The Park Press



~ Positive news that matters ~

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







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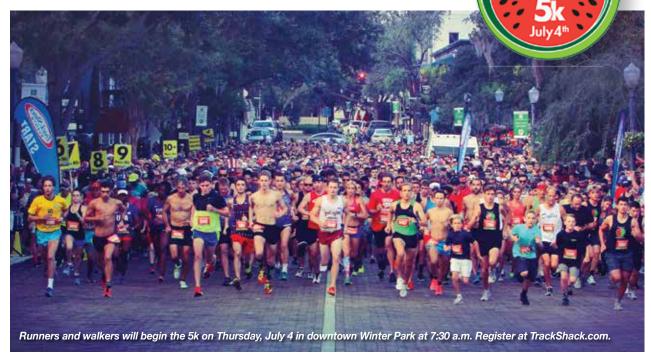
Runners And Walkers Race To Support Local Military At AdventHealth Watermelon 5k

Runners, walkers and fitness enthusiasts of all ages will enjoy a patriotic celebration and summertime fun at the AdventHealth Watermelon 5k, Thursday, July 4 in Central Park in Downtown Winter Park. The 3.1-mile run/walk begins at 7:30 a.m. followed by a free kids' run at 8:45 a.m. It's an All-American-style celebration featuring a shady course, live music, ice-cold watermelon for all, free kids' run, and the crowd favorite, the 13th Annual Watermelon Eating Contest judged by Florida's Watermelon Queen.

"AdventHealth is happy to sponsor this 5k in support of our military veterans. AdventHealth employs large numbers of veterans in all areas of the organization, from doctors and nurses to chaplains to senior executives. The discipline, dedication and leadership shown by our veteran employees are invaluable in carrying out AdventHealth's mission," said Sharon Line-Clary, the vice president of marketing for AdventHealth.

Participants can show support for local military personnel in the following ways:

- **Discount entry fee** to active and retired military personnel and their families. Invite a veteran!
- Food Drive. Contribute non-perishable food items for distribution through the Orlando VA Medical Center's VSO Food Pantry.
- Team Challenge. Runners and walkers form teams of any kind: corporate, running club, ROTC, church group, running group, etc. All teams receive recognition and the largest team will have a \$500 donation made



on their behalf to a local 501© (3) organization that supports military service. Last year's Team Challenge winner was Calvary. Calvary designated the \$500 donation to Homes For Our Troops, an organization whose mission is to build and donate specially adapted custom homes nationwide for severely injured post-9/11 Veterans, to enable them to rebuild their lives.

•All 5k registrants who are active or retired military service personnel and/or military family members will receive special recognition with a unique bib number and will be entered into a to register, run to TrackShack.com.

prize drawing to win a Military Appreciation Staycation! Staycation elements include a two-night stay at the Rosen Centre and \$100 for the Everglades Restaurant located in the Rosen Centre.

Proceeds benefit the Track Shack Youth Foundation, a 501 ©(3) organization whose purpose is to promote lifelong health and fitness emphasizing youth and running programs in our Central Florida community.

Registration required. For more information or



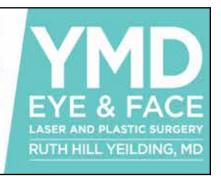
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Publisher's Message



It's an exciting time as we find ourselves almost at the halfway mark of 2019. Recent graduations have many of us running around with Sir Edward Elgar's 1901 composition of "Pomp and Circumstance" in our heads. Congratulations

to all the recent graduates! It is a very exciting time to celebrate your accomplishment with family and friends and it will not be long until you're pursuing a new list of goals in life. Consistent daily temps in the 90s tell us that summer is upon us, and local broadcast news organizations remind us daily that we are in hurricane season. Summer is not officially here until June 21; however, hurricane season begins on June 1. Now is the perfect time to check and update your emergency supplies.

Unfortunately, neighborhood crimes have been on the rise in recent months and the cities of Orlando, Winter Park, and Maitland are taking actions to address this situation. Many of these crimes are taking place with unlocked cars. They are looking for things to take in the car, but are also gaining access into the home using the garage door opener. Yes, they are that bold. The respective police departments are doing their best to canvas and watch our neighborhoods,



but a big help would start with everyone simply making sure they lock their cars. They also ask that you report if you see anything that might be suspicious, or out-of-the-norm. You can call 911, or add these non-emergency numbers in your contacts: Orlando Police Department – (321)235-5300, Winter Park Police Department – (407) 644-1313, Maitland Police Department – (407) 539-6262.

As usual, the calendar of events is full of great things to do to help you celebrate the beginning of summer, Father's Day, as well as Independence Day. Be sure to stay up-to-date with all area events and news by visiting us at www.theparkpress.com as we add new timely features and information throughout the month.

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

Rick Cable Founder/Owner

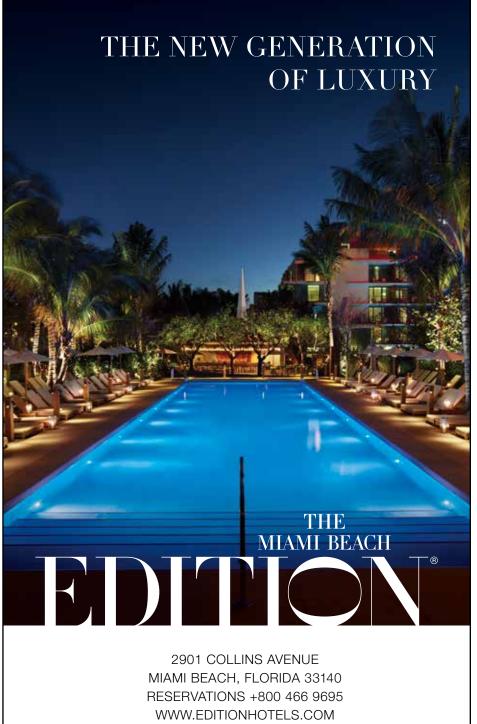
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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



coming to a close, there are many opportunities around the City to have fun with friends and family. Along with time for fun, summer is also a time for us to be aware and prepared.

Whenever our school system closes, our entire country sees an uptick in criminal ac-

tivity in our neighborhoods. From studying the trends, it seems that neighborhood "crimes of opportunity" occur more when our students are out on break. Here are a few tips from our Orlando Police Department that will help make summer a time to relax and enjoy more free time.

