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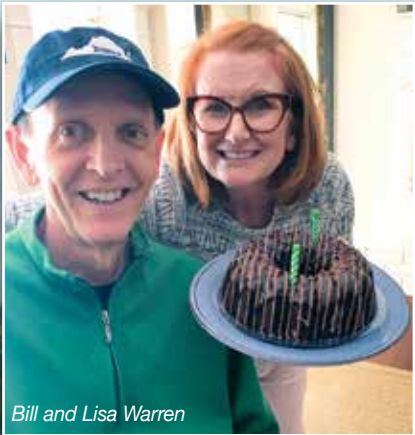
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ADRC Is The “Go-To” Resource For Alzheimer’s Caregivers

By Lisa Warren



Bill and Lisa Warren



Kim and Glen Campbell

Kim Campbell, wife of celebrated musician and Alzheimer’s patient Glen Campbell, recently spoke at a sold-out gala in Winter Park to celebrate the 35th anniversary of the Alzheimer’s & Dementia Resource Center (ADRC). The Central Florida organization assists families and caregivers living with Alzheimer’s disease or other forms of dementia.

Campbell shared her intimate understanding of the complex challenges faced by spouses and

families living with Alzheimer’s disease. She chose to live through it publicly with her husband, beloved for hits like “Rhinestone Cowboy,” “Galveston,” and “Wichita Lineman,” who died on August 8, 2017. Campbell’s mission now is to help bring awareness to this devastating disease, particularly to the needs of family caregivers.

In Central Florida, the ADRC has been helping family caregivers since 1984, when founded by the late Pat Jimison in her Winter Park living

room. When Pat’s husband, Jack, was diagnosed with Alzheimer’s disease, the family- including Jack, Pat, and their daughter Shellie- looked around for information and support and found none. Over the past 35 years, through the initial guidance of Pat and her daughter Shellie Brassler, the ADRC has helped more than 85,000 Central Florida caregivers.

Continued on page 4



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Publisher's Message



Rick Cable

This month we honor perhaps the most important, influential, and unselfish person who has ever been a part of our lives. Sure, as we get older we have others who might take over that role, but mothers are first, and the ones who really set the stage for how we will handle things throughout our entire journey in life. I view being a mother as being perhaps the most unselfish thing a person can do. Mothers, especially when their children are young, place their children in higher importance than anything else, and they become blessed with great awareness and unseen eyes in the back of their head. They are the constant protectors, caregivers, teachers, rule setters, and the ones who, when something is not going right, are to whom we need to talk. For we all know that one of the quickest ways for any child to begin solving a problem is to say- I'm telling mom!

In most situations just saying these three powerful words alone immediately solves the problem.

This led me to ask the origin of this holiday. I've always assumed that it was created by Hallmark and 1-800-Flowers, but no. The holiday was first established by Ann Jarvis in 1868 as a "Mother's Friendship Day" to help



bring families together who had sons who had fought or died on opposite sides during the Civil War. These gatherings became sporadic at a local level up until her death on May 9, 1905. Her daughter, Anna Jarvis, continued her efforts with the help of John Wanamaker. He was a Philadelphia merchant, and they held a large celebration at his store on May 10, 1908. Five hundred carnations were at this ceremony which is why carnations are associated as the flower of this holiday.

Jarvis worked hard to establish this day as an annual national holiday, and on May 9, 1914 President Woodrow Wilson delivered the official proclamation.

Ironically, after nine years the commercialization of the holiday had become so rampant that Anna Jarvis herself became a major opponent of what the holiday had become. So much so, that she spent all her inheritance and dedicated the rest of her life fighting what she saw as an abuse of the celebration.

Thankfully, the holiday has stood the test of time, and continues to honor she who, I believe, is the most important, influential, and unselfish person in our lives.

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

Rick
Rick Cable
Founder/Owner

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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

May is a busy month in the City of Orlando, and for all of us it is a time to celebrate and remember all of the moms in our lives. As a Jewish proverb says, "God could not be everywhere, therefore, he made mothers."

There are so many ways and so many great neighborhoods where you can spend quality time with moms, families, and friends this and every month in our Great City.

Every month, Audubon Park hosts markets that are perfect places to find unique Mother's Day gifts or make a great place to take mom for an afternoon

or evening. On Monday evenings from 5 p.m. to 9 p.m., head over to the Audubon Park Community Market located at 1842 E. Winter Park Road.

Then in the beautiful Baldwin Park Village Center, enjoy First Friday Festivals each month from 5:30 to 9:30 p.m. This free sidewalk festival showcases the wonderful neighborhood businesses, plus many other local artisans and is kid and pet friendly.



On Saturday, May 11th enjoy College Park Main Street's Spring Fest from 5-11 p.m. along Edgewater

Drive. This street party includes great food and music. Visit collegeparkpartnership.com for details.

