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## Dotherow And Murphy Named "Bankers Of The Year"



David Dotherow

Winter Park National Bank's president and CEO David Dotherow and Gulfside Bank's president and CEO Dennis Murphy, Jr. were recently named 2019 "Bankers of the Year" by the Florida Bankers Association (FBA) at its 131st Annual Meeting. Dotherow and Murphy were selected for recognition because they have demonstrated the highest level of commitment to the banking industry and service to their communities; each started a de novo bank, and both were leaders of the industry by being among the first in Florida-and the nation-to open new banks.

Following a video documenting their careers and contributions, Dotherow and Murphy were ushered forward to accept their awards by a standing ovation from colleagues and peers.

"Both Dennis and David are active members of the Florida Bankers Association. They are advocates for the banking industry and we are very proud of what they're doing at their banks," said FBA president and CEO Alex Sanchez. "The Banker of the Year award is not given lightly. It is an honor given to bankers who are dedicated and hard-working and these two men are certainly deserving of the recognition."

The FBA's Banker of the Year is selected using the following criteria:

- An outstanding commitment of involvement and services in his/ her community;
- A concern for the continued success of banking;
- A dedication to conveying the value of banking to the public;
- A reputation for excellence and distinguished achievement within the banking industry.

"The commitment and loyalty Dennis and David have each exhibited

Continued on page 4

## 13 Weeks To 13 Miles – Training For A Half Marathon

#### By Susan S. Paul, MS Training Program Director for Track Shack Fitness Club

If you can run three miles, you can run 13.1 miles! Wait, what??!! Seriously! And, here's how. If you can run three miles, then running three more miles sounds doable, right? That gets you to six miles. Then, if you can run six miles, what are four more? Now, you are at 10 miles! Think about that...10 miles! If you can run 10 miles, then three more miles is easy, right? And, if you run 13 miles, surely you can eek out another one-tenth to cross the finish line! So, like I said, if you can run three miles, you can run 13.1 miles, especially if you get started right now! Start your training now for the OUC Orlando Half Marathon so you have plenty of time to begin increasing mileage in small increments. The OUC Orlando Half Marathon is on Saturday, December 7 at Lake Eola. *Continued on page 4* 





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## **Publisher's Message**



is winding down, yet we still find ourselves in the middle of hurricane season. Our community has not been in the direct path of a hurricane for years, but this streak of good luck can make us all a little complacent in being prepared. Now would be a perfect time

The summer of 2019

to check your emergency supplies and restock if necessary. The stores are stocked, prices are fair, and you won't find yourself scrambling in the chaos that transpires when the weather shows that we might be in the direct path of disaster. You know the drill, they lead in with quick commercial spots that say, severe weather is headed our way. Tune in at 5:00. And a wave of people head straight to the stores. Batteries, duct tape, tarps, and bottled water are quickly SOLD OUT! The stores do a great job of restocking important items, but a little advance planning will have you better safe than sorry, and avoiding the supply that at some point can't keep up with demand until the storm passes.

A great reference regarding being prepared Rick Ca for a hurricane can be found by visiting http:// Founde



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www.stateofflorida.com/articles/hurricanepreparedness-guide.aspx.

The first day of school in Orange County is August 12. Please be aware of the school zones and their times of enforcement. One of the great things about our community is that we have many children who walk and bike to school, so please use caution while driving and keep in mind they might need extra concessions with their right-ofway. They'll look like they are carrying all of their worldly possessions in their backpacks at least for the first few weeks. The students don't have lockers at school and will be trying to establish their routines with what they can leave at home and what they need to bring daily. I'm most concerned for those who look a bit like ninja turtles on two wheels. Yes, those on bikes. I'm amazed that many are balancing on a bike with a pack that outweighs them, and I think they are only able to see straight ahead, or they run the risk of wiping out around their peers. So please use extra caution when they are around.

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

*Rick* Rick Cable Founder/Owner



#### New Custom Homes from the \$800's Choose Your Homesite from the \$220's

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## City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

As summer winds down, I am glad to share some news from the City of Orlando...

