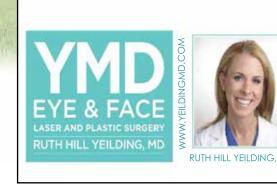
# The Park Press



~ Positive news that matters ~

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







For updated news, events and more, visit www.TheParkPress.com

# **Central Florida's Premier Boating Event Comes Ashore**

The 2019 Orlando Boat Show returns to the Orange County Convention Center, August 16-18, featuring more than 500 boats, marine accessories and aquatic-themed activities for all ages. Show visitors can board and enjoy deals on hundreds of boats from the region's top dealers and marine accessories and electronics. Whether you're thinking of getting into boating, or you're a long-time enthusiast, The Orlando Boat Show has something for everyone. "We take fun to new depths with interactive features appropriate for fishermen, water sports enthusiasts and boaters of all ages and experience levels," said David Ray, the show's executive director.

Acquire the secrets behind successful fishing with a seminar by Captain Jim Ross, where attendees can enter to win a complimentary halfday fishing charter. Learn where to go and what to do on Central Florida's lakes and rivers to ensure a



memorable day on the water with Captain Kerry Kline, where attendees can enter

# Indie Music Festival 'Bloomfest' Returns

If summer vibes and independent artists with original material is your thing, catch the BloomFest 2019 festival at Tin Roof (July 8) or Central Park in Winter Park (July 12). If you prefer to experience these up-and-coming artists (ages 12-21) in a more subdued environment, you can enjoy performances at the Outpost (July 6), The Half Wall (July 7), or The Ace Cafe in Downtown Orlando (July 13). Come enjoy the summer air while you witness recentlyreleased singles by artists like Riley Resa (featured on ClickOrlando Channel 6 News 6/4/2019), Alex Freeman, Liza Maria, and Hutch Down.

Indie Record label and artist development company Hutch Down Records is sponsoring this second-annual Bloomfest, a growing indie

music festival with five distinct dates and locations throughout Orlando and surrounding neighborhoods. The mission of the festival is to allow "blooming" artists an opportunity to showcase their talents in a family-friendly environment.

Hutch Down Records CEO Danielle Lydon said "It is so important for young artists to have opportunities like Bloomfest. They love expressing their talent and professionalism, and their families, friends, and fans enjoy the option to see them at a cozy restaurant or crushing it on the big stage."

Artists provided by Hutch Down and DME Orlando with special appearance by Mike Walker joining talent on stage.



Hutch Down, Madison Shae https://instagram.com/madison\_shae\_?igshid=1cp3t2hqxpigb Riley Resa https://instagram.com/rileyresa?igshid=7r0bgec4gssq Josie Pantoja https://instagram.com/josiepantoja\_music?igshid=1gpzunrn0kahl Madison Moon https://instagram.com/themadisonmoon?igshid=vuhhdkmos0g Liza Marie https://youtu.be/aMTnD89ElaE Hutch Down https://youtu.be/WhOkG-Gb\_Dw Alex Freeman https://alexfreemanrocks.com/home Lucero https://instagram.com/luceroadame15?igshid=kkp4yiez80q2 Hello Sister https://www.hellosistermusic.com/

Mark your July calendars for the following:

July 6 - The OutPost, College Park, 4 - 8pm

Fort Like Vana https://youtu.be/YqLvTntJ\_dk

July 7 - The Half Wall, NSB, 4 - 8pm

July 8 - The Tin Roof, Orlando, 5 - 9pm

July 12 - Central Park Stage, Winter Park, 5 - 9pm

**July 13** - The Ace Cafe, Downtown Orlando, 5 - 9pm

Continued on page 4 | For more information please visit "Bloomfest" on Facebook.





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# The Park Press

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# Publisher's Message



Rick Cable

As we celebrate our nation's 243rd year of independence, I'd like to take this opportunity to honor my dear friend and Winter Park neighbor for nearly 20 years, Lt. Col. Walter "Pat" Patton. He passed away peacefully at the age of 97, surrounded by his family, on June 25. The memories I shared

with him have been top of mind. Upon meeting Pat, I knew there was something special about him. First, at 43 years my senior, he towered over me in height, and for a man in his 70s he was very active. I quickly noticed he could fix anything, and if I needed a tool, he had it, and would eagerly let me borrow it, and always offered to help. Shoot, he replumbed his home at the young age of 85! If he was working on something, I'd try to time my stroll across the street, as to not impede on his progress, and during those water breaks I got a very humble man to share the amazing things about his life.

Born in Dadeville, Alabama, Pat was raised with humble beginnings. While in the fifth and sixth grade, he was his school's janitor, and he even sold tickets to Auburn football games. It was the Great Depression, and at an early age he sought out work to help make ends meet for his family. He graduated high school as the class valedictorian, and in 1943 graduated from Auburn University with a degree in chemical engineering. And as our nation was dealing with the height of WWII, he joined the Marines. I recall him saying, "They made me take a test, evidently I did really well! They sent me to radar engineering training at

MIT, and then Harvard." Radar was key on both sides during the war, and some credit our use of radar to why we and our allies won that war.

He served in the Pacific in WWII, and then with the China Marine Division where he was one of the last men out of China and earned a China Service Medal. Then he attended Guided Missile Training at Fort Bliss and became a project officer at White Sands, setting three high altitude records.

After serving 23 years, he moved to Winter Park and became an engineer and manager at Martin Marietta. His 22 years there expanded upon his military experiences and, as he said, "I was able to continue doing things with rockets and missiles that were well-thought-out but had never been done before."

I'm so honored that, as luck would have it, he was my neighbor and then became an amazing mentor and friend. That my children, who affectionally called him "Mr. Pat," got to grow up knowing this amazing and humble man. He is survived by his wife Hattie "Miss Bunny" Patton, his two children- John Patton and Mary Duganand many grandchildren and great-grandchildren.

He was a man of integrity, who was dedicated to his country, family, and church. As written in the end of A Hero's Welcome – "So take your place of honor among those who have gone before and know you will be remembered for now and evermore."

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



As we celebrate our country's 243rd birthday this month, it is a time to reflect on how blessed we are to live in America. I am personally grateful that I get to call Orlando my hometown. On the 4th, we can also take a moment to remember the sacrifices made by so many veterans to protect

our freedoms and way of life. If you are in the Baldwin Park area, check out the Navy Memorial at Blue Jacket Park, which celebrates the Navy's important history in Central Florida and serves as a way to remember all those who bravely served our country. Since 2016, the Lone Sailor has watched over the park and is now joined by the Blue Jacket Recruit who was dedicated to the more than 188,000 women sailors who graduated or served as staff at the base up until it closed in 1998. This year's new addition is the 10-panel History Wall, which stretches more than 30 feet and tells the story of the Navy's history in our community through photos and captions. Visit cfnavyleague.com for more details and facts about the memorial.

July brings what has become another great tradition, the annual Bastille Day Celebration in the Audubon Park Garden District. Taking place this year on July 13th, this fundraiser for the Garden District incorporates many different French-inspired events, including a wine and cheese pairing, French Market, a visit by Marie Antoinette, and a Moulin Rouge cabaret. Visit the audubonparkgardens.com page for details and ticket information.

This month, our Orlando Police Department is hosting a Women's Self-Defense Class on Wednes-

day, July 31st from 5:30-7:30 p.m. at Orlando Police Headquarters (1250 W South Street). Visit orlando. gov/events for more information and to register.

And please don't forget about our annual District 3 National Night Out Safety Splash event taking place on Tuesday, August 6th from 5:30-8 p.m. at the College Park Community Center and Pool (2393 Elizabeth Avenue). This is a chance for our entire district to kick off our National Night Out festivities, which culminate in October with block parties across the City, all focused on crime prevention. On August 6th enjoy an evening where our first responders and our citizens can come together to enjoy evening swimming, free food and drinks, and fellowship with our Orlando Police Department and Orlando Fire Department. Enjoy visits with the Police Mounted Patrol and K-9 Units, tours of Fire Station 3 and educational demonstrations.

July is also the month where many state laws that were passed during the previous legislative session go into effect. A few notable ones that will become law in Florida focus on topics ranging from education to vehicle safety. Requirements for the Bright Futures scholarships will get tougher and require higher SAT scores for both the full and partial versions. The school voucher program will also get expanded to allow families of four who make \$77,000 or less annually get access to publicly funded scholarships for K-12 private schools.