Leu Gardens has free admission for moms on their day, Sunday, May 12th. Along with all of the beauty that the 50-acres gardens has to offer, enjoy sweet treats from Sugarbuzz Dezert Company and Peak Season Pops to celebrate this special day. Visit leugardens.org for more information.

Another reason May is an awesome month in Orlando is because of the unique Fringe Festival, which takes place in and around Loch Haven Park from May 14th through May 27th. As the longest running

Fringe festival in the United States, this celebration of theater, art and music brings accessible and uncensored performance art to our community through numerous different kinds of shows. For our younger audiences, there is also Kids Fringe, which takes place both weekends of

Fringe, from 10 a.m. to 2 p.m. outside of the Mennello Museum. Kids Fringe includes arts, crafts, musical performances and much more, which are all free and open to the public. Visit orlandofringe.org for more information.

This month also kicked off the final phase of the Corrine Drive Complete Streets Study by MetroPlan. The big Community Meeting at Audubon Park K-8 School on May 1st was, in many ways, the beginning of the next important chapter for the street.

The recommended design for Corrine Drive is available online for everyone to look at, and com-



Free admission for mothers on Sunday, May 12 at Leu Gardens.

ments are still being encouraged. Hundreds of people have given feedback to the project team throughout the study, but there is still a lot to be determined.

The Corrine Drive Complete Streets Study plan is posted on CorrineDriveStudy.org. On that page, you can see the Corrine Drive Study and Resulting Recommendations report, a two-minute video about the plan's key features, and some other informational pieces. You will also find the link to a survey for commenting on both the plan and the study process. Please take a couple of minutes to fill out the survey. You can send in a comment on the plan through May 31st.

This plan for Corrine Drive includes many things people have wanted for years to make the road safer and more enjoyable--continuous sidewalks, a shared

use path and a cycle track, a street design that can slow down speeds, and more shade trees. MetroPlan Orlando - working with Orange County, Orlando, and Winter Park governments - is finishing the study, which began in 2017. Now it is time to look for funding sources that can be used to implement the improvements, since funding is not immediately available.

Thanks for your support of our amazing Orlando communities and in joining me to show appreciation of our moms this month. Look forward to seeing you around town this month and hope to hear from you about Corrine Drive.




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Winter Park Mayor's Message

Mayor Steve Leary



Steve Leary

Happy 40th Anniversary!

The Winter Park Farmers' Market is recognized as one of the top farmers' markets in the region. What began as a small market on May 19, 1979, with only eight vendors has grown into a thriving market with over 85 vendors that approximately 2,500 shoppers enjoy every Saturday between 7 a.m. and 1 p.m.

As archived on WPPL.org, in the late '70s a former city commissioner, Jerry Donnelly, suggested that the city initiate a Saturday morning market at the train depot. This property was purchased by the city in 1977 for \$250,000, with the intention of tearing the old depot down to provide a parking lot for downtown visitors. Commissioner Donnelly believed an open-air market would be an excellent spot where Winter Park residents could gather, as he envisioned that this would foster a sense of community. Additionally, he felt that it would attract more people into downtown Winter Park on Saturdays, which was in keeping with Winter Park's community-oriented downtown shopping concept.

The City Commission approved the concept of a farmers' market and set out policies regulating when and where produce and plants could be sold by the vendors. On its opening in May 1979, the hours were from 8 a.m. to 2 p.m. each Saturday.

The farmers' market got off to an incredible start on its opening



Saturday when approximately 10,000 people came to buy produce and plants. The sheer number of people who visited the market on its very first Saturday exceeded all expectations at that time. Within two years the farmers' market was described as a weekly social function for many of the older residents of the community. It became part of their weekly routine, and many wouldn't have dreamed of missing it!

Now, four decades later, the same sentiment rings true. The 2,500+ attendees enjoy their weekly shopping for diverse kitchen and garden items, from bay leaves and bratwurst to bagels and butterflies. Vendor varieties include plants, flowers, produce, baked goods, organic, locally-grown and consumable products.

Please join us as we celebrate the Winter Park Farmers' Market's 40th Anniversary Saturday, May 18, at 10 a.m. For more information regarding this celebration, please call 407-599-3397.

From Page 1.

"Our mission is to provide support and hope for families and individuals caring for a loved one with Alzheimer's disease," explained Edith Gendron, ADRC's chief of operations. "We do this by empowering caregivers with the knowledge and support needed to help prepare them for coping with the challenges and rewards of caring for a family member with dementia. Our services are all free of charge to the caregiver."