August means back to school for many youth and families in our community. I want to congratulate all of our local schools for continuing their high standards of student achievement. Please

join me in supporting all of our great schools this year. Things as simple as driving carefully around our schools and being mindful of pedestrians can make a big difference!

As we all try to fit in a few more fun family activities before we let go of summer, consider visiting our city's signature park, Lake Eola. On August 17th, the Mexican Consulate in Orlando hosts the 5th annual "Ven a Comer," a food festival featuring all of your favorite authentic Mexican dishes from a wide array of great local restaurants. The event is free admission with food available for purchase and runs from noon to 6 p.m.

Another unique activity to explore is finding all of the Fairy Doors that are hidden within the 50 acres of Leu Gardens. This whimsical exhibit, which runs through the end of September, allows children and kids at heart a chance to use their imaginations to see where the fairies live. Visit leugardens.org for more information.

Enjoy one of our delicious restaurants, especially those participating in Visit Orlando's 2019 Magical Dining Month where participating restaurants offer a select three-course prix fixe menu for \$35 with \$1 from every meal going to local charities, which are announced just before the start of the program. Past charities that have benefitted are the Boys and Girls Clubs and Arnold Palmer Hospital for Children. Now in its 14th year, the event runs from August 23rd through September 30th and there are more than 100 participating restaurants, many within the City of Orlando including RusTeak at College Park, Reyes Mezcaleria, and K Restaurant. Check out visitorlando.com for more information.

As we all know, while hurricane season runs from June 1-November 30, the peak season is normally August and September so if you haven't checked your supplies for this year and made a family plan, please do so. Visit orlando.gov/emergency for more information and tips.

We have tentatively passed our millage rate for the 2019/2020 fiscal year and it will stay at 6.65 mills, which means a property owner pays \$6.65 in taxes to the City of Orlando per \$1,000 of taxable property value. The property tax rate has stayed the same for the City since 2015. For more

information on the City's proposed budget for next year, please visit orlando.gov and type in search term "budget."

MetroPlan's Corrine Drive Complete Streets Study has produced a final design that works to make the street safer for all modes of transportation. The recommended design includes five vehicle travel lanes from Bennett to Leu Gardens and three travel lanes from Leu Gardens to Mills Avenue. It also makes pedestrian travel a priority with continuous sidewalks, a multi-use trail, new features for cyclists and a street design focused on improving safer vehicular travel as well as safer vehicular/ pedestrian interaction. The design also includes more trees for shade and appearance. They took public comments on the final design through May 31st. Once their analysis is completed, MetroPlan will work with its local government partners, Orange County and the cities of Orlando and Winter Park, to explore next steps for funding and implementing the plan. Because the cost for the entire project is extremely expensive, there will probably be some short-term and long-term goals identified as part of the funding plan.

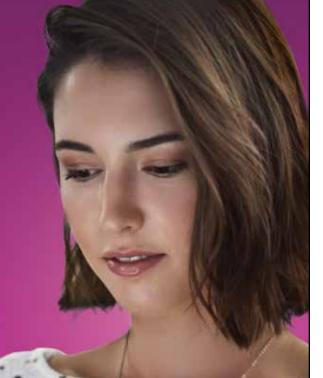
Finally, please consider signing up for this year's National Night Out (NNO) celebration taking place on October 1st. National Night Out is America's



night to give crime and drugs on our streets and in our neighborhoods a going away party. Join the Orlando Police Department (OPD) and host your very own NNO block party. Register your party or church with OPD, and you will receive your very own NNO Party Package, and free street closure and blockades. There are also many great community safety events leading up to National Night Out including the 3rd annual District 3 Safety Splash at the College Park Community Center and Pool on Tuesday, August 6th from 5:30-8 p.m. The Senior Safety Summit is taking place at Audubon Park Covenant Church (3219 Chelsea Street) on Thurs-*Continued on page 5* 

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## Winter Park Mayor's Message

Mayor Steve Leary



Home Rule Hero Award

The Florida League of Cities recently recognized me, as well as Commissioner Carolyn Cooper,

and the Building & Permitting Services Department's

director, George Wiggins, with the 2019 Home Rule Hero Award. This award was presented for our advocacy efforts to protect the home rule powers of Florida's municipalities, and advance the League's legislative agenda during the 2019 legislative session.