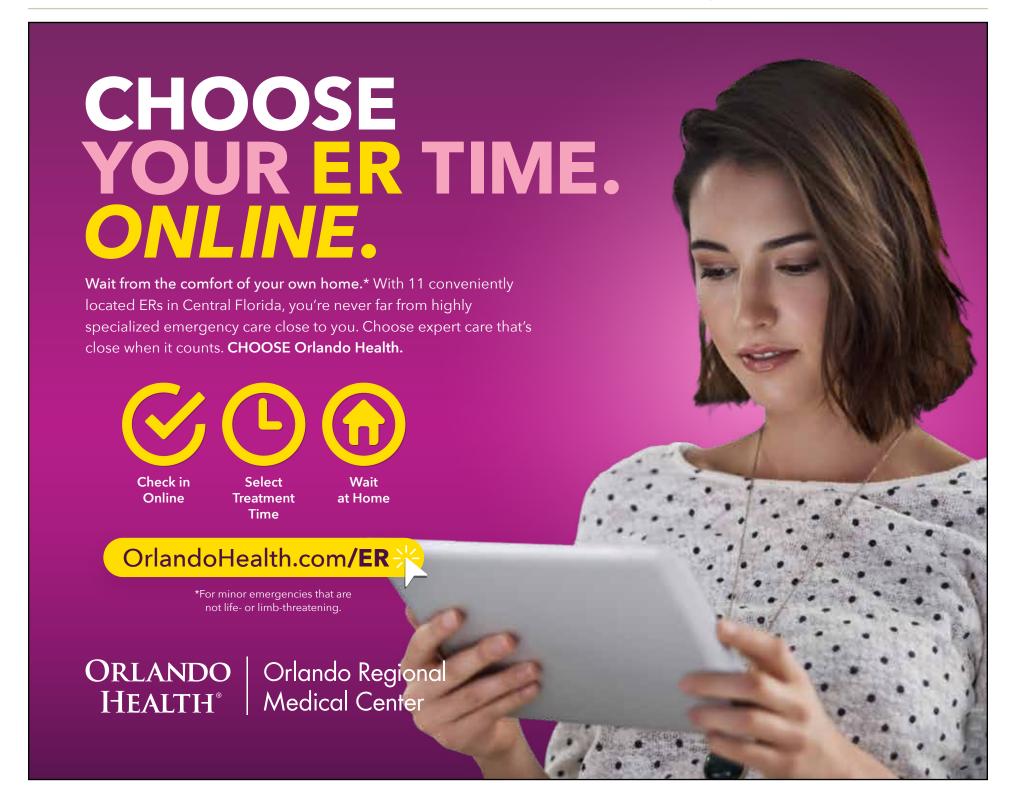
Local governments will be prohibited from limiting homeowners who want to utilize their front yards to grow fruits and vegetables. Cities also will be prohibited from having input on communications companies' decisions on where they place their equipment in city rights of way, including in front of a residential homes.



Above: The Blue Jacket Recruit statue now joins the Lone Sailor at Blue Jacket Park in the Baldwin Park area.

Texting and driving will be a primary offense (meaning a law enforcement officer can pull you over solely for that action). Vaping becomes illegal at indoor workplaces; and prescription drugs, provided they are FDA approved, can be imported from Canada and other countries. The Legislature also once again passed the back-to-school sale tax holiday, which removes sales tax from clothing \$60 or less, school supplies \$15 or less and computers \$1,000 or less. For a complete list of all of the laws that were passed in this year's legislative session, visit laws.flrules.org.

As I try to say every time I stand in front of a group of constituents, thank you for giving me the honor of serving as the City's commissioner for District 3. Hope to see you on August 6th at our Safety Splash event!



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# Winter Park Mayor's Message

Mayor Steve Leary



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### What Is A Charter?

The city is in the process of reviewing its charter. Many residents may not be aware of the importance of this governing document. A municipal charter is the equivalent of a local constitution and the city's

charter begins with this preamble:

We the people of the City of Winter Park, Florida, under the authority of the constitution and laws of the State of Florida, adopt this Charter to define the powers and structure of this City and to secure the benefits of home rule. This action also affirms the values of a representative democracy, professional management, strong political leadership, high ethical standards, citizen participation, and regional cooperation. We desire for Winter Park to be the best place to live, work, and play in central Florida by creating an open and responsive government and preserving a superior quality of life for the current residents and future generations.

Our charter governs the form and powers of the city and the general responsibilities of the legislative and administrative powers. It addresses important topics such as the organization of city government, corporate boundaries, terms of office, functions of elected officials, election standards, budget adoption, and personnel management (city administration).

There have been many amendments made to various sections of the charter since its last overall adoption by referendum on November 8, 1983. The city has the ability to evaluate and revise the charter every 10 years and its last review was in 2009.

In March the Winter Park City Commission appointed a temporary Charter Review Advisory Committee to evaluate the City Charter for potential amendments and make recommendations to the commission. The first Charter Review Advisory Committee meeting was held on April 23, 2019. This committee is seeking input on any revisions that should be considered for the charter prior to the committee making its recommendations to the commission.

The committee meets on the second and fourth Tuesday of every month until the last scheduled meeting Tuesday, September 24, 2019. Committee meetings are at 6 p.m. at the Winter Park Community Center, located at 721 W. New England Ave.

Once the Charter Review Advisory Committee makes their recommendations to the City Commission for consideration of a required ordinance, two public hearings will take place: Monday, November 11, and Monday, November 25, at the regularly-scheduled commission meeting. The recommendations may be accepted and offered as an ordinance completely or in part. If the ordinance is approved by a majority of the commission, charter amendments would be voted on by Winter Park residents at the next general election which is scheduled for Tuesday, March 17, 2020.

If you are unable to attend the committee meetings, please share your input by emailing CharterReview@cityofwinterpark.org before Friday, August 30, 2019.

Additional questions or concerns regarding the Winter Park Charter Review Advisory Committee may be directed to 407-599-3277.

Your input is important and we hope you will participate in this process.

Sincerely,

Mayor Steve Leary





The 2019 Orlando Boat Show runs from August 16-18 at the Orange County Convention Center.

to win a complimentary one-year Sea Tow membership. Bass fishermen won't want to miss an exclusive exchange on where to catch the big one in Central Florida's lakes with Capt. Tony Summers, where attendees can enter to win another complimentary half-day fishing charter.

Children attending the show will have the opportunity to catch live trout from an on-site stocked pond. New this year is the opportunity to have a caricature drawn of your child driving a boat by caricature artist Rafael Diaz or experience a face painting transformation by local artist Jacqueline Howe. In addition, fishermen of all ages can challenge their tenacity by reeling in a bull dolphin in the virtual saltwater fishing simulator.

WHAT: 2019 Orlando Boat Show

WHEN: August 16 - 18, 2019

Friday and Saturday: 10:00 a.m.- 8:00 p.m., Sunday: 10:00 a.m.- 5:00 p.m.

**WHERE:** Orange County Convention Center North Hall B, 9400 Universal Blvd., Orlando, FL 32819 (407) 685-9800

TICKET INFORMATION: Adults: \$9, Children 12 and under: free (when accompanied by an adult), Active Military and First Responder discounted tickets available at show box office, with proof of service and valid ID. Advance purchase discount: save \$2 on full-price admission when tickets are purchased in advance online. Offer good through August 11, 2019, 11:30 p.m. Purchase advance tickets at OrlandoBoatShow.com or regularly-priced tickets at the show box office during the event.

The Orlando Boat Show is owned and operated by The Marine Industry Association of Central Florida (MIACF). The Marine Industry Association of Central Florida is a non-profit trade association dedicated to the promotion, protection and advancement of recreational boating and industry in Central Florida. For more information, visit http://www.miacf.org/.



# Winter Park Student Studying In China With U.S. Department Of State NSLI-Y Scholarship

Winter Park, is studying Mandarin in China for the summer through a National Security Language Initiative for Youth (NSLI-Y) Department of State's Bureau of Educational and Cultural Affairs.

Stephanie, competitively selected out of over 3,300 applications from across the United States, is one of approximately 660 students who will study Arabic, Chinese, Hindi, Indonesian, Korean, Persian, Russian, or Turkish overseas this coming year. While in China, Stephanie is receiving formal language instruction, living with a host family, experiencing and local culture as part of an immersion environment.

NSLI-Y is part of a multiagency U.S. Government

initiative launched in 2006 to improve Americans' ability communicate in select critical languages, to advance international

global competitiveness. Many NSLI-Y alumni go on to pursue education and careers vital to U.S. national security and credit the program

Stephanie Jones, a high school student in experience with helping them improve their academic, leadership, and cross-cultural communication skills.