Lisa Warren, of Orlando, has been caring for her husband, Bill, for the past several years. Bill


was diagnosed with early onset Alzheimer's in his late 50s while at the height of his career. Lisa credits the ADRC with helping her be the very best caregiver for Bill that she can. She's taken several of their classes, like the Savvy Caregiver Series, and participates regularly in one of their monthly support groups.

"I have learned so many things that I had no idea about. Truly, one must get educated to face this disease and provide the right care. As the disease progresses, you can no longer reason

with your loved one and the ways you have to communicate are so foreign, but they can be learned," Lisa shared. "I don't know where I'd be without my ADRC support group. It's a place where I can express my feelings, share experiences and learn from others also on the journey."

"One thing I know for sure," Lisa added, "you can't do it alone. I'm so glad our community is blessed with the resources and knowledge provided by the ADRC."

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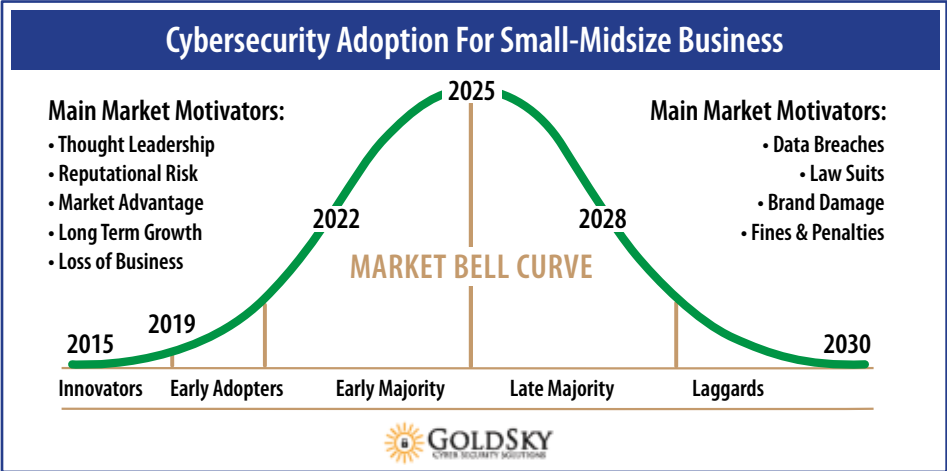
Ron Frechette

cybersecurity awareness

by Ron Frechette, The Cyber Coach

Cybersecurity Adoption On The Rise With SMBs

As the mid-year point approaches in 2019, we are encouraged by the increase in small business owners beginning to take the threat of data breaches, regulatory fines, and potential law suits more seriously. We saw an upturn in this movement beginning in September of 2018 and the trend seems to be snowballing. The demand for third-party IT security risk and compliance assessments has increased month over month and will only continue gain traction as cybersecurity awareness increases and compliance mandates are imposed at the state, federal and global levels. That said, there's still lots of work to be done and growth to be had. Let's examine the small-midsize (SMB) business market in the bell curve below:



The Early Adopters are just now making their mark in 2019. We expect Early Majority (or critical mass) adoption for SMBs to kick in sometime in 2020 and hopefully continue to rise until around 2025. The Late Majority and Laggards will be forced to adopt formal cybersecurity programs due primarily to data breaches, law suits, and loss of business.

The primary market drivers for SMBs adopting cybersecurity programs we see trending are:

1. Education & Awareness
2. Data Breaches
3. Proof of compliance requests from clients and vendors
4. Regulatory & Industry Mandates

How Can You Get Started on the Cybersecurity Adoption Path Today?

You don't need to be a cybersecurity expert to adopt a program. There is plenty of information online to help get you started on the journey to develop a sound and cost-effective cybersecurity program. It all starts with having a plan and framework to begin with. We recommend the following steps to get started:

- 10 Steps Towards Adopting a Cybersecurity Program**
1. Become familiar with industry-accepted cyber risk management frame works like the National Institute of Standards and Technology (NIST CSF) and GoldSky Security's DREAMSecureSM platform for small businesses.
 2. Know where your sensitive data resides within your infrastructure and protect it properly.
 3. Perform a Security Risk Assessment.
 4. Perform monthly Security Awareness Training.
 5. Leverage multi-factor authentication whenever possible.
 6. Consistently back up data. Use a secure cloud solution in addition to on premise.
 7. Patch applications regularly. Unpatched systems are great attack vectors.
 8. Implement complex passwords. Use pass phrases.
 9. Limit users with admin privileges.
 10. Implement endpoint protection using a white list solution.

The digital world has totally changed the way we conduct business. Businesses of all shapes and size will eventually have to offer some form of cybersecurity protection to their clients and vendors in order to remain competitive in today's digital economy. As the owner of a small business, you owe it to yourself and your family to protect the investment you worked so hard to build. Adopting a cybersecurity program is a huge step towards protecting that investment.