First, lock and secure your vehicles. It is certainly still a crime to go into an open vehicle and steal someone's personal belongings, but if we all just simply double-check our vehicles to make sure they are locked, it will cut down greatly on crime. While we're at it, we should try to always take our valuables from our cars into our homes. If that can't happen, remove them from plain sight by putting things like garage door openers, iPods, cell phones, and computers in the glove box or trunk; covering them on the floor boards only makes criminals think you are hiding something. Also, a couple of other good tips to remember: black out your address on your car registration and then make a copy so if a criminal does get into your car, they won't know where you live; for the same reason, don't leave personal mail strewn about your car either.

Second, keep your eyes open. During this time of year, we see an increase in suspicious activity. Don't be embarrassed to call your Orlando Police

With another school year Department and let them know that something is unusual. You can call OPD's Non-Emergency line at 321-235-5300.

> Third, let your neighbors know if you're leaving home, even for a short vacation. This is the core of our Neighborhood Watch Program... looking out for each other is the first line of defense in crime prevention. While you should let your close neighbors know, don't let everyone on social media know your travel plans. If you don't use really tight privacy settings, maybe because you utilize social media as a platform for business, don't post photos from your vacation until you are back home safely.

Since June 12, 2016, this month has become a time to remember those individuals who tragically lost their lives in the Pulse shooting by performing acts of love

and kindness. Join the OneAlliance on June 9th from 12:30 -2:30 p.m. at Seneff Plaza at the Dr. Phillips Center for Love and Kindness on the Lawn to celebrate community and the spirit of #OrlandoUnited. Visit oneorlandoalliance.org for more ideas of ways you can give back to the community. On June 12th the Annual Remembrance Ceremony will take place at the Pulse Interim Memorial at 7 p.m.

On Tuesday, June 18th, join Mayor Dyer as he hosts his annual State of the City Address at 10:30 a.m. at the Dr. Phillips Center. For more information and to RSVP visit soc2019.eventbrite.com

With 4th of July occurring this year during the week, you may not have a chance to vacation during that time. Please join us for Baldwin Park's



American **Red Cross**

Red Cross Certified Instructors for all ages, including adults, as well as lifeguard training is available at cityoforlando.net/ recreation/aquatics for more information.

Independence Day Bash on July 3rd at Harbor Park in the Village Center and for the City's 42nd annual Fireworks at the Fountain at Lake Eola Park on July 4th. The festivities will begin in Baldwin Park at 6 p.m. and at Lake Eola at 4 p.m.

Summer is also a time to focus on water safety for your family. Our City offers extremely affordable swimming lessons taught by Red Cross Certified Instructors for all ages, including adults, as well as lifeguard training at our 11 pools throughout Orlando. Visit cityoforlando. net/recreation/aquatics for more information.

Hope to see you and your family enjoying all Orlando has to offer this month, maybe celebrating all of the Fathers out there! Thanks for your continued support of our Great City.

Whole-person health care for the body, mind & spirit.



The brand new, state-of-the-art Center for Health & Wellbeing is a unique healthy living center focused on improving the quality of life for our community. The Center is excited to expand their services and welcome Dr. Arianna Becker to the team! Her areas of interest include:

- Sick and well visits (age 18+)
- Chronic disease management
- Dermatologic care (including cryotherapy)
- Depression and anxiety

- Geriatric medicine
- Men's and women's health
- Weight loss management
- · Preventive medicine

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AdventHealth Medical Group Family Medicine at Center for Health & Wellbeing 2005 Mizell Avenue, Suite 1600A | Winter Park, FL 32792



Winter Park Mayor's Message

Mayor Steve Leary



Steve Leary

City Advisory Boards have been part of Winter Park's history since the establishment of the first City Commission in 1887. On October 12, 1887 residents elected a mayor, clerk, marshal, and seven aldermen (equivalent to today's city commissioners). They were seated the next day.

In the years following, other boards formed including the Winter Park Board of Trade (initially named the Town Improvement Association of Winter Park) which was organized with W.C. Temple as

president in 1909. Today our city commission relies on the dedication, expertise, and recommendations from our 18 Citizen Advisory Boards.

The City Charter is our guiding document and it provides direction specifically related to our advisory boards. As outlined by the City Charter:

Sec. 2-48. - General rules applicable to subsidiary boards of the City of Winter Park

(a) Date of appointment of members

With the exception of the civil service board, the members of all boards of the city shall be appointed by the mayor, subject to the approval of the city commission, at the first commission meeting in May of each year or as soon thereafter as possible and such members shall be seated at the first meeting following May 31. The members of the civil service board shall be appointed in December and be seated effective the third Tuesday in January.

Our advisory boards focus on distinct aspects of the city for the purpose of developing recommendations for the city commission's consideration. One would expect boards that address transportation, planning, utilities and parks. However, we also have boards that provide insight on our lakes and waterways, public art, sustainability and our golf course to name a few others.

Members are volunteers, there is zero compensation for these seats. These individuals have diverse professional backgrounds and may share expertise and/or interest in specific city initiatives. Residents, and on occasion non-residents with a particular expertise, are appointed after submitting applications through the city website. I review all applications prior to nomination before the entire board. As noted above, the charter provides the mayor sole responsibility for appointments, though with over close to 150 appointees, I know perhaps 50% of these individuals personally.

The Citizen Board Application and a listing of each city advisory board can be found at cityofwinterpark.org/government/boards.

In addition to the advisory boards, the city commission may also appoint members for a special committee or task force to focus on very specific and time sensitive projects/initiatives. These groups meet for a specified period-of-time and "sunset" typically after six months. The city commission may opt to extend the time of service for these groups, if necessary, to complete their assigned task or if the objectives are modified.

Within the past few months, the city commission has appointed the following committees/task forces to study and make recommendations for the following:

- 1. Charter Review Advisory Committee
 - a. evaluate the City Charter for potential amendments and making recommendations. This committee is typically appointed every 10 years.
- 2. Old Library Site Reuse Task Force
 - a. evaluate the reuse opportunities of the library site located at 460 E. New England Ave.

In addition to my seat as mayor, each of the commission seats are considered "at-large" meaning that none of us represent a specific geography within the city. While larger municipalities may have districts, the City of Winter Park, does not- meaning that each commission member represents every stakeholder. There is no fighting between districts for resources as we all have an equal interest in every corner of Winter Park. I take this position as well with advisory boards, task forces and other appointed boards. I do not see appointees as "my" or another commissioner's representative. Rather, I trust every appointee to represent the interests of the city and bring their own unique perspective to a collaborative environment.