NSLI-Y is administered by American scholarship. NSLI-Y is a program of the U.S. Councils for International Education in cooperation with AFS-USA, American

> Cultural Exchange Service, AMIDEAST, iEARN-USA, Russian American Foundation, Stony Brook University, the University of Delaware, and the University of Wisconsin.

Stephanie Jones of Winter Park will be studying Mandarin language while in China with a host family for the summer.

Applications for 2020-21 NSLI-Y programs are expected to be available at www.nsliforyouth.org the late summer. The U.S.

> Department of State conducts s t u d y abroad programs for over

dialogue, and increase American economic 1,000 American high school students and approximately 3,000 foreign high school students each year. Visit https://exchanges. state.gov/highschool for details.

Scholarships to Study

Language Abroad



The Orlando Magic announced open tryouts for a new hip-hop dance team which will be called "The 407." The team will be made up of men and women.

"The new performance team will build on the 30-year tradition of the Magic Dancers and execute professional routines at Orlando Magic games, while making appearances and continuing our tradition of community service," said the Entertainment Teams Manager, Jeanine Klem-Thomas.

The Magic will also hold tryouts for a new 12-andunder boys and girls hip-hop kids dance team and a senior 55+ hip-hop team. Tryouts for all three teams will start with an open call on August 10. To register, please log onto www.orlandomagic.com/ entertainment.

In addition to the three new hip-hop dance teams, Magic game experiences for the coming season will include a stunt team, a rebranded drumline, and an interactive hype squad.

"On an annual basis we review and evaluate our live entertainment elements and we are excited about a fresh approach to our game entertainment components," said the Magic's Senior Director of Live Entertainment & Production, Geoff Krohmer.

# 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+)
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- Depression and anxiety

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# **Keeping Seniors Fit**

Orange County has partnered with Firebush, Inc. and the YMCA to offer fitness classes at several local community centers in an effort to provide an additional and muchneeded resource for seniors. The classes, which combine Tai Chi, yoga and chair exercises, are specifically designed for those who want to increase mobility and flexibility.

The Community and Family Services
Department, through its Community Action
Division, operates and manages seven
community centers throughout the county.
At these centers, community partners operate
a variety of beneficial programs for Orange
County residents. Firebush currently offers
these classes and related educational forums
at the East Orange, Pine Hills, Taft, and
Maxey locations.

"Our goal is to give back to the community by providing group fitness options for adult seniors and people with limited mobility," said Gloria Harris, Firebush executive director. "Our partnership with the County allows us to expand our reach."

Working closely with the Orange County Community Action Division, Firebush

representatives went into the community centers, met with seniors and asked them what they wanted. "It's a great example of how we work with partners to service specific community needs," said Atalie Ashley-West, the division's family services administrator. "We're here to support residents and enhance

life across a continuum of services, and our partners enable us to do that."

For seniors, the community centers represent a social haven where they can meet people, enjoy meals (courtesy of Seniors First) and participate in educational forums. The fitness classes add another element to enhancing daily life activities and increasing independent living.

"I can get out of bed on my own now because my leg muscles are stronger," said a class participant. "These classes rock, so if you're looking for an hour of fun with a great group of men and women, come join us."

Firebush provides these services at no cost by partnering with retired local health and fitness professionals. Each class lasts 45 to 60 minutes and includes 15 to 30 minutes of fitness discussion. Currently, the classes are serving approximately 125 seniors per week.



# Hold-Thyssen Negotiates \$9.65 Million Sale Of 50-Year Old Apartment Complex

Robert P. Hold, principal at Hold-Thyssen, Inc., negotiated sale of the 97-unit Evergreen Apartments in Winter Park. The value-add multifamily property built in 1972- that operated more than four decades at or over 95 percent occupancy-sold for \$9,650,000, or, \$99,484 per unit.

Hold purchased the property with partners for \$725,200 in 1977 when the one-bedroom apartments were known as the place where the Minnesota Twins stayed during spring training. The most recent asking rents have been in the \$800 per month range, Hold said.

The buyer, an affiliate of Massachusetts-based Aspen Square Management who invests in value-add multi-family opportunities, plans to completely renovate the entire interior and exterior of the complex. Cole Whitaker of Berkadia Real Estate Advisors represented the buyer in the transaction.

Hold-Thyssen Inc. is a full service commercial property firm that provides commercial property brokerage, leasing and management services to institutional and private investor clients nationwide. The 40-year old firm's current management portfolio includes more that 100 commercial properties throughout the United States.

# Orlando Health Announces New Executive

Holly Muller is the new Chief Nursing Officer of Orlando Health Orlando Regional Medical Center and Assistant Vice President of Orlando Health. In this role, Muller will provide leadership and coordinate activities, processes and policies for high quality patient care and work closely with the Vice President of Nursing for Orlando Health to provide leadership and direction. Most recently, Muller served as the vice president of patient care services at Lee Health Gulf Coast Medical Center. She was responsible for the patient care services division and hospital operations within a 356-bed acute facility. Some of her accomplishments within this role include successfully merging two facilities to one new replacement facility, leading a system wide conversion of Large Volume Infusion Pumps within four acute care facilities and outpatient center and promoting leadership alignment for advancing professional nursing practice. Currently, Muller is a member of the American Organization of Nurse Executives, the Florida Organization of Nurse Executives and the Central Florida Organization of Nurse Executives. In 2014, she was the chapter president for the Southwest Florida Organization of Nurse Executives. She received a Bachelor's degree in nursing from LaSalle University in Philadelphia and a Master's in nursing from Kaplan University in Chicago. Also, she completed the Wharton Nurse Leaders Program in Philadelphia and is board certified as a nurse executive. Currently, Muller is enrolled in the Doctor of Nursing program at the University of Central Florida. Additional information can be found at www.orlandohealth.com.

## 2019 Home Rule Hero Awards

The Florida League of Cities recently recognized Mayor Steve Leary of Winter Park, Commissioner Carolyn Cooper, and the Building & Permitting Services Department's director, George Wiggins, with a 2019 Home Rule Hero Award. They earned the award for their tireless efforts to protect the home rule powers of Florida's municipalities, and advance the League's legislative agenda during the 2019 legislative session.

"The dedication and effort of these local officials during the 2019 legislative session was extraordinary," said the FLC Legislative director, Scott Dudley. "These are some of our biggest advocates for municipal

issues, and they're shining examples of local advocacy in action. On behalf of the League and its legislative team, we're proud to recognize each and every one of them, and thank them for their service."

The Florida League of Cities is the united voice for Florida's municipal governments. Its goals are to serve the needs of Florida's cities and promote local self-government. The League was founded on the belief that local self-

government is the keystone of American democracy.

The Florida Municipal Achievement Awards program recognizes innovations and excellence in municipal government. Mayor Leary, Commissioner Cooper, and Director Wiggins' outspoken advocacy for municipal home rule has inspired and been a model for municipal officials statewide.

For more information regarding Florida League of Cities, please access floridaleagueofcities.com.



### Orlando Philharmonic Orchestra To Present "Orchestrate"

Orlando Philharmonic, Florida Symphony Youth Orchestras, and Creative City Project are seeking to "Orchestrate" with bands or solo artists from a diversity of genres to play with a live orchestra. The three organizations are looking for artists from a diversity of genres; pop, rock, hip-hop, rap, jazz, electronic, or other forms. The final selections will be a broad representation of styles.

- Five bands or artists will be selected
- Each will have two songs orchestrated
- Songs will be performed live at IMMERSE 2019 in Downtown Orlando with the Orlando Philharmonic and Florida Symphony Youth Orchestras.

"As a musician, I know how epic the prospect of playing with an orchestra can be," says Cole NeSmith, executive director of Creative City Project. "So when Eric Jacobsen [Orlando Philharmonic Orchestra's music director] and I started talking about this, I knew it would be a once-in-a-lifetime experience for the artists we end up collaborating with. And it seemed like the perfect opportunity for us collaborate with the Florida Symphony Youth Orchestras as well."

This initiative continues Creative City Project's commitment to original and innovative experiences that audiences and artists can't have anywhere else in the world. And it highlights the Philharmonic's commitment to quality and innovative programming, collaboration, and education.

"We're excited to work with some incredible artists to fuse orchestral music with other genres," said Eric Jacobsen, the music director of Orlando Philharmonic Orchestra. "The Philharmonic is committed to performing

orchestral music from the past, but we're also interested in creating innovative contemporary musical experiences that explore where music is going."