Home Rule gives us the authority to adopt our



own ordinances and enact programs that enhance our city without permission from the state, provided our ordinances do not conflict with state or federal law. This constitutionally guar-

anteed right has been tested continually over the years and more specifically this past session by the state legislature in Tallahassee.

"The dedication and effort of these local officials during the 2019 legislative session was extraordinary," said FLC's 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."



Commissioner Carolyn Cooper, Winter Park Mayor Steve Leary, and Building and Permitting Services Department Director George Wiggins received the 2019 Home Rule Hero Award from The Florida League of Cities.

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.

I am honored to have received this award for the second straight year, as this is a topic I am passionate about and is important for us and other entities across the state. I also wish to thank both our state and federal elected officials for their service to our community as they too are important to our governance. If you would like more information about the Florida League of Cities, please visit floridaleagueofcities.com.

#### From Page 1.

to the association, to the state of Florida and to his community set a high bar for each of us to strive for in our own personal and professional lives," said Sanchez. "Their engagement makes a difference. Their example inspires others. We are proud to be able to recognize David Dotherow and Dennis Murphy for their contributions to the FBA and the banking industry."

#### **MEET THE FLORIDA BANKERS OF THE YEAR:**

#### **About David Dotherow**

Winter Park National Bank President and CEO David R. Dotherow is a bank founder and has more than 30 years of banking experience. He began his career at Landmark Bank of Orlando and also worked at Security National Bank, Colonial Bank, Century National Bank and Seacoast National Bank. In 2008, Dotherow was a founding organizer, director, president and CEO of New Traditions National Bank which later merged with Old Florida Bancshares then was acquired by IberiaBank.

A Winter Park native and lifelong resident of Central Florida, Dotherow has been an active leader in his community. He served as president of the Rotary Club of Longwood, as a teacher for Junior Achievement in Central Florida and as chairman for the advisory board of the Crosby YMCA Wellness Center.

#### From Page 1.

Experts recommend increasing weekly mileage by 10 to 20% of your total weekly volume. That means if you are currently running three miles, three times a week, for a total of nine miles each week, you could increase your weekly mileage by one to two miles each week. Mileage increases are typically done by lengthening the distance of your weekend run. Most people tend to have more time to devote to training on the weekend, but one of the advantages of running is that you can adapt training mileage to fit your particular schedule. You can make your long run day any day of the week that works for you, it doesn't have to be a Saturday or a Sunday. If three miles has been your longest run distance to date, try taking it up to four miles this weekend and begin your gradual build.

#### Download a free 13 Week Training Guide at TrackShack.com.

Cross-training can also be incorporated into your running plan, meaning doing activities other than running. Consider supplementing your running with more cardio by cross training with swimming or spin classes. Also, of great importance is muscle strength and flexibility. Additional exercise classes like yoga, Pilates, weight training, stretching, or boot camp can be very beneficial by boosting your overall fitness level and even improving your running. Always give yourself at least one or two days completely off from all training each week for adequate recovery time. Rest and recovery are an important part of your training plan too and are often overlooked until fatigue, injury, or burn-out occurs. Plan your training out ahead of time each week so a specific day and time are designated for each workout. Don't leave it up to chance. Consistency is the key to success, so make your commitment to go the distance today!

Dotherow earned a bachelor's degree in finance from Florida State University, completed the Graduate School of Banking of the South at Louisiana State University and holds the Series 6 license from the National Association of Securities.

#### **About Dennis Murphy**

Gulfside Bank President and CEO Dennis B. Murphy, Jr. has more than 16 years of banking experience. He worked at AmSouth Bank, Regions Bank, Gateway Bank and CenterState Bank before becoming a founder of Gulfside Bank.