I want to thank the +150 individuals who serve our city in an advisory capacity on citizen boards, task forces and similar. We appreciate your interest and commitment in helping to shape our present and future. I also encourage anyone interested in serving the city to reach out to me directly and fill out an application. We need good people of all ages, backgrounds and interests to sit on boards or even to perhaps serve on the city commission.

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State Farm Life Insurance Company (Not licensed in MA, NY or WI)
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Upgrades To Natural Gas System

Beginning Monday, June 3, 2019, TECO Peoples Gas will begin upgrading its natural gas infrastructure in various city neighborhoods. For all neighborhoods impacted, TECO will contact each property/ homeowner via a letter and door hangers letting them know about the project.

A majority of the work will be done Monday through Friday, from 7 a.m. to 6 p.m., with occasional light work on Saturdays from 9 a.m. to 3 p.m. In addition, most of the work will be in public rights of way and in front of residential properties. Any excavation will have minimal impact on the roads by using trenchless technology, like directional drilling. Upon completion, disturbed areas will be restored to pre-project condition or better. All this work is done at no expense to homeowners or local government and scheduled to be completed by the end of 2019.

For questions about the system improvement construction, please call Southeast Connections at 770-545-3898. For general project inquiries, contact Magnolia River at 256-612-4290. If you cannot reach Southeast Connections or Magnolia River, please call City of Winter Park Inspector Jim Struckmeyer at 407-450-0815.

Additional project information can be found at peoplesgas.com.

Food Insecurity Rates In Central Florida Are **Higher Than National Average**

A new study recently found that one in seven people in Central Florida struggle with hunger, and that number is one in five for local children. According to Feeding America's Map Meal Gap 2019 report, many people in Orange, Osceola, Seminole, Lake, Volusia and Brevard when or from where their next meal will come.



counties still don't know Source: Feeding America's Map the Meal Gap 2019 report. Infographic by Jill Shargaa.

Dave Krepcho, president and CEO of Second Harvest Food Bank of Central Florida, believes there are several reasons why so many people are still struggling with hunger, despite a record low unemployment rate.

"Food insecurity rates still haven't returned to pre-recession levels, which means even though the economy has improved, our hunger problem hasn't," said Krepcho. "The continued rise in cost of living and the affordable housing crisis all play into this. When people struggle to pay rent and cover other monthly living expenses, they tend to

cut down on food first. This leads to kids going to school hungry and not being properly nourished."

The report shows that 143,000 children in the region are food insecure, enough to fill the seats in more than seven Amway Centers. Of Central Florida's six counties, Volusia County's foodinsecurity rates are significantly higher than the national average. Brevard and Osceola counties also were well above national levels.

A summary of the findings, an interactive map of the United States and the full report are available at map.feedingamerica.org.

New ER Opens Near Baldwin Park

Baldwin Park ER, a department of the ER operates as a full-service Oviedo Medical Center, has opened its doors to the public. The \$9.7 million, 10,358-sq.-ft., freestanding emergency department is expected to serve more than 10,000 residents areas each year.

Employing 40 staff members and four emergency medical physicians,

emergency room providing 24/7 emergency care 365 days a year for both pediatric and adult patients. All nurses at the facility are certified in advanced cardiac life support in Orange County and surrounding and pediatric advanced life support, including Advanced Cardiac Life Support (ACLS) and Pediatric Orange County communities for their Advanced Life Support (PALS).

facility offers comprehensive emergency services, including a dedicated trauma room, full hospital lab, 12 private patient care rooms, and diagnostic imaging services such as X-ray, CT scan and ultrasound.

"We thank the Winter Park and support in helping us bring highquality, convenient emergency services to the area," said KC Donahey, CEO of Oviedo Medical Center. "This facility will help provide faster and more effective emergency care to thousands of residents in the surrounding area."

Baldwin Park ER is located at the corner of Hanging Moss and N. Semoran Blvd. For more information, visit www.baldwinparkER.com.



6 BUSINESS The Park Press | JUNE 2019

cybersecurity awareness by Ron Frechette, The Cyber Coach

How Secure Is Your Smartphone?

When most people think about the potential of having their personal, financial, or business information stolen, they rarely consider their smartphone as a threat vector for cyber criminals. It is estimated that American adults spend an average of 11 hours per day on their

phones. The smartphones of today are much more powerful than the PCs of yesterday.

In today's Digital Age, most of us use our smartphones as a primary means for conducting both personal and professional business tasks such as on-line banking, shopping, and/or sending client emails that may contain sensitive information. In our quest to be more efficient, we fail to consider the risks and vulnerabilities smartphones pose for cyber-attacks.

Mobile Device Breaches on the Rise

The number of security incidents involving mobile devices has increased over the past year, simply because we are not protecting our smartphones as well as we do other devices such as PCs and laptops. According to a recent study by Verizon, one in three organizations admitted to suffering a compromise due to a mobile device. Mobile device manufacturers have, for the most part, done a good job building secure mobile operating systems. That said, as the cyber-criminal landscape continues to increase, so does the risk of cyber-attacks on smartphones. Let's examine how hackers are exploiting our mobile devices.

How Hackers are Accessing Mobile Devices

Malware

Malware is making its way onto mobile devices. Like with a PC, you can be tricked into downloading malware to your mobile device. It's often disguised as something that would entice you to respond.

Synchronization

PCs view mobile devices as storage device, like a flash drive. When you synchronize your phone with your PC, some types of malware can jump to, or from, your mobile device.

Buffer Overflow Attacks

When a program tries to store more data than it was intended to hold, it overwrites adjacent memory caused by a programming error. A side effect of the error can lead to a common type of security attack. These buffer overflows affect data integrity and/or can lead to privilege escalation or remote code execution attacks on PCs. Buffer overflows are being seen more on mobile devices.

DDoS Attacks

Denial of Service attacks are designed to make computer resources unavailable to their intended users. Again, once focused solely on PCs, we are now seeing this type of attack on smartphones.

SMiShing

SMiShing is basically phishing that can be carried out via text message.

Cybercriminals use cell phone text messages to entice you into exposing sensitive information.

Seven Steps to Secure Your Smartphone

1. Password-Protect Your Phone

Use a complex and unique password. A good password mixes letters, numbers, punctuation and special characters.

2. Set Your Phone to Auto-Lock

Auto-locking will require a password for you to re-enter after a certain amount of time. This feature is imperative in public spaces where many phones look alike and can be accidentally swapped.