Hanrich Claassen, FSYO's music director, noted, "We believe in giving our student performers diverse experiences. 'Orchestrate' is a great opportunity for our three organizations to work together to create something truly unique for all the artists involved."



### **Important Dates:**

- Submission form is now available at creativecity project.com/orchestrate
- Submission deadline : Friday, July 19
- Selection of artists/bands : Friday, July 26
- Rehearsal: Early October in Orlando
- Performance: Friday, October 18 during Day 1 of IMMERSE 2019

### "Orchestrate" Artist Submission Link

Link for artist submissions: http://www.creativecityproject.com/orchestrate

### Information on IMMERSE

IMMERSE is the annual, performing and interactive arts event from Creative City Project. In 2019, IMMERSE will platform 1,000 artists and performers for an audience of 70,000 in the streets and public spaces of Downtown Orlando.

The event takes place over two days, October 18 and 19, 2019.

The event started in 2012 as a group of artist friends popping up on street corners and in business plazas around Downtown Orlando during the month of October. Since 2012, it continues to grow exponentially year after year and is on track to become a global-destination arts experience that hosts 100,000 guests by 2020.

### Information on Orlando Philharmonic Orchestra

Celebrating its 27th Season, the Orlando Philharmonic Orchestra is led by Music Director Eric Jacobsen and comprised of accomplished musicians from around the world. The Philharmonic annually presents the FAIRWINDS Classics and Pops Series at Bob Carr Theater and its Focus Chamber Series at The Plaza Live.

The mission of the Philharmonic is to enrich and inspire the diverse communities of Central Florida through the transformative power of live music, and it presents more than 170 live concerts and impacts more than 70,000 children, youth and families annually through its Young People's Concerts, Symphony Storytime Series, Notes in Your Neighborhood program, and free outdoor community concerts. A resident company of the Dr. Phillips Center for the Performing Arts, the Philharmonic will perform in Steinmetz Hall when it opens in 2020.

Learn more at OrlandoPhil.org.
The Florida Symphony Youth Orchestras are comprised of three full orchestras, chamber orchestras, and two jazz ensembles.



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### Cybersecurity awareness by Ron Frechette, The Cyber Coach

Ron Frechette

# Ransomware Attacks Hammering Florida

If you haven't heard it in the news, Florida has been a primary target for ransomware attacks over that past month and the

trend seems to be increasing. Several cities, small businesses, and individuals have fallen victim to these attacks which has caused tremendous angst within state & local government offices and citizens across the state.

The city of Riviera Beach, FL was initially infected with a malware virus in early June that forced the city to pay cyber criminals a \$600,000 ransom in order to unlock their data. Lake City, FL was hit the following week and was forced to pay attackers \$460,000. And most recently the city of Key Biscayne, FL suffered a malware virus attack called Triple Threat and is actively working with cyber-forensic experts and the FBI to negotiate a ransom payment with the cyber thugs to get their data back.

We are also seeing high-net-worth individuals and small-midsize businesses fall prey to these attacks. We recently negotiated a ransomware attack fee for a small business where we were able to convince the attackers to accept \$8,000 (one bitcoin). In the client's case, they had no back-ups and their firewalls and AV were not properly configured. It was either pay the ransom to unlock their data or pack up your belongings, head to the house and most likely file for bankruptcy. Welcome to the Digital Age!

So... this month our objective is to educate readers on what exactly a ransomware attack is and share some ways that you can mitigate your risk of becoming a victim.

### What Is Ransomware And How Does It Work?

Ransomware is a type of malware that encrypts the files on a single user's device or a system's storage devices. In order to access the encrypted files, users are forced to pay a "ransom" to a cybercriminal group or lone attacker. The ransom fees are all paid in bitcoin which makes it nearly impossible to track.

Ransomware usually spreads through spam email attacks. The spam email will have



a malicious attachment that appears to be a valid file or will include a URL link in the body of the email. If you open the attachment, the ransomware will activate within seconds and starts to encrypt files on the device. If a link is used as the attack vector, once clicked, the user is taken to a web page where the ransomware is delivered to the device without the user's knowledge. The malicious programs or sites often use "exploit kits" to detect security vulnerabilities in the device's operating system or applications that can be used to deliver and activate the ransomware.

# Ancillary Costs Associated With Ransomware Attacks

The impact of a ransomware attack extends well beyond the cost of the ransomware fee. Businesses must also incur the costs associated with loss of data such as lost productivity, forensic investigation fees, data and system restoration fees, media/client breach notification fees, and brand damage.

As a case in point, the small business we supported paid fees in excess of \$60,000 beyond the ransomware fee and additional expenses are still being incurred.

### Four Ways To Reduce The Risk Of A Ransomware Attack

**1. Security Awareness Training -** Attackers use email and social engineering practices to

entice a user into downloading malware or exposing their username and password. Simulated phishing emails and basic security awareness training on how to identify malicious emails are extremely effective.

- **2. Have a Disciplined Patching Program** It's relatively simple for cybercriminals to identify unpatched devices and software on an enterprise's network, and once identified, to take advantage of known vulnerabilities. Patch your systems!
- **3. Back Up Data** Ransomware can encrypt backups stored on servers. You should backup important files to a network drive and also have a cloud backup service We should also test that the backups can be restored. If, by chance, ransomware encrypts all local files and backups, we can still restore them quickly with minimal impact to the business.
- **4. Defense in Depth** have multiple layers of defense. If one layer does not block an attack, you have additional overlays that can mitigate the threat.

In closing, ransomware attacks are on the rise and we need to be vigilant about protecting ourselves from them. The consequences can be significant as many of our neighboring cities and small businesses are beginning to see.

Until next month, wishing you a safe and secure journey in cyberspace!

Questions? Send me a tweet: @GoldSkyRon or email: ron.frechette@goldskysecurity.com
Sources: https://miami.cbslocal.com/2019/06/26/key-biscayne-third-city-data-breach-florida-cities-paid-hackers/; https://www.bbc.com/news/technology-48704612

# Florida Department Of Economic Opportunity Comments On The 2019-2020 State Budget

The Florida Department of Economic Opportunity's executive director, Ken Lawson, commented on Governor Ron DeSantis' signing of the 2019-2020 budget. "Since taking office, Governor DeSantis has remained committed to providing smart, strategic investments for Florida. The Bold Vision for a Brighter Future budget allows our team the opportunity to help strengthen Florida's communities with increased funding for rural communities, authority for our agency to spend critical dollars for long-term disaster recovery efforts and offers continued opportunities to enhance infrastructure and workforce training programs through the Florida Job Growth Grant Fund. We look forward to working with Governor DeSantis and our sister agencies to continue focusing on making strong, smart and strategic investments in Florida's infrastructure and workforce to achieve Governor DeSantis' vision for a better and brighter future for all Floridians."

### THE BOLD VISION FOR A BRIGHTER FUTURE BUDGET INCLUDES:

### More than \$7.7 Million for Rural Communities

• The Bold Vision for a Brighter Future budget provides increased funding for rural communities through the Rural Infrastructure Fund. More than \$7.7 million has been budgeted for the Rural Infrastructure Fund, allowing the Florida Department of Economic Opportunity to award rural communities funding to facilitate the planning, preparing and financing of traditional economic development infrastructure projects that encourage job creation and capital investment.

### \$620 Million to Support Hurricane Preparedness and Recovery

• This budget provides the Florida Department of Economic Opportunity the authority to spend more than \$620 million in federal disaster assistance to provide long-term disaster recovery resources to communities impacted by Hurricane Irma. Visit RebuildFlorida.org to learn more about the opportunities available for Floridians through these resources.

### \$40 Million for the Florida Job Growth Grant Fund

• The Florida Job Growth Grant Fund is an economic development program designed to promote public infrastructure and workforce training across the state. Proposals are reviewed by the Department of Economic Opportunity and Enterprise Florida, Inc. (EFI) and chosen by the Governor to meet the demand for workforce or infrastructure needs in the community to which they are awarded. In 2019-20, the agency will be able to provide \$40 million for projects that focus on rapidly developing a highly-skilled workforce and on initiatives that can improve water quality and support "green" infrastructure in Florida communities.

The Florida Department of Economic Opportunity combines the state's economic, workforce and community development efforts to create strong and resilient communities. For more information, including valuable resources for employers and job seekers, please visit www.floridajobs.org.



# by Dan losue The Dight Deeple

## The Right People

Dan Iosue

Maybe you're not the ultimate decision maker, so you might be asking, "What can I influence?"

