At that time, I was enamored with Ms. Lewis' style, confidence and fondness for nudie suits and silver and gold lamé. But to be honest, I much preferred her work with Rilo Kiley. Her latest solo effort has turned me into a true believer. She tackles her upbringing and her recent break-up with a long term partner head-on in "On The Line" showing vulnerability and resilience. Having seen Ms. Lewis in concert in the Bob Carr many moons ago, I was not planning on seeing her when she plays The Beacham in September. However, a couple of listens to her latest had me reaching for my wallet to pay for my tickets, and willingly.

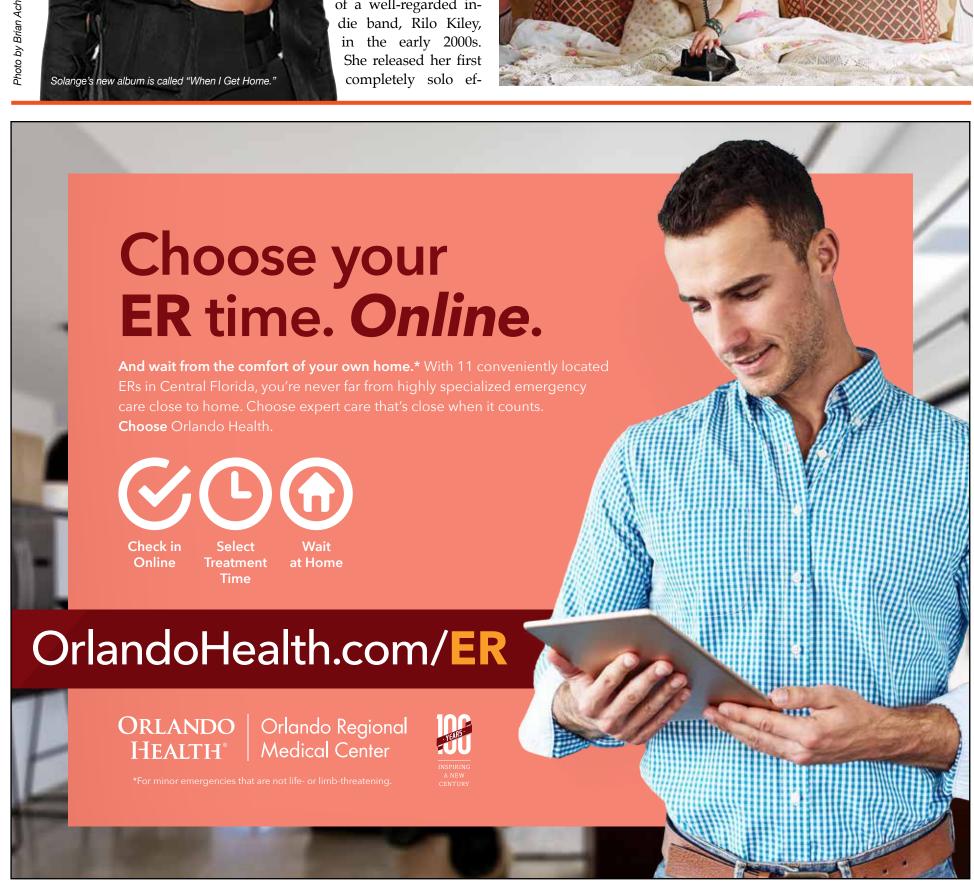
coming shows at The Social, my favorite music locale in downtown Orlando. Both of these shows happen to be when I am away from town, which angers me to no end, but I hope you will be there to see them. On May 4 the duo Larkin Poe performs their deep roots blues, and on May 6, Lucy Dacus whose music I have recommended to you once before - will mesmerize those in attendance with her otherworldly voice and deep feeling. I am already jealous of those of you who will see these shows and I will need a full report on what I missed!

Speaking of local concerts, I

would like to recommend two up-

Below, Jenny Lewis photo from YouTube.





**ARTS & ENTERTAINMENT** The Park Press | APRIL 2019

## theater in the parks by Paul Gicola

### Fifth Annual UCF Celebrates The Arts

The ten-day festival running April 5-14 at the Dr. Phillips Performing Arts Center includes events and exhibitions by UCF students and faculty. There is something for everyone- theater, music, literature, sculptures, film, design and art. This year UCF celebrates the resilience of the human spirit and the triumph of overcoming adversity and the power of art to heal and connect. Some highlights include: Titanic-The Musical; readings inspired by Station Eleven and a talk with author Emily St. John Mandel; El Wiz-a Latino retelling of the Wizard of Oz; a Sergio Mendez concert; UCF Opera presents The Tender Land and Project Spotlight presents First Miss. In addition, there are programs for Young Audiences in partnership with the Orlando REP. There are kid and family events. The events are very affordable, and many are free. For tickets and to view the extensive program, go online at ARTS.UCF.EDU, or call 407-823-1500.