3. Use VPN on Wi-Fi networks

Use a VPN whenever possible, especially in public places that offer free Wi-Fi.

4. Turn off GPS, Bluetooth and wireless features

Obviously, when you're not using them. They drain battery life and thieves can pair their Bluetooth device with yours to hack personal information or even track you.

5. Enable Remote Wiping & Tracking

In the event your phone is stolen, you can remotely lock your phone and even erase its data while the GPS tracks its movement.

6. Verify Before You Download

Before downloading any apps to your phone, always do a quick search to make sure they come from a legitimate site or publisher.

7. Conduct Routine Back Ups

Make sure to conduct routine backups on a computer, USB drive or cloud storage service.

In Closing

These best practices will dramatically reduce the risk of your smartphone becoming your worst enemy. As we enter the summer months, especially in vacation mode, our cerebral defenses tend to wane as we lie on the beach, listen to music, and sip on our favorite fruity drinks while recklessly swiping and clicking away on our smartphones. Cybercriminals know this and are ready and waiting to strike.

Wishing all a fun, relaxing summer and a safe journey in cyberspace! Questions? Send me a tweet: @GoldSkyRon or email: ron.frechette@goldskysecurity.com

Sources:

https://www.csoonline.com/article/3353560/one-in-three-organizations-suffered-data-breaches-due-to-mobile-devices.html

https://www.kiplinger.com/article/business/T048-C032-S014-lock-down-your-smart-phone-to-prevent-data-breaches.html

Back-To-School Free Immunization Event July 22-August 4, 2019

The Florida Department of Health in Orange County (DOH-Orange) is urging parents to prepare their children now for the upcoming school year by attending the Back-to-School Immunization event running July 22 through August 4, 2019.

This free immunization event hosted by DOH-Orange has been planned so parents can vaccinate their children and obtain their DH680 form for school. Don't wait, vaccinate!

WHO: Orange County Public School (OCPS) students and children (4 years to 18 years of age) entering, attending, or

transferring to Florida schools.

WHAT: Free school-required immunization shots and/or the certified DH680 form (first come, first served basis or maximum number reached each day).

WHERE: West Oaks Mall, 9401 W. Colonial Drive, Ocoee, FL 34761

WHEN: Monday, July 22 through Sunday, August 4, 2019

(8am - 2pm each day)

WHY: Florida requires certain vaccines to be

administered before children may enroll

and attend daycare or school.

Parents or Guardian bring: Valid ID

Students must bring: Most recent immunization record, original Birth Certificate, passport, or other government ID

 Clients 17 years of age and younger must be accompanied by one of the following adults: parent, grandparent, step-parent, uncle, aunt, sister or brother

- Non-related adults accompanying clients 17 years of age and younger must present an original notarized letter signed by the parent or legal guardian
- Legal guardians must present the most recent court ordered paperwork

Background

Services are provided on a first come, first served basis or maximum number reached each day. Parents are urged to arrive early. Those with private insurance and Medicaid can go directly to their medical care provider and obtain the same services.

A certified DH680 immunization form is required for school and daycare entry, and is provided at no charge when vaccinations are received. If a client only needs a DH680 form, an administrative fee may apply. For additional information, please call 407-858-1444 or visit http://orange.floridahealth.gov.



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



40 Is The New 80...

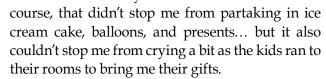
As I've mentioned before, I believe birthdays offer us a unique opportunity to reflect on the past year (or decade in this case) and set intention for

the coming year (or decade as the case may be). I recently celebrated my birthday. My husband and I got a sitter in the morning, while the older

kids were in school, and went out to brunch like footloose and fancy free adults. The afternoon consisted of homework, chores, feeding, bathing,

dinner, etc...

As Mother's Day is so close, and we were going out to dinner for that, I opted instead for a simple dinner at home so I could sit around the table with my very favorite people. turkey burgers, too many French fries, salad, obligatory and some butternut squash and avocado (for the baby) later and I was full and feeling satiated in all the most wonderful ways. Of



My husband, who had executed all of the plans for today (and an impending birthday party as well) with herculean effort, looked aghast as I started to cry. "What's wrong?"

That's just the thing, absolutely nothing. The world, in its stress and mess at times, was just profoundly perfect at that moment. Maybe I didn't get to see some of the people who I would have liked to. Maybe I was still worried about a dear friend. Maybe the baby cried more than I would've preferred nearing bedtime. Maybe there were still

> piles of bills, chores, and responsibilities to which to attend. But, for one amazing day - I gifted myself the opportunity to just be and to drink in the beauty of my life.

> I allowed myself to feel proud of the woman, wife, mother, sister, daughter, therapist, and human I am without self criticism or overdone humility. I was awash in gratitude for the love from my family, the

thoughtful gifts from my husband and children, the sea of flowers, calls, text messages, and Facebook posts I received from those near and far both in time and space.

If I'm being honest, I actually still am floating in this sea of wonder. I sat there as the lights dimmed and the kids excitedly sang with gleeful anticipation (of ice cream) and wondered how many people at any age get moments or a full day like this... when absolutely everything is perfect and nothing but gratitude chokes the air? Is this how you feel when you're 80? Or maybe was it when you were 8?

I'm not sure.

But I do know that there are parts of me that are 10 (my dance moves), 20 (my funny bone), 30 (my commitment to family), 40 (my gratitude) and yes... even 80 (my sense of peace... and maybe my back.) And I am delighted by every one of them.