Let's talk about ROI. There are only three resources in almost any business: people, time, and money. The difference between an average-performing business and a world-class business most often comes down to the quality of your people and how they spend their time. You'll find that the highest producing teams within these organizations have the right people, doing the right things for the right reasons, the right amount of time.

So, let's talk about hiring the right people; First, are you hiring just to fill a role? Or are you finding the right person for your organization who has the right combination of behaviors, attitude, skills, knowledge, and experience that aligns with your culture and what it takes to be successful in the role and potentially beyond?

There are typically four types of people you can hire:

- 1) Low performers / low cultural fit (warm bodies)
- 2) Low performers / high cultural fit (great to be around)
- 3) High performers / low cultural fit (corporate terrorists)
- 4) High performers / high cultural fit (unicorns)

The first type and the last type are a little easier to deal with, so let's look at the two in the middle; low performers but they're great to be around and everyone loves them; and high performers but they're a bad cultural fit and they're toxic for your team.

family business perspective

As managers and leaders, we often find ourselves frustrated because we have high performers who aren't cultural fits and cultural fits who aren't high performers – and we can't figure out how to make it work.

We feel bad to let go of someone who is "great to be around" and are worried to let go of someone who's terrible for morale but who brings in revenue because of the bottom line – so then we go into this mode of either making excuses or being a savior to fix the problem. All of this erodes culture, trust, and teamwork. Ultimately, neither person should have been hired in the first place.

Think of your team/organization as your family, with a fierce drive to protect them from outside influences that could erode trust. Look to recruit people who will contribute to the culture you are cultivating, versus feeling pressure to fill a role "just to fill a role." Look for the people who either have what it takes to perform at a high level and have a positive impact on your culture (the unicorns), or the people who have the right behaviors and attitude to develop the knowledge and skillsets and develop them.

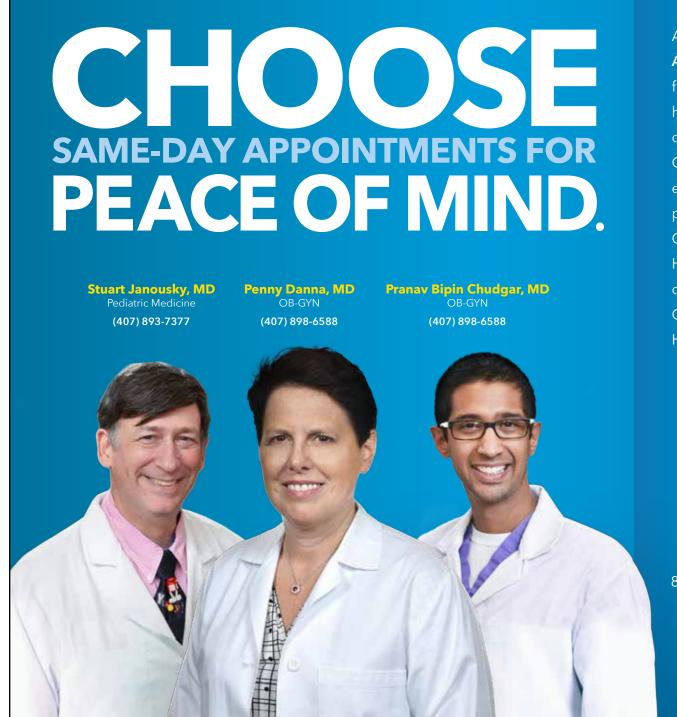
# Virgin Trains Groundbreaking At Orlando International Airport

The Greater Orlando Aviation Authority Board chairman, Domingo Sanchez, joined leaders from Virgin Trains USA along with congressional, state and local elected officials to celebrate the groundbreaking of the company's future connection between Orlando and Miami. The new high-speed rail, which will arrive at the recently completed Intermodal Terminal Facility, will make Orlando International Airport the first airport in the country to have a full train station inside its terminal facility that offers a high-speed rail connection when services begins in 2022.



Photo above, left to right: Greater Orlando Aviation Authority Chairman Domingo Sanchez, Virgin Trains USA President Patrick Goddard, Orange County Mayor Jerry L. Demings, Virgin Trains Chairman Wes Edens, U.S. Representative Val Demings, Orlando Mayor Buddy Dyer, FRA Deputy Administrator Quintin Kendall and U.S. Representative Daniel Webster.

Dan losue is an Associate of The Rawls Group, a business succession planning firm. Dan specializes in dealing with the issues that must be resolved by business owners to implement succession strategies geared towards building business value. For additional information, visit www.rawlsgroup.com or call 407-578-4455



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### POP CUITURE detours by George McGowan

## It's Too Hot, Stay In And Tweet!

One of the positive things about social networks is the random people you meet. I'm on Twitter, as @ gmac94, and I like to follow quirky pop culture lovers like me. If you are about my age (56) and want a few laughs, I suggest following @Super70sSports. This account, run by a gentleman named Ricky Cobb from Chicago, never ceases to amaze by posting old baseball card photos, old print ads, or an old photo of Robert Urich cruising in his car with a lion! Somehow, this internet genius finds something silly to brighten my day from time to time. Just looking at the hair styles from the 1970s is humorous in itself!

Another idle-time killer is something I call the "Twitter List Challenge." This is where an account randomly asks its followers to list their favorite albums that meet some obscure criteria. Well, that's just catnip

to a list maker like me. The accounts who have "challenged" me lately are: @ItsMeHenning (who doubles as a musician in a band named Gentle Hen), @17Kandles (who notes his obsession with his childhood tapes and CDs collection), and @ ThatEricAlper (a fellow musicaholic who also the host of "Canada Talks" on Sirius XM radio).

Some examples of my recent answers to these random list requests are, as follows:

Songs with "Lost" (or its many derivations) in the title: "Love is a Losing Game" by Amy Winehouse; "Let's Get Lost" by Chet Baker; "Can't Get Used to Losing You" by Andy Williams; "Either Way I Lose" by Nina Simone; "(I Know) I'm Losing You" by The Temptations; and "Lose Yourself" by Eminem.

Songs with "Too" in the title: "It's Too Late (She's Gone)" by Chuck

Willis; "Too Deep"
by The GOASTT;
"Born Too Late" by
Dent May; "Too
Many People" by
Paul McCartney, "Too
Late" by Bash & Pop; and "Her
Town Too" by James Taylor.

Songs with "Dead" in the title: "Dead Leaves and the Dirty Ground" by White Stripes; "I'm Dead (But I Don't Know It)" by Randy Newman; "The Night David Bowie Died" by Lilly Hiatt; "Dead Skunk" by Loudon Wainwright III; and "The Dead Heart" by Midnight Oil.

Just one more, just consider these all recommendations for great music to listen to this month!

Songs with parentheses in the title: "Cat People (Putting Out the Fire)" by David Bowie; "God's Song (That's Why I Love Mankind)" by

Randy Newman; "I Feel Love (Every Million Miles)" by The Dead Weather; "Litany (Life Goes On)" by Guadalcanal Diary; "(If Loving You is Wrong) I Don't Want to be Right" by Luther Ingram; "Only You (And You Alone)" by the Platters; "Brace For Impact (Live a Little)" by Sturgill Simpson; and "Money (That's What I Want)" by Barrett Strong, the Beatles, the Rolling Stones, the Backbeat Band, and others. Do you remember the "super group" that performed the early songs of the Beatles in the movie "Backbeat" from 1994? Extra points for knowing the lineup and their other bands: Dave Pirner (Soul Asylum), Greg Dulli (The Afghan Whigs), Thurston Moore (Sonic Youth), Don Fleming (Gumball), Mike Mills (R.E.M.), and Dave Grohl (Nirvana/Foo Fighters).

# theater in the parks by Paul Gicola

# **Shoes With A Message**

There are some new shows in our area that are not only entertaining but stimulate our minds by raising important questions. Sometimes we see things in a new light and maybe even reevaluate our positions.

### "#GODHATESYOU" by Emily Dendinger, Directed by Cynthia White, Theatre UCF, August 29-September 1

This production is part of UCF's Pegasus PlayLab in partnership with Orlando Shakes, dedicated to developing plays by emerging playwrights. It was first presented in October 2018 as a staged reading during Play-Fest at Orlando Shakes. I remember speaking to Emily after the reading and telling her that of all the works presented during Play-Fest, I thought hers was the worthiest of further development. Thus, I was glad to see this full production when it was presented in June at the start of the PlayLab. It was a powerful piece as a reading but as a full production with a cast of actors, the message really hits home.