Until next month, wishing you a good journey in cyberspace!

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

Sources:

<https://goldskysecurity.com/dreamsecure-crms/>

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

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pop culture detours by George McGowan

Summer Movies Get Their Start In April This Year

Summer in Florida is long, hot, and sticky and I'm sure we don't want it to be artificially lengthened in any way. But somehow, the movie industry has decided that summer blockbusters can now be released in late April, for goodness sake! As this is being written, diehard fans are praying for the weekend to come so they can watch the next installment in the Marvel Cinematic Universe (MCU – yes, it's a thing). "Marvel's Avengers: Endgame" is the first of many summer movies to hit the theatres on April 26th and possibly dominate the headlines for the summer. Preview audiences and reviewers are already raving about the three hour (!) blockbuster and the penultimate film in this iteration of the comic book heroes we have been seeing save the world since the first Iron Man movie was released in 2008. I don't have a quarrel with blockbuster movie series, to each his/her own, but I do have a quarrel with them extending summer by another month!

Speaking of summer movies with extensive names, someone I know very well is itching for the next installment of another series, "John Wick: Chapter 3: Parabellum" which is out this month. What a name! Was "John Wick 3" taken or something?

While you may be anticipating "Pokemon: Detective Pikachu" or the live action "Aladdin" to hit the multiplex this month, I am hyped (as the kids say) for a TV movie to hit HBO on the last day of May. If you have this date circled on your calendar too, you and I might just be best friends. Of course, I am referring to "Deadwood: The Movie." What, you say? Well, some of you of a certain age and temperament will remember the HBO series "Deadwood" that ran from March 2004 to August 2006. After many efforts and with a push from some super fans, the series creator David Milch penned a two hour conclusion to the series, which was cancelled prior to his anticipated ending after a fourth season.

I have spent the last several weeks re-watching the series, which is available for streaming on Amazon Prime. After watching an installment, I tend to also read the show recaps from the wonderful online pop culture site, A.V. Club. Yes, I have a problem. But it's a good one, since this series is wonderful from beginning to end! I am marveling at the exceptional writing and the acting, especially by the peripheral characters, which make the show so rich and satisfying. As with many of my recommendations, "Deadwood" is an acquired taste, since the language is as salty as you will ever hear in a mainstream entertainment. But what language! To call it Shakespearean is not an overstatement.

"Deadwood" is set in the 1870s in Deadwood, South Dakota just after Custer's Last Stand, when prospec-

tors began to settle in the Black Hills. While a fictional account of those times, the series includes character who actually existed, including Wild Bill Hickok, Calamity Jane, Sheriff Seth Bullock, and tavern-owner and all-around-conniver Al Swearengen.



"Deadwood: The Movie" will be shown on May 31.

It is as great as I remember and invites more than one viewing because of its rich storylines. I am timing my re-watch to conclude just as the coda arrives at the end of the month! Whatever you are looking forward to this month, happy viewing!

theater in the parks by Paul Gicola

If It's May...It's FRINGE

It's time again for the annual **Orlando International Fringe Theatre Festival**. This year marks the 28th year of the festival which will run for 14 days from May 14-27. Two teaser shows were held on April 15 featuring local artists. On May 14, there will be a teaser show featuring international artists. This year there are approximately 140 different shows and each one is performed multiple times throughout the festival.

This year's theme is "Fringe for All" because no matter what your age or entertainment preference, you will find it at Fringe. As I like to promote our local artists, here are some of my recommendations based on attending the teaser shows: For all ages- "Le Cirque Nuit," "American Homelessness," "Fish Tales and Swan Songs," "Fringe Family Feud," "Goodbye," "Hombre," "JunNk," "Leviticus," "Ray Bradbury's H20," "War Paint," and "Wonders in Motion." For adult audiences- "Pepe's Playhouse," "Candles in the Dark," "Black Wood," "Church of Saint Bearer," "Flame & Fortune," "From Here," "How to Eat a Bear," "Infestation," "Mean Gays," "Shirley Valentine," "A Showgirl's Musical," "Strange Bedfellows," and "Field Guide to Not Being an



For those new to Fringe, it can be a bit overwhelming but the website (orlandofringe.org) and the Fringe Program make it easy to understand. There are tips and videos and even Fringe-o-matic which helps you schedule your shows at the times you can attend. As they say, "Try it... you'll like it."