Murphy has been active in the Sarasota and Bradenton communities since moving to the area in 2004. Current board involvement includes roles with the Greater Sarasota Chamber of Commerce where he is the treasurer and serves as chair of the Finance Committee and is also a member of the Executive Committee and the Board of Directors. Murphy is also the treasurer and a board member of the First Tee of Sarasota/Manatee.

A 2002 graduate of the University of Florida, Murphy majored in finance; in 2003, he earned a Master of Business Administration from the University of South Florida. He graduated from the Stonier Graduate School of Banking held at the University of Pennsylvania's Wharton Business School in 2017 and is a 2009 graduate of Leadership Sarasota County.

About the OUC **Orlando Half** Marathon

Run 13.1 miles through beautiful downtown Orlando and finish at a lakefront post-race party with a finisher



medal, sports massage, and live music. Join over 4,000 runners for this Orlando tradition and make it your annual hometown half marathon! Run to OrlandoHalfMarathon.com

## **City Seeks Ideas For Future Use Of Current Library Site**

The City of Winter Park is actively working with its worldclass design team to build the Winter Park Canopy, the city's new library and events center. The Canopy will be built on the northwest corner of Martin Luther King, Jr. Park where the Rachel D. Murrah Civic Center once stood, and is expected to be completed in 2021. With the Winter Park Public Library also moving to this new location, it creates new opportunities for the future use of the current library site located at 460 E. New England Avenue.

In March 2019, the City Commission approved the formation of the Old Library Site Reuse Task Force consisting of five members. The task force, city staff, and the public have been meeting twice a month since April 24. The city is seeking suggestions from individuals, organizations, community partners, and interested parties for potential uses or partnership suggestions for the property.

The current 33,000-square-



foot library will become vacant in approximately two years upon the construction of the new Winter Park Canopy. The current library sits on 1.75 acres and is located in downtown Winter Park just east of Park Avenue along Lyman and Fairbanks avenues.

If you would like to share ideas for uses of the current library site with the task force, please make plans to attend the task force meetings or OldLibrarySite@ email cityofwinterpark.org. A schedule of the Old Library Reuse Task Force meetings as well as all public meetings can be found at cityofwinterpark.org/bpm.

## **Call For Plein Air Artists**

The Albin Polasek Museum & Sculpture Gardens will host the 12th annual Winter Park Paint Out from April 19 to 25, 2020. Each year, 25 professionally-acclaimed plein air artists are selected for this prestigious Central Florida festival. The Winter Park Paint Out is a juried event which encourages all plein air artists over 18 to apply, welcoming both local and out-of-state participants. Artists in the 11th annual festival created 200+ paintings, 108 of which sold for more than \$86,000.

Artists will be selected based on the following criteria:

- Artistic merit and skill exhibited in three submitted plein air images
- Application materials
- Ability to represent the Polasek Museum, the City of Winter Park, Orange County, and the State of Florida through plein air art
- Commitment to support the Winter Park Paint Out with time and involvement during the entire week of the event

To apply, download an application at www.winterparkpaintout.org. Please complete the application and return via email to info@ winterparkpaintout.org. Artists will be required to submit three recent plein air images, an artist statement, a short bio, and a link to their website.

Applications must be received no later than Friday, November 1, 2019, at 5 p.m. EST. No late entries or other formats will be considered. Letters or materials sent via mail or hand-delivered will not be accepted.

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day, August 15th from 11 a.m. to 1 p.m. Presenters at that event include OPD, the Orlando Fire Department, Orlando Health, Crimeline and more. Visit orlando.gov for more information about these important events with a purpose.

Thank you for your continued support of our Great City and I look forward to seeing you around town this month.