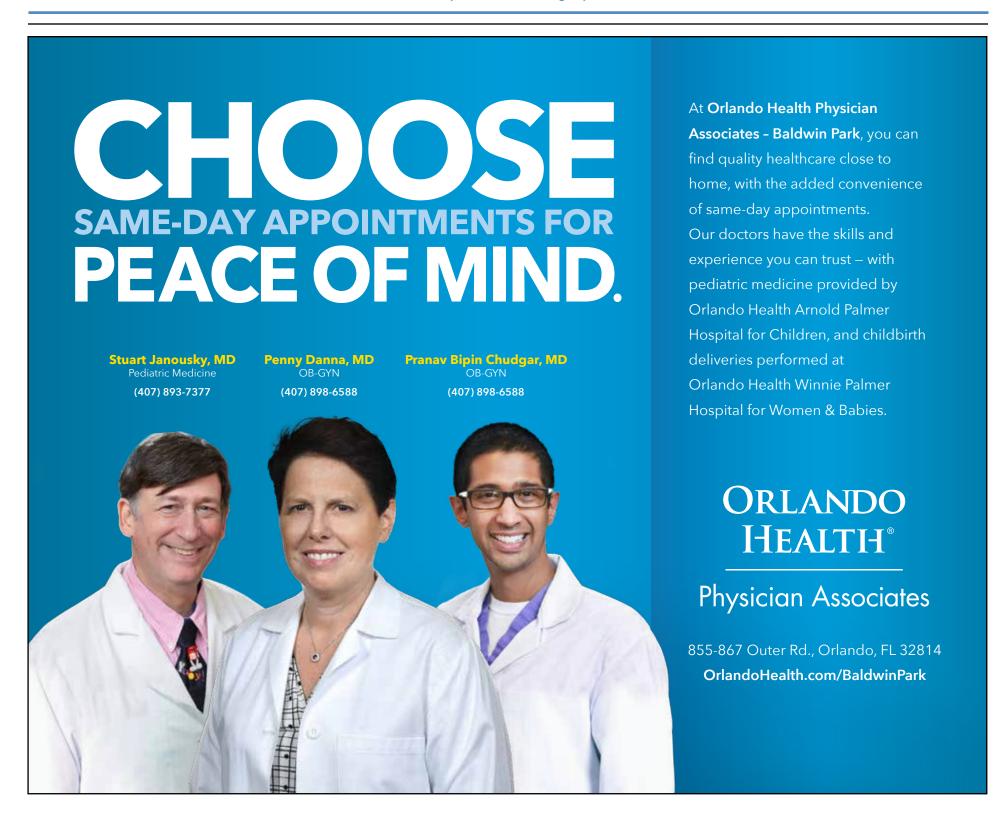
On the precipice of a new year... a wish: (For both you and for myself)

May the coming years bring more softness to my will, generosity to my spirit, strength to my bones, peace to my soul, tenderness to my hands and gratitude to my heart.

Whether this one is 8 or 80 for you, I wish you moments like these and the awareness to luxuriate in them.

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.



8 IN THE GARDEN The Park Press | JUNE 2019

pop culture detours by George McGowan

A Simple Name Can Contain Multitudes

These are the words I have jotted down as reminders for this month's column: Kanopy, Lizzo, Fleabag, Jem, and Ivy. What in the world do these single one word names refer to?

First, Kanopy. Yes, that is spelled correctly. Kanopy is a free streaming service for your web-enabled television or mobile device. Kanopy is free because, according to its website, it partners with public libraries and universities to provide "thoughtful entertainment ... film scholars to casual viewers will discover remarkable and enriching films ..." Kanopy is a wonderful resource for those of us who may be interested in seeing classic arthouse or foreign films - I have recently watched Charlie Chaplin's "Modern Times" and the wonderful French musical "The Umbrellas of Cherbourg" (the debut film of the ravishing Catherine Deneuve). And since I have recently upgraded our TV, I can stream films from Kanopy to my new big screen!

Lizzo is a fantastic force of nature who happens to deliver great music to your ears. Besides being as danceable and energetic as all get out, her music also has a message of positivity, self-confidence, and unabashed femininity as well. Lizzo recently released her third album, entitled "Cuz I Love You" and I guarantee if you listen to the single "Juice" it will make your day. Also, check out her performance on Jimmy Kimmel where she sings the song while getting her hair braided, a neat subliminal message to her young fans to embrace and celebrate their own cultural roots, so to speak.

"Fleabag" is a television series imported from the BBC and available on Amazon Prime. It stars and is written by the fantastic Phoebe Waller-Bridge, who I have a huge crush on. While the high-falutin' Cambridge dictionary lists the word fleabag as an informal word meaning "a dirty

and/or unpleasant person or animal," the television series "Fleabag" is a warts-and-all look at a posh British family being forced to relate to one another as broken and

vulnerable human beings. Waller-Bridge is also responsible for writing the first season of another great series, "Killing Eve," which turns the spy genre on its head- so much so, that it is rumored that Daniel Craig (the current 007) asked Waller-Bridge to "doctor" the next Bond film script to add her unique style and wit.

Jem is a singer/songwriter whom I have rediscovered. I loved her debut album "Finally Woken" when it was released in 2004 and somehow, in my switch from listening to CDs to streaming services, I forgot about her! Which is a shame because her music is very, very good and she has continued making it, releasing her



Lizzo performing at Day Two of Boston Calling, May 2016.

latest, "Beachwood Canyon" in 2016.

Finally, Ivy is a 90s band that I missed completely at that time! Which is strange because one of its members, Adam Schlesinger, was in another 90s band that I fancied named "Fountains of Wayne" who were responsible for the hit earworm "Stacy's Mom." Ivy is a complete 180 degree turn from that sound and is fronted by a lovely singer, Dominique Durand.

Each of these one-word names contain great things for you to see and hear!

theater in the parks by Paul Gicola

Summer Festivals Showcase New Works

The Winter Park Playhouse will present the third annual Florida Festival of New Musicals from June 20-23. The four-day festival will showcase six brand new musicals selected from submissions from around the world. The first act of each musical will be fully read and sung concert-style by casts of professional actors and musicians. Each show is presented three times during the four-day festival. You can see individual shows or all six in a special package. During the past two years, one musical was chosen to be further developed and presented as a feature show, such as "Gigolo" this season and "How to Marry a Divorced Man" next season.

Theatre UCF will present the second annual Pegasus Playlab, a festival dedicated to developing plays by emerging artists in conjunction with Orlando Shakes' PlayFest. There are three workshops (staged readings) on June 1-2, June 8-9, and June 15-16. There is also a full stage production of "#GodHatesYou," a past-staged reading at PlayFest playing June 13-29 and August 29-September 1.

HEATHER ALEXANDER SHINES IN "HEARTBEATS"

Winter Park Playhouse...Book, Music and Lyrics by Amanda McBroom... Directed by Roy Alan...Thru June 9.

Heather Alexander, executive director and founder of the Playhouse, has been in a some shows and is usually cast to showcase her singing and comedic flair. However, in this production, she gets to show all her considerable acting skills. Annie, the main character, goes through a range of emotions as she reflects on her life and relationships over the years. Heather makes the character believable as she goes through her self-discovery. You sense that she could be your friend, relative, or even you. The consequences resulting from lack of communication in a relationship can be devastating. But, this production offers reconciliation and hope. Amanda McBroom's songs help to move the story along. Shawn Kilgore as the husband is also outstanding. The rest of the stellar cast, each in multiple roles, provides comic relief in this must-see show.