UFC Celebrates the Arts: I am continually impressed by the quality of this festival which just completed its fifth year at the Dr. Phillips Center. This diverse program spanning 10 days gets better each year. This year's big production "Titanic the Musical" was outstanding. It brought together all the creative arts departments of UCF and although there was some star turn performances, its focus was on the performers as a group- which is important in this kind of festival, based on creativity and collaboration

"Sweet Charity"- Rollins College: This musical has been done many times in Central Florida to various degrees of success. Since this has always been one of my favorite shows, I tend to be a bit critical. However, this production directed by Missy Barnes and choreographed by Robin Gerchman, with musical direction by Jason M. Bailey, was really very good. The innovative scenic design by Lauren Cushman and live orchestra enhanced the production, but it was Anneliese Moon's performance as Charity, the eternal optimist, that brought it over the top. Her highly energetic performance, a good singing voice, and just the right amount of naivety made Charity believable, which is not easy to do. This was their final show the season. They have already announced their next season (rollins.edu/annie) including next year's big musical "Mama Mia," which by the way will also have the same creative team as this production. Something to look forward to!

Quick take: I like it when theaters bring new or lesser-seen shows to Orlando. Such was the case recently when Theatre West End featured "Wild Party." It was nice to see local favorite Michelle Knight back on an Orlando stage after having been on Broadway and Off-Broadway. Central Florida Community Arts produced "Once Upon A Mattress" which actor Blake Aburn did a fine job directing.

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OTHER BEST BETS FOR MAY: "HEARTBEATS" (WINTER PARK PLAYHOUSE); "BILLY ELLIOTT" (GARDEN THEATRE); "THE GOAT OR WHO IS SYLVIA" (THEATRE ON THE EDGE).



Ayesha G. Shenk

you again what endures as my very favorite

live meaningfully

by Ayesha G. Shenk, M.A.

Desiderata...

Every May, I gift myself with a little birthday present in this publication. I take the time and opportunity to offer

piece of written wisdom.

Desiderata, written by Max Ehrmann in 1927, was written as a reminder to himself to remain aligned with his true and virtuous self. Perhaps to consistently have an aspirational touchstone with which to connect and to which to return when life got in the way.

Though I have it emblazoned on a piece of art in my office (and thereby should easily be able to read it every day) I find myself needing to intentionally read it every so often in order to center myself as Ehrmann did. The words never lose their profound impact, even if I have been guilty of allowing them to meld into the

background of my wall... mind... life... at times.

So, I offer you these 'desired things' again this May as a public reminder and perhaps as an offering of my own accountability to that which I truly believe and, indeed, desire. May it find you exactly where you are and offer to you exactly what you need...

Desiderata

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

As far as possible without surrender be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story.

Avoid loud and aggressive persons, they are vexatious to the spirit.

If you compare yourself with others, you may become vain and bitter;

for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans.

Keep interested in your career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs; for the world is full of trickery.

But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism.

Be yourself.

Especially, do not feign affection.

Neither be critical about love; for in the face of all aridity and disenchantment it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings.

Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe, no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should.

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

With all its sham, drudgery and broken dreams, it is still a beautiful world.

Be cheerful. Strive to be happy.

Max Ehrmann 1927

May this May leave you with more answers than questions. May this May hold you in the palm of His hand. May this May blow the wind through the trees of your discontent and churn the oceans of your fear into gratitude. May this May break the dawn of a new landscape altogether.

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.



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Stephen & Kristin Pategas

in the garden by Stephen and Kristin Pategas

All photography by Stephen G. Pategas/Hortus Oasis

Pro Chat Landscape Pest Control Contractor 2.0

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

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...



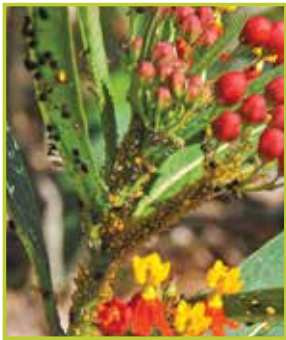
Above: Evidence of root knot nematode on tomato plant roots.



Above: A magnolia branch infected with scale, an insect pest.

What can a homeowner do to decrease problems?
There are several necessities to limit problems in the landscape. On the top of the list are proper plant selection, proper spacing and planting, proper pruning, and ensuring plant-specific requirements for light, water, and oxygen are met. If these basic requirements are accomplished, then we can handle most insect and disease challenges.

What are the top two pest or disease issues?
That's a loaded question! The potential of chinch bug damage to St. Augustine grass is probably at the top of the list for insect pests due to the high potential of rapid damage and known resistance to every insecticide class on the market today. As for disease issues, several lethal diseases of palms are hugely problematic due to their ease of spread and the lack of post-infection management options.



Above: Tropical milkweed infested by aphids.



Above: Cycad scale on a sago palm frond.

more frequently in landscapes. This is where plant selection and customer education are so important.

Are there problems that cannot be treated, and the plant can't survive?

There are certain ailments that do not respond to current treatment options. It is important to understand that landscapes are comprised of plants, which have lifespans. Sometimes, certain diseases are lethal to plants, and treatments are simply not effective.