The story centers around Laurel, born and raised into a radical evangelical church. The church not only pickets but uses Twitter to spread their hateful messages "God hates gays" and "Kill the gays." Along the way, she interacts with followers and antagonists on the internet and in person. She begins to question her beliefs and the church's mission, especially when it leads to physical violence. Speaking to Emily after the show she told me that the anonymity of the internet allows people to post outrageous statements and those with impressionable minds sometimes take drastic

actions. A must-see show especially in today's political climate.

### "This One's for the Girls" by Dorothy Marcic-Valencia College-Student Produced, Directed by John DiDonna

It's always nice to see shows currently playing in New York without having to leave our neighborhood. Such is the case with this show formerly called "Respect." It is a musical journey of women over the past 100 years through 40 popular standards and spoken interludes. The four cast members were outstanding. The singing and choreography were first-rate. The student produced show kept its high energy from the beginning to the end. My only regret was that the ladies did not do a curtain call, which probably would have included a standing ovation. They just disappeared after the last number. Perhaps modern self-assured women do not need the approval of society, but I would have like to thank them for a job well done.

### "Outside Mullingar" by Patrick Shanley, Mad Cow Theatre, Directed by Bobby Bell, June 21-July 14

Coming on the heels of a great production of the foot-stomping musical "Once," The Mad Cow Theatre is featuring another Irish story. "Outside Mullingar" is a show is about the unlikely love story of two introverted forty-something neighbors whose families are involved in a bitter land dispute involving their farms in the rolling hills of rural Ireland. Luckily for us, the director chose to play up the comedic elements and there are quite a few zingers, especially

involving the older characters during the first act. However, there is much drama and family conflict before the resolution in act two. The four-member cast deliver solid performances and even manage to maintain their Irish dialect throughout the play. You never know where you might find love. But, you can find a great show at Mad Cow!



OTHER BEST BETS FOR JULY: "NEWSIES" (OSCEOLA ARTS), "FLASHDANCE-THE MUSICAL" (WINTER GARDEN THEATRE), "BREAKTHROUGH RETROSPECTIVE YEARS 1-5" (BREAKTHROUGH THEATRE OF WINTER PARK)

### 11

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

Ayesha G. Shenk

# "...And Everywhere Life Is Full Of Heroism.\*"

July is, of course, our nation's celebration of independence and freedom. Just the thought of July conjures up images of fireworks, patriotism, cookouts, and celebratory gatherings. But for me, what it also brings to mind is the heroism that's coursing through

the veins of this country.

Without it, there would be no Declaration of Independence, no celebratory gatherings, not even the freedom for me to write this article without oversight.

No matter your political proclivity or your beliefs about what is happening in our country at this moment, I believe it would be difficult to dispute just how valiantly so many of our compatriots have fought for our rights, our freedoms, our equalities, and our dedication to an ever-better day to come.

With that, I wish to salute the heroes fighting day in and day out domestically and abroad so that we may wake each day with the luxury of not having to consider these freedoms

And with this, I wish to draw your attention a little more locally to those equally unsung heroes of our community and our day-today lives. Somewhere, someone close to you is probably struggling. Somewhere, someone with whom you just crossed paths is likely

trying to figure out what to do next. Somewhere, someone just around the corner could really use your help.

The reason this is at the forefront of my mind is because of the project that is underway right at this very moment while I type this. Most of you have probably ascertained that I think my husband is pretty great. But most of you also probably have little idea why it is that I know he's pretty great. Let me give you a glimmer of an insight into just one of the many reasons...

This weekend, The Give Hope Foundation\*\* - the all-volunteer, not-for-profit organization (in our backyard) that serves those afflicted by pediatric cancer and their families, is doing their first ever hands-on project for a



family in need. My husband has been on the board of The Give Hope Foundation for a few years, after having been asked by the friend who founded and has grown this amazing organization in 2005, Pete Piacenti.

Matt (my husband), like many of the board

members and volunteers involved in this incredible organization, often delivers iPads to children undergoing chemotherapy (so that they may feel even a tiny bit of distraction from the hours of chemotherapy) or grocery gift cards or mortgage payments to their parents (so that they may be able to tend to their children's needs for at least a month without the duress of financial ruin) but last month he visited the home of a child whose zest for life drew him in, the moment he jumped into Matt's arms when he arrived. Dezmond, a two-year-old boy suffering from Rhabdomyosarcoma, lives in a home with no floors with his 'big' (five-year-old) brother and their amazing grandmother, Mary.

Mary works tirelessly to provide for these boys and get Dezmond to and from Nemours for all of his treatments. What Mary does not have time nor resources for, is flooring in her home or even a bedroom for herself. She sleeps on the couch in the living room so that she may see down the hall into the boys' room and make sure they're alright. Mary's 'wish' from Give Hope was for flooring (and pest control) so that Dezmond could crawl safely in his home between treatments.

From that moment on, the wheels started turning and Matt has not stopped since. He's taken measurements, investigated prices, garnered resources, enlisted helpers, and put together the first ever hands-on 'home makeover' Give Hope has ever done. As of last night, as we were buying flooring from the kind managers at Lowes (who offered us an incredibly helpful discount), it marked the official kickoff for this project after weeks of tireless planning.

This morning, before sunrise, flooring was being loaded and unloaded in the pouring rain with the help of our kids holding a tarp over the trailer as we loaded it. All day long, a slew of amazing heroic volunteers have been moving and cleaning and scrubbing and painting and laying down floors on their hands and knees for this child and his family in need. All day tomorrow the same will continue until the home is safe and ready for Dezmond, his brother, and his grandmother to return home to find a clean, refreshed, enlivened, and loved-on space in which to grow and fight and hopefully survive and maybe even eventually thrive.

Everywhere life is full of heroism.

Today I salute all of the heroes who quietly toil to make the world, whether at large or in their own tiny corner of it, a better place. Today I salute

Dezmond and Mary who heroically fight their own battle day in and day out. Today I salute my childrens' hero as they watch and work alongside their father who puts what is right above what is easy.

Today I salute you... and ask you to look around with fresh eyes and find your own act of heroism in your sphere of influence.

It is possible. It is all around you. It will change lives... not only those who you will

assist but, perhaps even more so, yours.

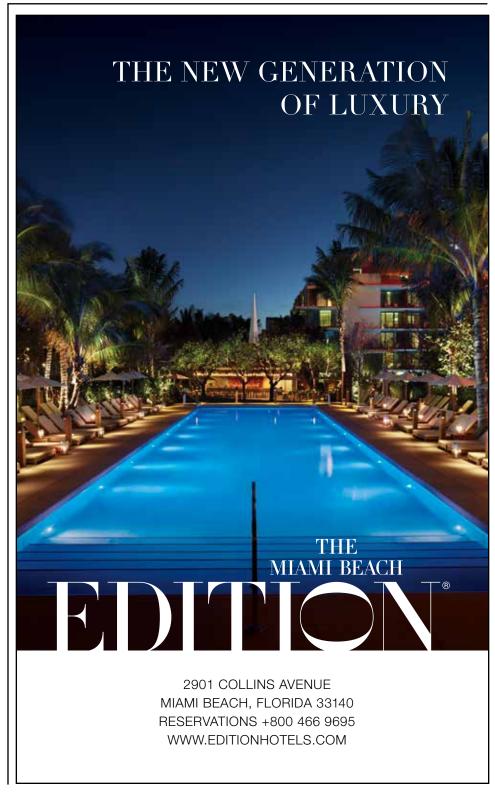
Go out, Give Hope, Be Heroic.

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

Everywhere life is

full of heroism.

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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# in the garden by Stephen and Kristin Pategas



Stephen & Kristin Pategas

All photography by Stephen G. Pategas/Hortus Oasis

### **Words Of Water**

Water is vital for life and when heard, powerful in the garden. We try to incorporate a water feature into every garden we design. It attracts the eye and creates a reason to travel into – and through- a garden. While humans normally obtain drinking water from the tap or off-the-

shelf, wildlife must make use of what occurs naturally or in gardens.

The many forms that water takes in the garden calls to mind numerous words used to describe its physical properties, its use in the garden, and its influence on our senses and emotions. Enjoy and be inspired...