#### "What A Glorious Feeling! The Story of Singin' in the Rain" by Jay Berkow Winter Park Playhouse, Regional Premier Directed by Roy Alan

The show tells the little-known story behind the making of the 1952 film "Singin' in the Rain." Gene Kelly and Stanley Donen, who had worked together on prior films, were coming back together after several years of bad blood because they both were in love with Jeanne Coyle (who was Gene's assistant and Stanley's ex-wife). The show showcases the drama that occurred during the development of the film, so much so, that after the film was made neither gentleman spoke to each other for over 30 years.

Director/Choreographer Roy Alan did a fine job of balancing the dramatic elements with the musical ones. Many of the great musical numbers from the film are in this production. However, with fewer musical numbers than many WP Playhouse productions, the story line is expanded. The dancing and singing are outstanding, and I like the use of comic relief intertwined with the drama, especially by Todd Allen Long and musical director Christopher Leavy. The other actors- Charles Logan, Adam Biner, Tay Anderson and Jennafer Newberry-were also superb. Overall a great production!

#### "1984" – The Winter Garden Theatre

The show raised many important points relevant to our society today, what is real and what is fake?

And who can you really trust? Not being as intense as the recent production on Broadway, this production was able to focus more on the consequences of such a society, not just that Big Brother is watching you. Thank you for





Theatre South Playhouse performed "Be More Chill" in March.

#### "Be More Chill" – Theatre South Playhouse

The theater located off Sand Lake Road in Dr. Phillips, which is also a theater school, did an outstanding production of the show which just started its Broadway run having been Off-Broadway. Director Hillary Brook with great foresight was able to secure the rights to this show. The theater has been in existence for 10-years, but this was my first visit and I guess I will add it to my list as I was very impressed.

Best Bets For April: "Lafferty's Wake" - Osceola Arts, "Richard II" - Orlando Shakes, "Top Girls" - Mad Cow, "Wild Party" - Theatre Westend, "Dear Evan Hansen" - Dr Phillips, "The Goat" - Theatre on the Edge, and "The Long Red Herring" - Breakthrough Theatre.

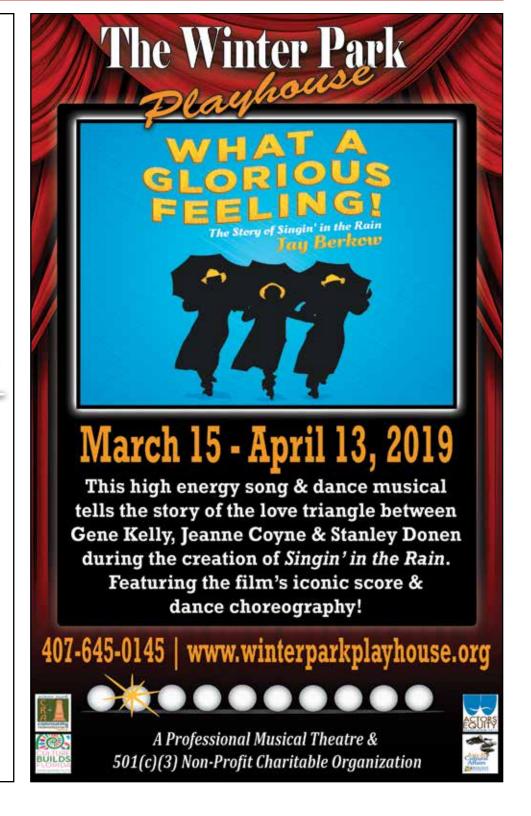
OTHER BEST BETS FOR APRIL: MR. BURNS - "FRINGE PREVIEW" AT ORLANDO SHAKES; "KING LEAR" AT VALENCIA COLLEGE; "BILLY ELLIOT" AT GARDEN THEATRE; "ONCE UPON A MATRESS" AT CFCARTS; "SHREK JR. MUSICAL" AT THEATRE SOUTH