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## NRPA And Disney Work To Inspire People To Get Out And Play

The National Recreation and Park Association (NRPA) has announced its summer campaign "10 Ways to Get Out and Play" to inspire people to connect with their local community through quality time spent outside. NRPA's "Americans' Engagement with Parks Report" states that 74 percent of Americans' favorite recreational activities are visiting local parks, playgrounds, or other open spaces. This campaign was formed in collaboration with The Walt Disney Company to inspire people to have fun in their neighborhood parks.

According to NRPA's July 2019 Park Pulse poll, 91 percent of Americans will partake in an outdoor recreation activity hosted by their local park and recreation agency this summer. People who plan on hitting up their nearby parks outlined their top three activities:

- 1. Gathering with family and friends at the park for games, picnics or barbecues (58%)
- 2. Going to the pool (48%)

#### 3. Walking or hiking along a local trail (45%)

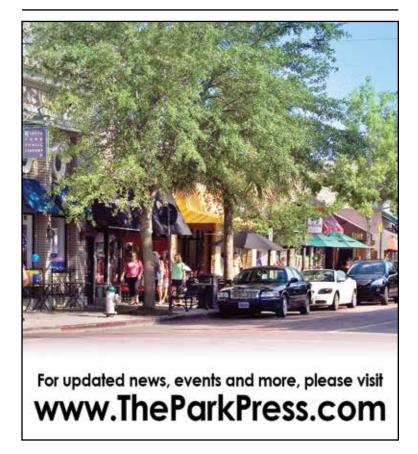
NRPA's report also highlighted that one in five people feel there is either a lack of quality facilities close to where they live or they are unaware of parks or recreational offerings in their area. One of NRPA's and Disney's goals is to bring access to parks to underserved communities and inform people of the outdoor amenities available to them.

"At NRPA, we believe everyone deserves a great park," said Kellie May, NRPA vice president of programs. "Not only do parks provide spaces for people to gather with family and friends, they also provide opportunities for everyone to improve their health and wellness, experience the benefits of nature and enjoy popular outdoor activities, such as hiking, swimming and camping."

Since 2015, NRPA and Disney have worked together to award grants to park and recreation agencies that provide innovative and creative ideas for increasing access to outdoor play through the "Meet Me at the Park" initiative. This program aims to provide one million kids and families with access to play, with play spaces that are designed to be inclusive of all abilities so that everyone can partake in outdoor play.

"Parks are essential to communities everywhere," said Rachel Banner, NRPA director of park access. "For a majority of Americans, their local park is only a 10-minute walk away. These close-to-home spaces provide everyday opportunities to spend time outdoors and enhance quality of life for everyone."

People won't have to travel far to get outside and enjoy the beautiful weather. For quality outdoor time and fresh air, a local park is the perfect spot.



**10 WAYS TO GET OUT AND PLAY** 

#### Meet Me at the Park This Summer and bring a friend or two!

Your local parks and recreation centers offer the perfect opportunities for summertime fun.

#### **1. VISIT A NEW PLAYGROUND.**

Local parks offer a lot more than a swing set these days. Explore your community for playgrounds that bring all generations together.

#### 2. MAKE TIME TO SPLASH.

Pools. splashpads - even waterparks - can all be found through local parks and recreation. Make sure to sign up for swim lessons too!

#### **3. VOLUNTEER FOR FAMILY FUN.**

From clean-up events to planting gardens to helping track pollinators, opportunities abound in local parks.

#### 4. GET OUT WITH THE WHOLE FAMILY.

Nothing says summertime like picnics with your family. You can even bring Fido and check out a local dog park too! Don't forget your sun protection.

#### **5. PLAN A NIGHT OUT.**

Your local park and recreation department has prepared a jam-packed summer for you! Check their calendar for concerts, weekly movie nights and special events.

#### 6. GO ON A WALK.

A paved trail or nature hike will have you smiling in no time. You can even find themed trails or exercise circuits at many local parks.

#### 7. TAKE A STAYCATION.

Camping, boating and beaches, oh my! Your state and local parks offer opportunities to take a relaxing weekend off without going far.