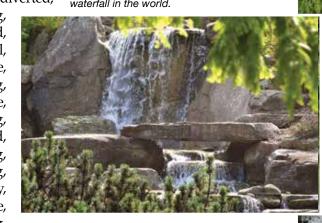
Agitated, alluring, angry, animated, arcing, ascending, assertive, babbling, baptizing, bathing, becalmed, belching, billowing, blasting, blocked, blowing, bottled, bouncing, bouncy, branching, breaking, broad, broken, bubbling, burbling, burping, calm, canalled, cascading, cesspool, channeled, chaotic, choreographed, churning, circulated, cleansing, clear, clinging, cold, collapsing, collected, colliding, colorless, columnar, complex, contained, contemplative, contrived, controlled, cooling, coursing, crashing, crystal-like, crystalline, curtaining, curving, dammed, dancing, dead, decorative, descending, destructive, dewy, diminishing, disappearing, distilled, disturbed, diverted,

down-spouted, draining, dribbling, drinking, dripping, drizzling, drooling, droplet-like, droplets, dropping, ebbing, ejaculating, ejected, emerging, entertaining, enthralling, enveloping, eroding, ethereal, evaporating, everlasting, expanding, expansive, exploited, expressive, exuberant, falling, fast-flowing, flowing, fluctuating, foaming, fountaining, frigid, frothing, frothy, frozen, gravitating, gentle, geysering, glassy, gleeful, gliding, glistening, glittering, glossy, glugging, graceful, gravitating, gravity-fed, gurgling, gushing, hard, harnessed, heaving, hot, holy, hovering, hugging, humidifying, humming, hydrating, icy, illusory, impounded, inert, insistent, invigorating, jetting, kinetic, lapping, lethargic, life-giving, light-catching, lively, lulling, luminous, manipulated, marvelous, meandering, meditative, melodic, mesmerizing, mirror-like, misting, modulated, moving,

multilevel, murky, murmuring, mysterious, naturally-running, needle-like, noisy, nourishing, nozzled, ominous, ornamental, pissing, placid, playful, plopping, pluming, plunging, polluted, ponding, pooling, pouring, powerful, pressurized, puddling, pulsing, pure, quiet, ragged, raining, rapid, recirculated, recreational, reflecting, refreshing, refulgent (shining), rejected, restorative, revitalizing, rhythmic, rilling, rioting, riotous, rippling, rising, roiling, rough, runneled, running, rushing, scouring, sculptural, seething, sensual, sequenced,

serene, shaky, shallow, shimmering, shining, shivering, shooting, showering, shroud-like, silent, silky, silvery, sinuous, skin deep, skin-like, sleepy, slick, slinky, slippery, slithering, slow, slow-moving, sluicing, snaking, snaky, snorting, soft, soothing, sparkling, spewing, spinning, spiraling, spitting, splashing, splattering, spouting, spreading, spring, spring-like, spritzing, spurting, squirting, stagnating, steaming, steamy, still, stimulating, streaming, suspended, swaying, swelling, swift, swirling, symbolic, tepid, thirst-quenching, thundering, tidal, tinkling, torrential, towering, transitory, transparent, trapped, trickling, turbid, turbulent, turning, twisting, umbrellalike, uncontrollable, uncontrolled, undulating, unpredictable, unstable, vaporized, violent, vociferous, wandering, waning, warm, wavering, wavy, waxing, wearing, well, welling, wet, whimsical, whipped, whirling, wispy, white, white capped, wind driven, wobbling, yielding – a garden without water is a garden without a smile.

At right: The 115-foot-high waterfall in Singapore's Gardens by the Bay Cloud Forest conservatory is the tallest indoor waterfall in the world.



Above: A waterfall at the Frederik Meijer Gardens & Sculpture Park in Grand Rapids, Ml. Below at left: A reflecting pool with orchid filled planter at Marie Selby Botanical Gardens in Sarasota, FL. Below at right: Statues spout water into a swimming pool at Sanur Beach, Bali.



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





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

### Summertime, Summertime, Sum...Sum...Summertime

To quote the lyrics of a very popular Buster Poindexter song, "It's hot, hot, hot!" Unfortunately, it's true, we have entered that time of year when the average daily temperature seems to be something close to the temperature of Hades and the evenings cool down to the moderate temperature of "open oven door." With this in mind, we would like to remind you of some heat safety tips.

We know that there are many advantages to drinking water (yes, plain old non-flavored, noncaffeinated water) however, during this time of year it is more important than ever. Often times we continue our daily activities as if nothing has changed. Exercising outside during the summer months requires the intake of considerably

more water. That, and limiting the amount of time you spend in the direct sunlight, will help avoid the onset of heat stroke. Signs of heat stroke include, headaches, lightheadedness or dizziness, the lack of sweating despite the heat, red, hot and dry skin, nausea and vomiting, rapid heartbeat and rapid breathing.

If you find that you are suffering from any of the above symptoms, immediately stop your activity and call 911. Try to move to an air conditioned area. Ice packs or a cool shower or bath will help to lower the

body's core temperature. Do not use ice packs on older patients or young children or persons whose vigorous exercise initiated the heat stroke.

The heat not only affects us but our pets as well. Remember, the pavement is very hot from mid-morning until just after sundown. If you are

planning on taking your dog out for a walk or run, make sure to do it early in the morning or once the sun has gone down. A quick check of the pavement/sidewalk temperature with your hand (leave it flat for 15-20 seconds) should give you a fair idea if it is safe to let your furry friends go for a walk. If you are planning on an extended walk, make sure to pack water for them and plan on some strategic stops in the shade for both of you to cool down, as pets are just as susceptible to heat stroke as humans and it is just as deadly. While on this topic, running your dog while riding a bicycle is usually never a good idea as it is not safe for you or your dog. Running your dog while on a bicycle in the summer time is a



recipe for disaster as while you are concentrating on riding, your attention is diverted from the dog and you may miss the symptoms that your dog is in distress.

On the topic of dogs, we often get asked about dogs being left unattended in vehicles during the summer months. This had become such a problem, that the Florida Legislature enacted a law (F.S.S. 768.139) that is titled, "Rescue of vulnerable person or domestic animal from a motor vehicle; immunity from civil liability."

This law addresses the situation wherein if a person sees a vulnerable person (e.g. aged person, special needs or child) or a domestic pet that appears to be in imminent danger or suffering harm, you are able to act in good faith to free that person or animal from the vehicle, provided that you first call 911 and inform them of the situation. You have ensured that the vehicle is locked and the person or animal cannot exit the vehicle without your assistance and that you

> use no more force than necessary to enter the vehicle and that once released you and the vulnerable person and/or animal stay in close proximity to the vehicle until a First Responder arrives.

> Remember the inside of your vehicle heats up rapidly as soon as you turn the air-conditioning off. Leaving your pet inside can result in tragedy after just a few short minutes. Therefore, if you don't plan on taking your pet with you when you arrive at your destination, leave them at home. As a reminder, it is

against the law to leave an unattended motor vehicle (a dog or cat inside does not meet the attended requirement) running. So once again, if you don't plan on taking your pet inside once you reach your destination, leave them at home.

Have a fun, safe summer and try to stay cool!

### schools

### 🜈 Audubon Park School RINCIPAL TREVOR HONOHAN

Audubon Park School has been named a School of Innovation and will join the OCPS Innovation Learning Community for the 2019-2020 school year. Our school will join the creative forces of the other excellent educational institutions within OCPS. This means we will be encouraged and permitted to embrace change, ingenuity, continued innovation, and next-generation thinking as we set the narrative for what 21st education

think globally and act locally. Local students in 6th through 8th grades

non-profits have been the beneficiary of our student-led projects. A group of third graders recently started an all-natural business named Nature's Perfume and awarded Second Chance Wildlife with their profits. Our National Honor Society held a Caring Carnival to bring awareness to global issues and awarded over \$900 to non-profit organizations. Our green initiatives like composting and recycling continue, along with some new initiatives coming next school year with community partners in the areas of storm drain awareness and At APS, we encourage students to energy conservation. This summer, p.m.) for Falcon Flight. Get ready to

are reading the book Seedfolks. We will be celebrating the theme of Community Gardens with these young readers on July 26th. Fleet Farming will lead our students and families in the installation of our 3rd garden project.

For all upcoming events and summer assignments, please visit our website at www.audubonparkk8. ocps.net. Be sure to follow us on social media, Instagram and Twitter: @apsk8\_ocps, Facebook @ AudubonParkSchoolK8. We look forward to seeing all of our incoming Falcons on August 8th (5:30 - 7:00 soar into a great year!