How successful is treatment with only biorational pesticide products?

Biorationals (or biopesticides as they are called by the EPA) are relatively non-toxic to people with few environmental side-effects. Their use, and the use of beneficial insects and fungi in pest management, can be very successful. That said, many of the products available are pest-specific and require frequent applications to keep pests manageable.

What is Integrated Pest Management (IPM)? Is it beneficial?

Integrated Pest Management is a multifaceted approach to managing pests and promoting healthy plants. In my opinion, IPM presents the only way to approach pest management. Aspects of IPM include promoting beneficial organisms, using least-toxic pesticides when appropriate, and establishing a threshold of acceptance to minimal pest activity and/or damage.

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@hortus oasis.com

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protection and service

by Jim Whitman, Winter Park Police Department

Ahoy There!

There is a childhood riddle that asks, "If April showers bring Mayflowers, what do Mayflowers bring?" Of course, the answer is "Pilgrims" which brings up the ever important topic of safe boating and water safety. May is actually National "Drowning Prevention and Water Safety Month." For all of our pirate friends out there, you probably are aware that May 2nd is Scurvy Awareness Day but we would like to call your attention to some other important facts and rules before preparing to set sail or at least spend time around the water.

No vessels longer than 21 feet are allowed on the Winter Park chain of lakes and no boat wider than eight feet shall enter any of the canals that connect the lakes.

Winter Park City Ordinance requires anyone younger than 18 years of age be licensed by the Winter Park Police Department prior to operating a boat on the chain of lakes

also, anyone born after September 30, 1980 is required by the State of Florida to complete a National Association of State Boating Law Administrators competency exam if you are going to operate a vessel powered by a motor of 10 horsepower or more. The Winter Park Police Department offers the How to Boat Smart course for those interested.

As a reminder, no one under the age of 14 may operate a personal water craft (jet-ski) and all vessels operated on the chain of lakes must be registered in accordance with State law and display the assigned registration decal. It should also be noted that Winter Park City Ordinance requires that the owner of all vessels operating on the Winter Park chain of lakes pay a user fee to the City. Annual or day passes may be purchased at City Hall or the Winter Park Library Monday through Friday and at the Winter Park Library on Saturday and Sunday.

It is always a good idea to have a pre-departure checklist (to make sure you haven't forgotten something, like putting the plug in hull before backing the boat down the ramp and into the water) and to make sure everyone on board is familiar with all of the safety equipment. It should go without saying that everyone on board should be fitted with a lifejacket or at least have it in close proximity to them (if your boat is less than 26 feet long and you have children under six years of age, they must always wear theirs). If you are new to boating, consider taking a boating safety course, and if you ever see the U.S. Coast Guard, ask for a complimentary safety inspection.

Seeing as how we live on a peninsula, and you are usually no further than five minutes from a body of water, learning how to swim should become a rite of passage if you live in Florida. When visiting the beach (whether a lake or ocean) try to swim near a lifeguard stand. Pay attention to weather reports regarding storms and take note of any areas where rip currents have formed.

If possible, swim with a buddy or at least within eyesight of someone on the shore. Never swim in unfamiliar water and always pay attention to children playing close to the water. That also applies to children in bathtubs as it only takes the amount of time to leave the room to answer the phone for a drowning to occur.

Now, I am going to go eat a bag of navel oranges (you can never be too cautious when dealing with scurvy) and launch my dinghy for an adventure on the high seas... or maybe just Lake Mizell.



schools



Audubon Park School

PRINCIPAL TREVOR HONOHAN

We're celebrating our Student Changemakers this month at Audubon Park School. Student-driven ideas, designs, and innovative projects were the focus as winners were announced in the OPCS Innovation Office Student Choice -Student Voice recent pitch competition. Congratulations are in order for four of our student groups who earned funding to implement their ideas. The Trash Team (2nd grade Mason H. and Griffin D.), The Real World (7th grade, Aubrey T., Hailey M.) Falcon Flight (4th grade, Esme G., Nina F., Caleb J.) and Natural Classroom (Amelia B., Kate B.) Over \$3,000 in funding will be provided to these students to put their designs to work and have their projects come to life next school year!

Congratulations are also in order for our Green Falcons Eco Team. They recently were named a 2019 winner for the Keep Winter Park Beautiful Grant award. Besides managing the school's recycling projects, they are embarking on a full-fledged Seed Paper Production workshop in their classroom. Mrs. Lee's 8th graders are using the school's recycled paper to create seed paper to reuse in our gardens and sell at local markets.

As the school year comes to a close this month, we thank everyone in our community for making our inaugural year a success! Our Registration Office is open and registering students for next year. If you are making the move to APS or have a student starting Kindergarten next year, please register as soon as possible. Plans are in the works for next year and we need accurate numbers to plan for an amazing year for your child.