FRINGE ROUND UP

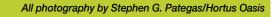
Now that the 2019 Orlando International Fringe Festival is over, people ask me which shows were the best. Frankly, I don't know because to determine the best you would have to see them all and I don't think anyone could see over 140 different shows over the two weeks, even with some previews for the media. There are a variety of shows- what you like, and what I like, may be entirely different. Thus, what's "best" is very subjective. In addition to having a good time, Fringe offers an opportunity to explore shows you wouldn't normally see elsewhere. And yes, some shows are a bit bizarre and over-the-top, but that's the fun of it and isn't that what Fringe is all about? Therefore, the logo "Fringe for All" is very appropriate. That said, here are 10 shows that I liked (in no particular order): "The Butler Did It," "JunNk," "How to Eat a Bear," "From Here," "Driving Miss Cherry Blos-

OTHER BEST BETS FOR JUNE: "COME FROM AWAY" (DR. PHILLIPS CENTER), "ONCE" (MAD COW THEATRE), "OUTSIDE MULLINGAR (MAD COW THEATRE), "THIS ONE'S FOR THE GIRLS" (VALENCIA COLLEGE), "THE TIN WOMAN" (BREAKTHROUGH THEATRE)

som," "Animatronicans: Under New Management," "Spare the Rod," "90 Lies an Hour," "Shakespeare's Terminator the Second," and "The War." In addition, I always like to see and support all the high school productions, which were also very good. I particularly liked "And Then Came Tango" performed by Windermere High School Troupe 8483.



in the garden by Stephen and Kristin Pategas





The Garden As Sanctuary

Stephen & Kristin Pategas

garden? Is it a necessity or an indulgence? Is it

from the day's stresses? That may depend upon a combination of your upbringing, ancestral connections, and state of mind.

After the tragic events of September 11, 2001, we experienced a shift in people's perception of their gardens. There was an expressed need for a secure sanctuary to cocoon and relax close to home. Many turned to their gardens for relief.

Creating a garden sanctuary is not new. Adam and Eve are often considered the first gardeners of Eden, the biblical paradise we try to recreate today. The Egyptian gardens were for pleasure as well as production of fruits, vegetables, and wine. The Greeks originated the concept of the sacred grove while the Roman garden, or hortus, featured flowing water, topiaries, and statuary. Islamic gardens were rectangular, enclosed by walls, and softened with plants and a fountain or pool in the center.

The hortus conclusus, or enclosed garden of Middle Age monasteries, preserved the gardening traditions for medicinal herbs, kitchen gardens, and fruit and nut orchards. European gardens of the 17th Century favored showing man's conquest over nature, while the English garden of the late 1800s featured a romantic style of natural woodland plantings and controlled views. The 1900s saw the creation of magnificent English gardens that created outdoor rooms full of color and texture.

Meanwhile, gardens of the Far East used carefully sited stone, plantings water, and water

How do you view a to create gardens that stimulate the senses and appear timeless.

The sanctuary garden concept is not new to the drudgery or a respite history of gardening, but it may be new to you. This garden can be grand or small, ornate or simple, formal or natural - depending on your tastes and commitment. However, the design principles used to create a garden sanctuary remain the same.

> Create a sense of space by defining the overhead, vertical, and ground planes. Tree canopies, structures, hedges, and courtyards contribute to the privacy, security, and intimacy of the space. Well-placed focal points catch the eye and lead the feet throughout the garden. These accents include garden ornaments, plant specimens, a place to sit, or furnishings to create a lounge. We need to feel comfortable in our surroundings and creating the proper scale in the garden grounds our relationship

to nature. Include smaller trees to link tree canopies or rooflines to the ground.

Unique to a sanctuary garden is the emotional response they create within us. Control those emotions with the clever use of color in the design. Pastel colors of pink, blue and lavender are known to slow the step, cause the eyes to linger, and make you smile. One design principle that can transform a simple garden into a sanctuary is stimulus. Awaken the five senses with cool running water, rustling grasses, crunching gravel, and fragrant blossoms. Include herbs or fruits to please the palate and create seasonal change for a visual treat.

Next time you visit a garden that inspires you, make note of how each design principle is employed and its effect on your feelings. These memories, along with your style and experiences, will help you create a sanctuary garden that is uniquely yours.

Below: Pictured at left is a comfortable and engaging garden with a standing stone designed by Hortus Oasis. Photo on the right is a Japanese stone water feature to add a touch of Zen. Bottom photos: At left is a formal and colorful Ottoman Garden at the Missouri Botanical garden. Pictured at right: Hortus Oasis designed this Celebration, FL backyard sanctuary garden.









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



WINTER PARK

protection and service by Jim Whitman, Winter Park Police Department

School's Out...For The Summer!

Classes may be over for the next few months but as "they" say, you should never stop learning! In our effort to further the public's education, we offer some answers to questions that you may have always wondered about or just need to be reminded of the answers. In light of the fact that we have just begun hurricane Season, let's start with some basic bad weather driving laws.

Florida law (F.S.S. 316.1235) states "The driver of a vehicle approaching an intersection in which the traffic lights are inoperative shall stop in the manner indicated in s. 316.123(2) for approaching a stop intersection." In other words treat the intersection as a 4-way stop.

Another common infraction seen during inclement weather is the use of the "flasher" or hazard lights while driving. Florida law, F.S.S.

316.241(7) states that, "Flashing lights are prohibited on vehicles except: (a) as a means of indicating a right or left turn, to change lanes, or to indicate that the vehicle is lawfully stopped or disabled upon the highway.

Speaking of lights...F.S.S. 316.217 (1) when lighted lamps (headlights) are required.—(a) at any time from sunset to sunrise including the twilight hours. Twilight hours shall mean the time between sunset and full night or between full night and sunrise. (b) During any rain, smoke, or fog. While on this topic, please turn on your headlights and do not rely only on your driving lights as those do not activate your tail lights and therefore make you susceptible to being run into from behind.