#### 8. GET YOUR GAME ON.

Even if you missed the deadline for summer sports leagues, find the local pick-up game schedule or location of the nearest multisport court. Bring water to stay hydrated. Game on!



NRPA



DISNEW

#### 9. GET ROLLING.

Visit a local skatepark or adventure blke course. Got wheels? Many parks offer accessible and paved trails to make it easy to get around!

10. ESTABLISH A HEALTHY ROUTINE. Commit to trying new foods at the farmers market or community garden. Use the rec center or local park's fitness equipment. A park and rec professional can help you find your new routine.

Learn more about Meet Me at the Park at nrpa.org/MeetMeAtThePark

PARK

## **Orange County Legislative Delegation Announces Public Meeting**

County Legislative Delegation, announced the delegation's next public meeting is Monday, August 19 starting at 9:30 a.m. The meeting takes place at the Orange County Administration Center.

The delegation will hear testimony from government officials and spokespersons for government-related entities and conduct delegation business from 9:30 a.m. until noon and will reconvene at 2:00 p.m. to hear testimony from individual citizens and community entities.

Persons wishing to address the delegation may request an Appearance Record Form by

Senator Linda Stewart, chair of the Orange sending an email to LD@ocfl.net. Speakers will Prism TV, 10.2 Digital Over the Air), and via live also be able to sign up at the delegation meeting.

To accommodate as many speakers as possible in this meeting's agenda, groups presenting to the delegation are requested to have only one individual speak on behalf of an organization.

Presentations are limited to a maximum of three minutes. In the case of higher than expected response, that time limit may be reduced in order to accommodate more speakers.

The meeting will be aired live on Orange TV (Channel 488 on Spectrum (formerly Bright House), Channel 9 on Comcast, 1081 CenturyLink Orlando, FL 32801

streaming at www.orangetvfl.net.

#### Date: Monday, August 19, 2019

Times: 9:30 a.m. – Noon (Government officials and spokespersons for government-related entities)

2:00 p.m. - 6 p.m. (Individuals and communityrelated entities.)

Location: Orange County Administration Center Commission Chambers 201 South Rosalind Avenue

## Hijacked By **Emotions At** Work?

By Cynthia Howard, RN, CNC, PhD

The workplace can make people feel a full range of emotions - sometimes more intensely and frequently than one experiences at home.

The difference is, people are often reluctant to show

or acknowledge to themselves their full emotions while on the job. But burying those emotions can cause bigger problems, says Cynthia Howard, author of The Resilient Leader, Mindset Makeover: Uncover the Elephant in the Room.

"Emotions are part of your survival kit," says Howard (www. eileadership.org), an executive coach and performance expert. "But for too many, emotions are the black box in the aircraft. You look at them only when there has been a crash or a tragedy.



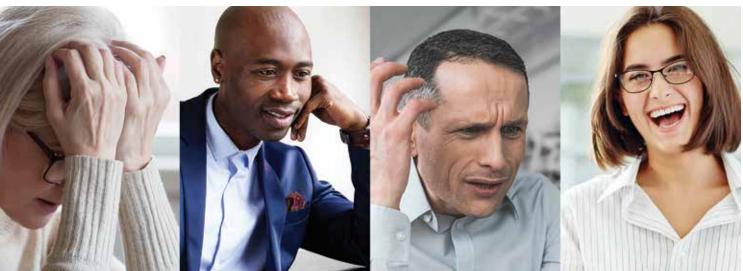
"In the workplace, emotions get ignored for a variety of old assumptions, such as they're a sign of weakness. But the message that one can separate their emotions and still function well is a myth. Research