Hello Glenridge Families,

I hope each of you are off to a great start to the summer. Despite the summer heat, the afternoon rains have certainly been a nice cool down to the day. As we travel through the summer season, I wanted to share some important information with you. Currently, we are awaiting word on the release of student FSA information. Once we receive this information, as well as when report cards are ready, we will send notice out to the entire school community via the School Messenger phone system.

In addition, incoming 7th grade students must have updated completed immunizations submitted to the school before beginning the school year. Should you have any questions regarding the immunization process for 7th grade students, please contact Ms. Kenlyn Talbot-Williams, school registrar. This is an important task that must be completed prior to the start of the school year.

In closing, I want to wish each of you a restful and safe summer. Please take this time to focus on the three Rs: Rest, Relaxation, and Rejuvenation.





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### schools



# St. Charles Borromeo Catholic School PRINCIPAL NATHAN NADEAU

St. Charles Borromeo Catholic School graduated 49 students. The students, their families, SCBCS faculty and staff, and friends, paid tribute to the hard work and accomplishments of the graduating students.

After Mass, the ceremony included remarks from Principal Nadeau; Valedictorian, Shannon Reid; and Salutatorian, Sarah Wedekind. The St. Charles Borromeo Award was presented to Shannon Reid for following in the footsteps of Jesus. She shows this by service to others, her sense of responsibility, respect for all and self, and spirit of kindness. The Sisters of St. Joseph Award was presented to Peter Kay for overall accomplishment, personal growth, and ability to overcome obstacles, perseverance, and academic achievement throughout his years at St. Charles.

Eighth grade celebrations included Passing of the Light Ceremony, 8th Grade Dinner Dance, Field Day, May Crowning, and a class field trip. SCBCS is looking forward to the next school year, starting Wednesday, August 14th. Congratulations and best wishes to the 2019 graduating class!



Above: Congratulations to the St. Charles Borromeo Catholic School class of 2019!







A special message from WPHS Principal Matt Arnold about "Project Impact."

I enjoyed the opportunity to visit our feeder schools and recognize elementary and middle school teachers in front of their classroom students. Our 2019 graduates wrote a letter to their most influential teacher from either elementary or middle school. Graduation is a celebration of a full 13 years of K-12 education and not just four years at the high school. Thank you to all of the teachers who have had a positive impact on our graduates!

### SAVE THE DATES FOR WELCOME BACK CATS

**Seniors:** Tuesday 8/6 | 8 am - 11 am **Juniors:** Thursday 8/8 | 8 am - 11 am **Sophomores:** Friday 8/9 | 9 am - 12 pm .....

FRESHMEN: **WELCOME CATS** 

Tuesday 8/6 | 8 am - 4 pm

**ORIENTATION** 

Wednesday 8/7 | 5 pm - 7 pm •••••

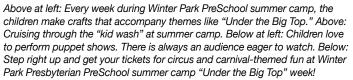


# Winter Park Presbyterian PreSchool

Summer camp is in full swing at Winter Park Presbyterian Preschool! Each week we explore a different theme like Under the Big Top, Construction, and Animal Planet. Water days twice a week are a blast! All ages splash around in pools and drive plasma cars through our ever-popular kid wash.

July is a busy month for summer camp as the children will explore treasures of the ocean; enjoy nature activities, bug hunting, singing and roasting marshmallows around the (play) campfire; and learning about the many different animals on our planet.







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# 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/.

**Now – September 30 Fairy Door Exhibit** - This whimsical exhibit will feature twenty one-of-a-kind fairy doors which will inspire your child's imagination world of mythical forests and secret gardens. Save the date for the Fairy Festival celebration, a special family evening event in the gardens Friday, August 23, 2019, from 6:00 p.m. - 9:30 p.m. We will have night-hike through the gardens with fairy landing stations, crafts, scavenger hunt for the fairy doors, and each child can make their very own fairy garden! Leu Gardens is located at 1920 North Forest Avenue. Visit leugardens.org or call 407-246-2620 for more information.

**July 13 Bastille Day Celebration** - This event in the Audubon Park Garden District incorporates many different French-inspired events, including a wine and cheese pairing, French Market, a visit by Marie Antoinette and a Moulin Rouge cabaret. Please visit audubon-parkgardens.com for more details and ticket info.

# Baldwin Park, College Park and Orlando Area Events

### **Ongoing Events**

**Every Monday and Friday Plant Clinics** - 8:00 a.m. to noon; 1:00 to 5:00 p.m. at the UF/IFAS Extension Orange County, located at 6021 S. Conway Road. Master Gardeners are available. Please stop by with your plant problem or soil for pH soil testing. Call 407-254-9200 or visit http://orange.ifas.ufl.edu/res\_hort/ for more information.

**Monday - Friday Each Week Seniors' Program in College Park** - 9:00 a.m. to 1:00 p.m. at the College Park Community Center located at 2393 Elizabeth Street. For information call 407-246-4447.

**Every Monday Aerobic Gold** - 10:00 a.m. at AdventHealth Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Call 407-303-2552 for more information.

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

**Every Monday and Wednesday Lunch and Crunch** - noon at AdventHealth Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Free for Health Village Fitness Center members. Call 407-303-2552 for more information.

**Every Tuesday and Thursday Body Pump Express** - noon at AdventHealth Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Call 407-303-2552 for more information.

**Every Tuesday and Friday Tai Chi** - 10:00 a.m. at Adventhealth Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Call 407-303-2552 for more information.

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

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

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



**Every Friday Your Active City Seniors Dance** – 7:00 p.m. to 9:30 p.m. at the Marks Street Senior Center, 99 E. Marks Street, Orlando. Singles and couples are welcome. Admission is \$5.00 for members and \$6.00 for non-members. Complimentary coffee and water is provided. Dress code is no jeans, tennis shoes, or tee-shirts. For more information, please call Joan at 407-339-5393.

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

First Friday of Each Month The Art Stroll of Ivanhoe Village – 6:00 to 9:00 p.m. on Orange Ave. between Princeton and New Hampshire.

**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.

July 6 Drum Corps International (DCI) returns to Orlando for DCI Orlando - 7:00 p.m. at Camping World Stadium. The show is part of the DCI 2019 Summer Tour that includes more than 100 shows in 37 states with 45 drum corps on the road to World Championship Finals in Indianapolis August 10. Advance tickets are available at www.dci-org/events, www.ticketmaster.com, or by calling 800-745-3000. Tickets will also be available at the gate.

**July 13 Indie Music Festival 'Bloomfest'** - 5:00 to 9:00 p.m. at The Ace Café Downtown located at 100 W. Livingston Street. For more information please search "Bloomfest" on Facebook.

**July 25 Exercise With Extension - YOGA!** - Noon to 1:00 p.m. at the UF/IFAS Extension located at 6021 S. Conway Road. Open to the public and cost is \$5. Register and pay online at www.oclivingwell.eventbrite.com. For more information call Shireen Campbell Riley at 407-254-9218 or email Shireen.campbellriley@ocfl.net.

**July 31 Women's Self-Defense Class** - 5:30 to 7:30 p.m. at Orlando Police Headquarters located at 1250 W. South Street. Please visit orlando.gov/events for more information and to register.

**August 6 District 3 National Night Out Safety Splash** - 5:30 to 8:00 p.m. at the College Park Community Center and Pool located at 2393 Elizabeth Avenue.

### **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, 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 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.

**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.

**July 4 Independence Day Open House** - 9:30 a.m. to 4:00 p.m. at the Morse Museum. Solely on display during the time of the Independence Day Open House, a 1798 cream jug by American silversmith and patriot Paul Revere will be featured along with a baseball signed by Babe Ruth, Ty Cobb, and Lou Gehrig, legends of America's pastime. Admission is free. For more information call 407-645-5311 or visit the museum's website at www.morsemuseum.org.

**July 12 Coffee Talk** - Featuring Mayor Steve Leary - 8:00 to 9:00 a.m. For more information, please visit cityof-winterpark.org.

**July 12 Indie Music Festival 'Bloomfest'** - 5:00 to 9:00 p.m. at The Central Park Stage. For more information please search "Bloomfest" on Facebook.

**July 12 Paint & Wine Night** - Fanciful Flowers - 7:00 to 9:00 p.m. at the Albin Polasek Museum and Sculpture Gardens located at 633 Osceola Avenue. For more information, please visit polasek.org.



Schedule a visit or call one of our senior living advisors to learn more!

407-622-2648

# Join Us!



For an Open House on Sunday, July 21st from 12:00pm to 4:00pm

PLEASE RSVP TO 407-622-2648



2701 Howell Branch Rd Winter Park, FL 32792 407-622-2648