Dr. Prince LaBoo of the OPCS Innovation Office awards "Falcon Flight" pitch project grant to Nina, Esme and Caleb from 4th grade. Their project will bring awareness and homes to birds in the area.



Dommerich Elementary

PRINCIPAL KAREN VERANO

Dommerich Elementary held its annual Family Garden Day on Saturday, April 27th. The theme of this year's event was inspired by the connection between native plants and birds. Participants enjoyed a performance by kindergarten students, story time, make n' take activities, presentations of student work, snacks, songs, and more.



Baldwin Park Elementary

PRINCIPAL ANNA FERRATUSCO

Baldwin Park Elementary has had a fantastic year. We have celebrated our new beginning as Bobcats and rewarded students for so many accomplishments this year. We are beyond proud and excited for our 133 fifth graders who will begin a new adventure in their lives moving to middle school. Our registration for the 2019-2020 school year is open. Please be sure to stop by the office to register your child to ensure they are ready to start in August!



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schools



St. Charles Borromeo Catholic School

PRINCIPAL NATHAN NADEAU

St. Charles Borromeo Catholic Church and School joined the Paris community of the Cathedral of Notre Dame Cathedral in a special way as the world was praying for them. It was just over 40 years ago that St. Charles Borromeo was the Cathedral for the diocese of Orlando until a fire erupted here as well.



Above: Photo courtesy of St. Charles Borromeo Catholic School.

Retired firefighter Mike Kelly remembers the call out to the fire at St. Charles Borromeo Cathedral vividly. "I've been to several church fires, but all of a sudden, this was my church," Kelly said. "The fire was spreading through the rectory and spreading out the hallway toward the school." For Kelly, and others who were there when Orlando's first cathedral burned in 1976, the memories of the fire there rose with the sight of the images showing smoke and flames at Notre Dame.

As the students learned about the devastation occurring in Paris, they were drawn into parallels and prayer as they learned more about the history of their own church. "The students prayed from a position of hope because they know that St. Charles Church rebuilt all those years ago and is still here today, and that God-willing, the Cathedral of Notre Dame will be rebuilt and that community will be able to celebrate there again as well" said Nathan Nadeau, the principal of the St. Charles Borromeo school.

Deacon Tom Pringle grew up at St. Charles. He said the history of the church is especially poignant moving into the Easter holiday, especially with the devastating fire in France.

"There's always hope that arises from the rubble," said Pringle. "I think the people of France will experience that when Notre Dame is rebuilt."



The Geneva School

HEADMASTER BOB INGRAM

Congratulations to our girls beach volleyball team! They defeated Masters Academy 2-1 and Orangewood 2-1 to win the regional championship! They have advanced to play in the state championship.

Our varsity track and field teams competed in the district meet and had both individual and team events qualify for regionals. The boys relay



Above: The Geneva School's girls beach volleyball team are regional champs. Congratulations to all!

team got first place, winning districts!

The girls varsity tennis team advanced to regionals as they won line 1, line 2, and line 1 doubles, with the line 2 doubles taking runner-up.

Upper school students competed in the academic Junior Classical League State Forum, a competition bringing over 1,100 students together to compete. They did a great job with seven individual first place wins and a first place team performance.

Second graders read "Owls in the Family" by Farley Mowat, and enjoyed hearing the story of the exciting and disastrous Pet Parade. Students were inspired to create their own floats and enter a creative exhibit into their very own Pet Parade.

Fifth-grade students took a week to visit Williamsburg as a class in order to visit first-hand the historic sights they have been learning about this year.

Sixth-grade students spent a week in Washington, D.C. building community within the grade, growing in independence, as well as learning about our nation's history and government by seeing the sites that have filled their history studies during the year.

Our brand new 7th-12th grade building is on schedule to open for classes beginning August 2019. Schedule a tour today! Call 407-332-6363 or go to www.genevaschool.org for more information.



Winter Park High School

PRINCIPAL MATT ARNOLD

Two Winter Park seniors were selected for the Florida High School Athletic Association's (FHSAA) Academic All-State team, sponsored by The Florida Dairy Farmers. Davis Finrock (cross-country and track) and Jessica Gangle (cross-country, water polo, swimming) were two of only 24 students statewide to earn the exclusive honor. In addition to participation in at least two varsity sports during their junior and senior years, the pair also must graduate with at least a 3.5 unweighted GPA and demonstrate leadership in their school and community.

Andy Chiles will replace outgoing Athletics Director Mike Brown, who will be retiring this summer after 16 years as a Wildcat. Chiles brings with him a wealth of experience and accolades as he prepares to lead the next generation of student athletes at WPHS.