Many summer memories are made at the beach or at a lake a getting there is often a major part of those memories. Just remember that if you own a pick-up truck there are certain laws that apply. F.S.S. 316.614

Safety belt usage. –

(4) It is unlawful for any person: (a) to operate a motor vehicle or an autocycle in this state unless each passenger and the operator of the vehicle or autocycle under the age of 18 years are restrained by a safety belt or by a child restraint device pursuant to s. 316.613. Therefore, unless you are 18 years or older, you must be wearing a seatbelt in a pick-up truck and since most trucks only have seatbelts installed in the cab area of the truck, the best to be seated is inside. That's where the air-conditioning is anyway!

While on the topic of pickup trucks, in Orange County, Florida, it is a violation of



County ordinance Sec. 5-50(14) to: Transport an animal in any open truck unless restrained by an appropriate truck tether system that is attached to the collar or harness of the animal, or such animal is placed in a wellventilated cage or crate.

Summer is a time to take a break from the monotony of the everyday work/school week but we should never forget to pay attention to our surroundings and exercise caution so that we can return in the fall to do it all over again! Have a great summer!

schools



Here at Baldwin Park Elementary we have had a fantastic school year. I encourage all of our students to continue reading. All students are eligible to participate in the Principal's Summer Reading Challenge, forms are available at the front office. We look forward to seeing everyone back for the 2019-202 school year. Our annual Meet your Teacher is scheduled for Friday, August 9th from 11:00 a.m. - 1:00 p.m. I hope everyone has a great summer.

Glenridge Middle School PRINCIPAL CHRIS M. CAMACHO

Hello Glenridge Families,

We inducted over 50 students into the National Junior Honor Society. It is so wonderful to see students ommit themselves to service. I want to thank Mr. Black, NJHS sponsor, as well as Mr. Walls, Ms. Livingston-Taylor, and Ms. Bonhagen for making the induction ceremony so special for our students.

Also, I wanted to share that 16 of Winter Park High School's valedictorians are Glenridge Middle School alumni. This is amazing news and testament of all that we offer our students. Through our IB program and its natural connection to the Winter Park high school IB program, our students are able to earn weighted credit, while in middle school, which in turn, prepares them for this success.

In addition, this week, we were informed that nine of our students were selected for the Valencia

Horizons Scholars program. Each of them has received a two-year college scholarship to attend any Florida college or university. I am so proud of each of our students for this incredible accomplishment.

As we close of the school year, we have enjoyed several evening events with our band, chorus, and orchestra concerts, as well as our grade level Evenings of Excellence. This is all testimony of both our students' and teachers' hard work. It's always a great day to be a Glenridge Lion!



St. Charles Borromeo Catholic School

PRINCIPAL NATHAN NADEAU

The faculty, students, and many parents of St. Charles Borromeo Catholic School participated in their fifth annual Race for Education. In an effort to raise money to purchase smart touch digital flat screens that directly benefit classroom instruction, students sent personal handwritten notes to friends and family asking for their sponsorship in the Race. This year, the school mailed over 1,700 notes to supporters. To date, donations for the Race have exceeded \$17,000.

On Race day, the students jogged or walked around Bishop Moore Catholic High School's 1/4 mile track. They went around as many times as they could in one hour's time. Many ran to beat their personal best record from the year prior. As the hour came to a close, the students sat together to cool down and enjoyed ice cream treats.

Thank you to our sponsors, Midici The Neapolitan Pizza Company located in Maitland and DeGusipe Funeral Home & Crematory, for the custom t-shirts that were given to every student and faculty member It's was a great morning for a great cause!



The Geneva School **HEADMASTER BOB INGRAM**

Congratulations to our many spring athletes who made it to State competition: varsity girls tennis team, beach volleyball team, varsity girls track 4x800 relay, varsity boys track 4x100 relay, and Lily Hendrix in the 800m race. Well done! Go Knights!

After reading "The Three Little Pigs," K4 students performed this classic story - opera style! Students learned the different parts of an opera, facts about pigs and wolves, stage presence, voice projection, and the difference between a chorus and a solo.

Kindergarten and first grade students made treasured memories when they hosted special Mother's Day events to honor their moms.

The seventh graders went on a week-long trip exploring North Florida. They talked about how the elements change the environment, how some things change very slowly (the caves they explored), and how some things change relatively quickly (sand dunes and beach erosion).

Eighth graders set off for Boston. Students encountered significant sights from American history by walking the Freedom Trail and visiting Paul Revere's home, and enjoyed contemporary American fun by cheering at a Red Sox game and enjoying an Evening at the Pops!

Continued on page 11

At left: Teachers and kids participate in the Race for Education at the St. Charles Borromeo Catholic

schools

From Page 10.

We honored our many parent volunteers with a brunch to say thank you for helping ensure we had another exceptional year at Geneva.

We celebrated and honored our class of 2019 graduates with a Baccalaureate Service, Commencement Ceremony, and Reception. Congratulations, Class of 2019!

Our 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 MATTARNOLD

After hearing that many high school students suffer from anxiety and depression, Ms. Wilkes from Winter Park High School designed a project-based learning experience for her senior honors students. Students chose a technique like Tai Chi, aromatherapy, art or music therapy, yoga, mindfulness, and more. After researching how that technique works, they brought it to the students at the Audubon Park K-8 school. They made aromatherapy bracelets, colored mandalas, learned yoga and breathing techniques, and even petted therapy dogs. The WPHS seniors gained an appreciation for teaching and holding kids' interest, and the Audubon students learned different strategies that they can practice when they feel anxious.

The Winter Park High School 9th grade Beta Club offered students the chance to throw a pie at their teachers for a dollar! They raised \$186 during the event, which will purchase bags of toiletries and snacks for the homeless.

In athletics news, kudos to Elizabeth Nix for being crowned State Champion in the Pole Vault. Congratulations on a successful season to the following teams:

- Girls' water polo team (2nd in the state)
- Girls' tennis (3rd in the state)
- The entire crew team on their 38th State Championship





Our VPK Celebration brought both smiles and tears as the children performed for their families and were individually acknowledged. For some of our families this means the end of many years at our school as their youngest child graduates from our program.

The Alligators class sang a medley accompanied by their teacher Ms. Miriam's daughter on violin. The Koalas and Dolphins classes also performed, then all three classes joined together and sang our Wednesday Chapel favorite "Jesus Loves Me." Each of our VPK students received a cross necklace and Bible.

The next big VPK event was the Splash Party with a water slide bounce house, games, pizza, snow cones, and other treats. Our teachers, parents and children thoroughly enjoyed this day full of fun and camaraderie that marks the end of their preschool experience.