# The 11th Annual THE WINTER PARK "Flutter Flight," Michelle Held APRIL 21-27, 2019

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THE GRAFTON FAMILY

Albin POLASEK Museum



# WINTER PARK

# protection and service by Jim Whitman, Winter Park Police Department

## Fool Me Once, Shame On You...Fool Me Twice, Shame On You Again

This is a very busy time of the year for most police departments and sheriff's offices as we are just coming off the "white sale" and "mattress sale" season. This is when we start making unannounced visits to the residences within our jurisdictions to "spot check" that people have not removed the tags from their new mattresses and pillows. As you may know, under penalty of law, it is a violation to remove those tags and this year our Attorney General, Ashley Moody, has been gracious enough to allow us to only issue Notices to Appear instead of making a physical arrest. However, if you wish, in lieu of receiving a Notice to Appear, you can opt to pay the officer or deputy a small fee via an Apple ITunes gift card. If this sounds crazy, you are correct as this is only to show you how a scammer might create a scam and,

believe it or not, be successful in separating you from your money.

This time of year, the Police Department responds to lots of questions dealing with fraudulent charities and scams concerning the Internal Revenue Service. We want to take moment to provide you with a resource as well as some answers to some of our most frequent questions. Ultimately, we want you to hold on to your money and feel confident when you decide to donate to an organization.

The Florida Department of Agriculture and Consumer Services has website that is rich in resources to help protect yourself from becoming a victim to suspect charities as well as some of the more popular scams. FloridaConsumerHelp.com can help you navigate questions ranging from "Does the business I am thinking of doing business with have a

current State license," to "How do I get on the Florida-Do Not Call registry?" When you have a moment go to the site and take advantage of the information provided.

We also want to remind everyone that the Internal Revenue Service will not contact you over the phone to demand payment for "back" taxes or missed taxes and ask you to pay them by either providing your bank account information or credit card information. Also, I know of no law enforcement practice whereby we contact a person that we plan to arrest on a warrant and inform them of the impending arrest. If you receive any call stating any of the above, hang up as this is just another scam to possibly separate you and your money.

Lastly, unless you played the lottery, you did not win the lottery! If you are contacted by an individual who identifies themselves as "royalty" from another country who needs help to move a vast amount of (fill in the blank)\_\_\_\_\_

(cash, gold, Bearer bonds, spaghetti) from their country to the United States and you just happen to be the person they have chosen because of your "candidness," do not respond!! If you happen to be selling something over the internet and a "purchaser" happens to send you a cashier's check, make sure that check is from a nationally-recognized bank and don't deposit it in your account, go to the issuing bank to cash it to ensure it is legal tender.

To quote everyone's Grandmother/Grandfather/Father/Mother (fill in the name of a smarter person than you), "If it looks too good to be true... it probably is." Now I have a couple of mattress inspections to do so I can buy the latest album on Apple Music.

## schools

# Audubon Park School APS 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 Far right photo: Fifth-grade teacher Amber Helsel and her class won the Farmer's Insurance Thank-a-Teacher-Grant. At left: Dr. Machael Dawkins joins Audubon Park School.

and even an upload feature so families could share what they made with the locally-grown food.

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.









10 SCHOOLS The Park Press | APRIL 2019

### schools



Baldwin Park Elementary has many exciting events coming up and we would love the opportunity for you to attend! Our PTA will host their annual Spring Fest Carnival on Friday, April 12th from 5:00-8:00 p.m. This evening event will include carnival games, rides, an obstacle course, dunk tank, food and more! This event is open to anyone in the community! We will also be hosting our annual clothing drive to benefit students at Baldwin Park Elementary. We are looking for new or gently-used children's clothes ranging from newborn through size 16. Clothing can be dropped off in the front office of Baldwin Park Elementary anytime between 9 a.m.-2:30 p.m. during the week of April 1st.

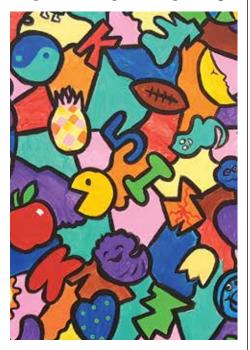
Kindergarten registration for the 2019-2020 school year is now open! Pleasestop by Baldwin Park Elementary in the very near future to register your upcoming kindergartener!



Back in February, Dommerich Elementary looked like a museum and sounded like a concert hall. DES Celebrates the Arts was an amazing event!

Music and art was showcased throughout the campus. As students and parents walked around campus, they could see students' artwork displayed in the hallways and create their own art at stations located around school. There were demonstrations by local artists, including Katie Fisher, a Dommerich parent; and Jon Miller, a local artist who has painted murals in the DES cafeteria and courtyard. Former Dommerich students and current Maitland Middle School students, Peyton Hagerty and Ava Kerr, were demonstrating art in progress.