In other athletics news, Coach Rob Robison was recently selected as the FACA State Sports Chairman for Golf, and a huge congratulations goes out to the student athletes who won 1st and 2nd place ribbons at the Special Olympics meet at Wekiva High School in March!



At far left: Winter Park High School's student athletes won 1st and 2nd place ribbons at the Special Olympics meet at Wekiva High School in March.

At near left: Davis Finrock (cross-country and track athlete) and Jessica Gangle (cross-country, water polo, swimming athlete) were selected for the Florida High School Athletic Association's Academic All-State team.

Winter Park Presbyterian PreSchool

Our annual Spring Fling and Silent Auction was a huge success! The children enjoyed PJ the Clown balloon art, face painting, pony rides, Indigo Dip 'n Dye science and art craft, a carnival theme room with crafts, and lawn games. Adult guests vied to be the top bidder for one of our fabulous baskets at the Silent Auction. We're thrilled that everyone had a wonderful day, and look forward to hosting this fundraiser/fun day next year!



Above and below: Pony rides and train rides and face painting were a big hit with the kids at Winter Park Presbyterian PreSchool Spring Fling event.



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 Clinic - 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/.

May 12 Free Admission for Moms All Day - 9:00 a.m. to 5:00 p.m. at Harry P. Leu Gardens located at 1920 North Forest Avenue. For more information, please call 407-246-2620 or visit leugardens.org.

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.



THE LEAGUE OF WOMEN VOTERS OF ORANGE COUNTY SPRING LEAGUE SHOWCASE/ORIENTATION, TUESDAY, MAY 21

Join the League of Women Voters (men welcomed) on Tuesday, May 21 at the Winter Park Community Center, 721 W. New England Avenue for the Spring League Showcase/Orientation from 6:30 - 8:30 p.m. The showcase is open to new, current and future members and to men and women, young and old. Event will feature wine, snacks, conversation and League info. For reservations, go to LWVOC.clubexpress.com. For more info, call membership co-chair Pat Grierson, 407-608-2300.

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.

May 2 The Orange County Retired Educators Meeting - 11:30 a.m. at the College Park United Methodist Church, 644 W. Princeton Street, Orlando, for their Spring Luncheon. Cost is \$12 and reservations needed by April 15. Call 407-712-4529. Anyone who has worked in education is invited to join.

May 5 Girls On The Run Central Florida 5k - 8:30 a.m. at Lake Baldwin. For more information, please visit <https://www.gotrcentralflorida.org/Our-Programs>.

May 14 to 27 Orlando Fringe Festival - A celebration of theater, art and music at Loch Haven Park. For more information, please visit orlandofringe.org.

May 23 Chef's Night Event - 6:00 to 9:00 p.m. at Second Harvest Food Bank of Central Florida located at 411 Mercy Drive. For more information and tickets, please visit www.FeedHopeNow.org/ChefNight or call 407-514-1048. Seating is limited.

June 1 Moms Demand Action Wear Orange Event - 10:00 a.m. to noon at Gaston Edwards Park Ivanhoe Village located at 1236 N. Orange Avenue. This free family-friendly event celebrates their success in the movement for gun sense and honor victims and survivors of gun violence. Enjoy bounce houses, face painting, arts and crafts, music, food trucks and more. For more information, please visit <https://bit.ly/2XRWrzc>.

June 9 Free Tony Awards Viewing Party - 6:00 p.m. - 11:30 p.m. in the Margeson Theater at Orlando Shakes. Guests may RSVP for this free event online at orlandoshakes.org. This free event is on a first come, first served basis. An RSVP does not guarantee a seat inside the Margeson Theater.

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 7 "Cousin Lynne" A Jewish Genealogical Society of Greater Orlando Program - 7:00 p.m. at the Roth Jewish Community Center, 851 N. Maitland Ave. Registration required for either in-person or online participation at <http://jgsgo.org/programs-jgsgo>. Free for members, \$5 for guests, which can be applied to membership.

May 9 RDV Movers & Shakers - 6:30 to 9:30 p.m. at the RDV Sportsplex Athletic Club located at 8701 Maitland Summit Blvd. All proceeds go directly to the Orlando Union Rescue Mission. For more information and tickets, please visit RDVMoversShakers.com

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 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.

May 15 Internationally acclaimed soprano Julia Radosz to perform - 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.org.

May 21 The League of Women Voters of Orange County Spring League Showcase/Orientation – 6:30-8:30 p.m. at the Winter Park Community Center, 721 W. New England Ave. The showcase is open to new members, current members and future members and to men and women. Event features wine, snacks, conversation and League info. For reservations, go to LWVOC.clubexpress.com. For more info, call membership co-chair Pat Grierson, 407-608-2300.



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