With the end of the regular school year we are turning our attention to summer camp starting June 10. We are looking forward to six different themed weeks plus LOTS of water play days. Happy summer, everyone!



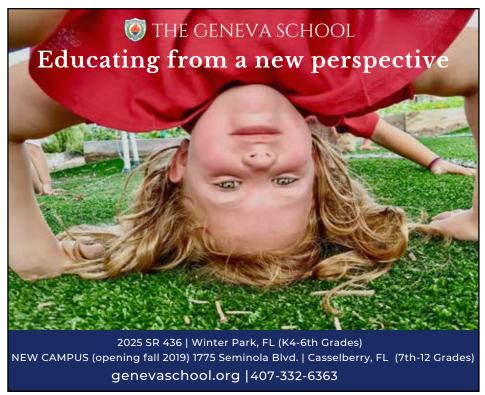


At left: Students from Winter Park Presbyterian PreSchool - The Alligators class singing a medley anchored by "What a Mighty God We Serve."

At right: The Koalas class singing "This Little Light of Mine."



Above: The Dolphins class performing "God Made Us and We Are His."



12 CALENDAR The Park Press | JUNE 2019

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/.

June 7 Movies at Leu Gardens - Gardens open at 6:00 p.m. with the showing of "A Quiet Place" at 8:30 p.m. Grilled items, popcorn, and drinks are available for purchase. Garden admission: \$6 adult, \$3 child (ages 4-17 years) and free admission for Leu Gardens members. Leu Gardens is located at 1920 N. Forest Avenue, Orlando, 32803. For more information, please call 407-246-2620 or visit leugardens.org.

June 16 Free Admission for Dads - 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 www.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 wel-

FREE ADMISSION FOR DADS ON FATHER'S DAY

Sunday, June 16 at the Albin Polasek Museum & Sculpture Gardens from 1:00-4:00 p.m. Admission includes a docent-guided tour of Polasek's home, studio, chapel, and self-guided



sculpture garden tour. Picnickers are welcome to enjoy lunch by Lake Osceola surrounded by Polasek's gardens and works of art. Located at 633 Osceola Avenue, Winter Park, Florida 32789. For more information, please visit polasek.org. or call 407-647-6294.

come. 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.

June 5 Global Running Day - 6:30 p.m. at 1104 N. Mills Avenue. Event shirts (limited quantity and sizes available for purchase); Includes a 2-3 mile walk/run on the Urban Trail and neighborhood around Track Shack. Free to attend but registration is preferred; complementary treats from local vendors; dinner available for purchase from local food trucks. All t-shirt sales benefit the Track Shack Youth Foundation. Registration is preferred for count: https://www.trackshack.com/event/3214.

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.

June 12 2nd Annual Wing-Eating Contest Benefitting the Conductive Education Center of Orlando - 5:30 to 7:30 p.m. at Harry Buffalo on Church Street, located in downtown Orlando. There will be raffles, drinks and of course WINGS! Registration is available at https://ceco.org/events/wings/.

June 18 Annual State of the City Address hosted by Mayor Buddy Dyer of Orlando - 10:30 a.m. at the Dr. Phillips Center. For more information and to RSVP visit soc2019.event-brite.com

July 3 Baldwin Park Independence Bash - 6:00 to 11:00 p.m. at Baldwin Park Village Center located at 4801 New Broad Street. Fireworks over Lake Baldwin begin at 9:15 p.m.

July 4 42nd Annual Fireworks at the Fountain - 4:00 to 10:00 p.m. at Lake Eola Park located at 512 E. Washington Street. Festivities include a kids play area, live music, and food and beverages available for purchase. The evening concludes with a spectacular fireworks display in celebration of our nation's freedom. Portions of the event, including the fireworks finale, will be broadcast on WKMG News 6.

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily.

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

Winter Park Events

Ongoing Events

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

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

Every Tuesday, Friday and Saturday Winter Park Benefit Shop – The shop is located at 140 West Lyman Avenue and is

open from 9:30 a.m. - 1:00 p.m. on Tuesdays and Fridays, and from 10:00 a.m. - 1:00 p.m. on Saturdays. Donate or purchase clothing, bedding, jewelry, kitchenware and more. Proceeds benefit various children's programs and the local branch of Orlando Blind. The shop is also looking for volunteers. For more information please call 407-647-8276.

Every Wednesday Gallery Talk on Revival and Reform — Eclecticism in the 19th-Century Environment - 11:00 a.m. at the Morse Museum located at 445 N. Park Avenue. Learn more about the rich diversity of styles, especially in leaded-glass windows, that made up the visual environment of the late 19th century in Europe and America. Space limited. No advance reservations. Free with admission. For more information, call 407-645-5311, or visit www.morsemuseum.org.

Every Saturday Winter Park Farmers' Market – 7:00 a.m. to 1:00 p.m.

Every Saturday and Sunday Line Dance Class – 10:00 a.m. Saturday for experienced dancers, and 3:00 p.m. Sunday for beginners at the Winter Park Community Center located at 721 W. New England Avenue. Enjoy music, make new friends, and get some fun exercise at the same time! For more information please call 407-592-7835.

Every Sunday Winter Park Running Group – 7:00 at Park Avenue and Welbourne. The group now includes members who walk exclusively, those who both walk and run, and those who run exclusively. It is very eclectic, and has an age span from people in their 20s through 80s. New participants are always welcome to join. For more information, please email 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.

June 16 Father's Day - Free Admission for Dads - 1:00 p.m. to 4:00 p.m. at the Albin Polasek Museum & Sculpture Gardens. Admission includes a docent-guided tour of Polasek's home, studio, chapel, and self-guided sculpture garden tour. Picnickers are welcome to enjoy lunch by Lake Osceola surrounded by the beauty of Polasek's gardens and works of art. For more information, please visit polasek.org.

June 19 Fernwood Quartet - 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.

July 4 AdventHealth Watermelon 5k – 7:30 a.m. at 251 S. Park Avenue. Event includes a 3.1 mile run/walk for runners/walkers ages 8 and above; free kids' run for kids ages 10 and under; post-race party with ice-cold watermelon; watermelon eating contest. Proceeds benefit the Track Shack Youth Foundation. Registration is required. For more information or to register, run to www.TrackShack.com or call 407-896-1160.

July 4 Winter Park's July 4th Celebration – 9:00 a.m. to noon in Central Park. This free event includes family activities, live patriotic music by the Bach Festival Choir, and such summer picnic favorites as hot dogs and watermelon.