Second-grade students made a special contribution to the event. They worked for weeks on a colorful collaborative painting that will hang permanently in the school. Every student helped in the development of the picture and spent time painting it.



Above: Close-up of Dommerich Elementary second grade students collaborative painting.

Thank you to all who attended, and to the Academic Programs Committee co-chairs, Amy Orseno and Kendra Simasek; and the music and art teachers, Mrs. Krulick and Ms. Reynolds, for putting together this outstanding event showcasing DES student artists.

# Glenridge Middle School PRINCIPAL CHRIS M. CAMACHO, Edd

It's another great week to be a Glenridge M.S. Lion! Our Symphonic Band, under the leadership of Mr. Brian Sullivan and Mr. James Brannock, earned a Superior rating at the district Music Performance Assessment. This makes 14 straight years of superior ratings for our Symphonic Band!

Track season is right around the corner. We have two upcoming home track meets, on April 10th and 17th. I look forward to seeing each of you at our track meets to support our Lions. So many great things are in store for us and I know our greatest achievements still lie ahead of us.

Go Lions!



# St. Charles Borromeo Catholic School





St. Charles Borromeo Catholic School students celebrate Dr. Seuss the kindergarten way.

# Celebrating Dr. Seuss the Kindergarten Way!

Tiaras, striped top hats, pink wigs, and more filled the Kindergarten classrooms at St. Charles Borromeo Catholic School in celebration of Dr. Seuss' birthday. Theodor Seuss Geisel was born on March 2, 1904, in Springfield, Massachusetts. He published his first children's book, "And to Think That I Saw It on Mulberry Street," under the name of Dr. Seuss in 1937. After his initial hit, he went on to write numerous best sellers, including "The Cat in the Hat," "Horton Hears a Who," and "Green Eggs and Ham."

Throughout the week, students participated in a variety of learning activities incorporating not only reading but also math and science. This was a great opportunity to teach the children to love reading. Reading aloud activities promote language comprehension and help students to imagine being a character in the story.



Above: Kayaking in the Everglades with the ninth grade Geneva school students.



# The Geneva School HEADMASTER BOB INGRAM

It's been another exciting month at The Geneva School!

Our K4 oceanographers visited the "Coral Reef Cafe," a classroom transformed into a fine dining restaurant, where they tasted seafood items the children had learned about in their Under the Sea unit.

The kindergarten students wore their hand-crafted symmetrical butterfly wings and were "released" onto the playground where they "cross pollinated" painted flowers, giving them a better understanding of this scientific process.

As a culmination of their study of the stories of Beatrix Potter, the first grade students performed "The Tale of Peter Rabbit." They demonstrated courage and talent as they mastered lines, staging, singing, choreography, and team work.

Second grade students read "Owls in the Family" by Farley Mowat, then visited the Audubon Center for Birds of Prey, allowing students to see birds of prey up close and learn more about them.

The third grade performed their "Charlotte's Web" play to finish this literature unit. The students presented a dramatic rendition of E. B. White's classic novel about the unlikely friendship between a pig and a spider.

Sixth grade completed their science study of space by spending a day at Kennedy Space Center.

The seventh-twelfth grade House System competed in a Field Day that included athletic, artistic, dramatic, and academic events.

The ninth grade students spent a week camping in the Everglades. They built community and learned about the ecosystems around them through hiking, kayaking, and snorkeling.

Schedule a tour today! Call 407-332-6363 or go to www.genevaschool. org for more information.

# Winter Park High School PRINCIPAL MATT ARNOLD

Our students and faculty at Winter Park High School continue to make us proud. The National Federation of High School Coaches recently recognized Coach Kristin McWilliams as the 2017-2018 Girls' Track and Field Florida Coach of the Year. Drama teacher J. Marie Bailey was awarded the Drey Scholarship for English in Action to study abroad this summer in Scotland.

Three students won C-SPAN's StudentCam contest -- a national competition- for their documentary titled "Comfortably Numb: Honoring America's Right to a Free Press." Featuring several interviews with local journalists, a teacher, and a Cuban-American attorney, the film focused on "the important role that journalism plays in our nation's survival," according to Ella Grace, one of the student filmmakers. Out of almost 3,000 entries from across the country, the team from Winter Park H.S. was one of four first-prize winners. The documentary will be shown on C-SPAN on April 20 at 6:50 a.m. and throughout the day.

# Winter Park Presbyterian PreSchool

There are many benefits gained from providing quality art experiences in an early childhood education program. Fine motor skills are enhanced by grasping pencils, crayons, and paintbrushes, and will help build writing skills. Language improves when children talk about their art and the choices they've made when creating it. Drawing, working with clay, and threading beads develop visual-spatial skills.

We believe that art should be an everyday experience in preschool. Our teachers provide open access to art materials in the classroom, and offer art as an integral part of their daily lesson plans.

We also have a weekly program in our beautiful studio, taught by our art specialist. Our young students learn the fundamentals of art vocabulary, tool use, art techniques from handbuilding with clay for kiln firing, painting on different types of paper and canvas, and engage with printmaking and other two-dimensional and three-dimensional works.

Afternoon enrichment programs are available for our students who just can't get enough art. We offer a variety of classes after school for our students. We also offer summer art camps for ages 3-12.

Give us a call at 407-629-0727 if you'd like more information, or to schedule a tour and visit our fabulous art studio. We are currently accepting registration for preschool fall 2019 as well as six summer camp sessions, summer music & movement programs and summer art camp programs.

The Park Press | APRIL 2019 CALENDAR 11

# 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/.

# 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/ 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 Aerobic 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. Call 407-303-2552 for more information.

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

**Every Monday and Wednesday Lunch and Crunch** - 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 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. 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. 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 AdventHealth Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. 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.

**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.

# 65<sup>TH</sup> ANNUAL EASTER EGG HUNT SATURDAY, APRIL 20, 10 A.M.

Downtown Winter Park in Central Park.
Featuring over 14,000 stuffed eggs. Every child will leave with an Easter egg. Children can hunt for eggs within their specific age group of 4-7 years at 10 a.m.; 1-3 years at 10:15 a.m.; or 8 years and older at 10:30 a.m. Children with special needs are encouraged to join in the fun. After the egg hunt concludes, the Easter Kids' Zone will provide fun for everyone. The Easter Bunny will greet patrons and pose for family photos. For more info please call 407-599-3342.

**April 4 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.

**April 13 Ninth Annual Wine Women & Shoes Event** - 2:00 to 6:00 p.m. at The Ritz-Carlton Orlando, Grande Lakes located at 4012 Central Florida Parkway. All proceeds from Wine Women & Shoes benefit Second Harvest Food Bank of Central Florida's mission to fight hunger in our community. For more information, visit www.wwsorlando.com

**April 20 9th Annual Paws for Peace Walk** - Registration begins at 8:00 a.m.; Walk starts at 9:00 a.m. at Blue Jacket Park located at 2501 General Rees Ave. A \$30 donation includes a free t-shirt and doggie bandana. Register at www.harborhousefl.com or contact Gabrielle Harb at GHarb@harborhousefl.com.

**April 22 Clean-up of Lake Baldwin** - In honor of Earth Day, the City is hosting an adults-only evening clean-up of Lake Baldwin. The event is sponsored by City Beverages and starts promptly at 5 p.m. where volunteers will plant and remove litter, sprucing up a portion of the lake shoreline. The work portion of the evening will conclude at 7:00 p.m. then volunteers can celebrate their accomplishments with complimentary snacks and drinks at Gator's Dockside. RSVP required to jody.buyas@orlando.gov.

#### **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.

**May 11 Annual Baby Owl Shower 2019** - 10:00 a.m. to 2:00 p.m. at the Audubon Center for Birds of Prey located at 1101 Audubon Way. For more information, please call 407-644-0190.

#### **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 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.

### 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.

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.

**April 3 Internationally acclaimed pianist Enrique Graf** - 1:00 p.m. at the Winter Park University Club, 841 North Park Ave., Winter Park. Open to the public. Donations appreciated. For information call 407-644-6149 or visit www.UClubWP.ora.

**April 10 Winter Park Garden Club General Meeting** – 10:00 p.m. at the Winter Park Garden Clubhouse in Mead Botanical Gardens located at 1300 S. Denning Drive. Event is free. For more information, please call 407-644-5770 or email winterparkgardenclub5@gmail.com

**April 13 Earth Day/Arbor Day In The Park** – 11:00 a.m. to 3:00 p.m., in Shady Park located adjacent to the Winter Park Community Center at 721 W. New England Avenue. For a complete schedule and more information regarding "Earth Day/Arbor Day in the Park," visit cityofwinterpark.org/earthday or call 407-599-3364.



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