> to shift those feelings." Howard suggests using a journal to evaluate the following common emotions experienced at work and turn them into positives:

shows that when you can identify your emotion, you are able to slow your

reaction. Thus, you can name it, tame it, and then can take the right action

- Anger. "Get to know your anger," Howard says. "When ignored, anger turns to rage, resentment, heart disease, and it shuts down your ability to be happy." Anger alerts you to set boundaries and facilitate change. Ask yourself these questions: What happens as a result of experiencing anger? How does it affect other people and interfere with your goals? Who or what flips your anger switch on?
- Anxiety. "Anxiety arises from thoughts," Howard says. "It can catch you in an endless thought loop. Did I sign off on that contract? Did I forget something? Anxiety can also serve as a messenger to help you clarify a situation, so you can take action." Use your phone to create lists or download one of the many apps that will help you stay organized and focused. Consider these questions: How does anxiety interfere with your goals? Who or what flips your anxiety switch on? What would you like to experience instead?
- Sadness. This emotion often brings a desire to withdraw and the need to cry. "It's a cue you need time to reflect and let go of things that are not working," Howard says. "Sadness gives you a window into what you value. And when you can acknowledge your own sadness, you



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increase the ability to demonstrate empathy. You develop the courage and ability to do other difficult things."

• Discouragement. When left unchecked, discouragement can erode confidence, motivation and momentum. "Go from discouraged to determined," Howard says. "Reframe it by identifying three things that are going well for you. Recognize that the discouragement is not permanent. Find a safe person to talk to, then let go of discouragement and focus on your big vision."

"All these emotions tie into stress," Howard says. "Chronic, unmanaged stress, often caused by an unwillingness to confront these emotions, interrupts the ability to think clearly, work well with others, and in general, perform. Identifying your emotions leads you to having more control over them."

Cynthia Howard (www.eileadership.org) is an executive coach, performance expert and the author of The Resilient Leader, Mindset Makeover: Uncover the Elephant in the Room. She researched stress and its consequences in performance during her PhD. In the past 20-plus years she has coached thousands of professionals, leaders and executives toward emotional agility and engaged leadership.

## 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.

## **Dedicated Cook Cares For Children**

By AI Leeds

Pleasing a child's palate with nutritional food can be a challenge. But Shirley Shankle has been doing it – as a job – for 17 years. And not just for one child. For 66.

Shankle is kitchen manager for the Winter Park Day Nursery, a small, 80-year-old nonprofit preschool. Despite cooking on a tight budget, Shankle's culinary skills are recognized far beyond the walls of the preschool center on the west side of Pennsylvania Avenue near Orange Avenue. Word has spread via alumni of the school, parents of alumni, and the greater WPDN community that includes donors, supporters, and volunteers.

A former high school culinary arts teacher, Ms. Shirley, as she is known, prepares almost all of her dishes from scratch, strictly limits the serving of processed foods, and creatively encourages the consumption of fresh fruits and vegetables. How does Shankle do it on a budget of \$1.53 per day per student?

Among the most used tools in her kitchen is her calculator. "Anyone who holds this job better love math," noted Shankle. "The food program is all math." She divides her monthly budget of about \$2,300 per month by the number of students and divides that by the number of days the school is open each month. That determines how much to budget for each child each day.

For example, on one recent day, the \$1.53 daily budget provided the following menu for each child: Breakfast: waffles with preserves, a banana and milk

Lunch: Baked ziti with ground turkey, a tossed romaine salad, sweet potatoes, and milk

Early afternoon snack: Triscuits, apple sauce, and water

Late afternoon snack: one-half of a ham sandwich and water

The ingredients for breakfast, lunch, and the early snack come from local wholesale food distributors and are paid for by the federal Child and Adult Care Food Program.

Shankle buys the other food – for the late afternoon snack, parent trainings, and the WPDN food pantry from the Second Harvest Food Bank of Central Florida. She typically spends \$100 there each month and comes home from the Mercy Drive warehouse with 355 pounds of food, a heavy strain on her 2005 Toyota Corolla. Shankle shops at Publix for soy milk, Lactaid, and small items.

"I am always excited to go to Second Harvest because you never know what to expect, and my



last trip did not disappoint. There were a lot of boxes from a food show, and those items were free. I was able to get a lot of paper plates, utensils, and pound cakes, in addition to my regular order. I always purchase snack items but really enjoy the salvage shopping—that's where we really save money!" Shankle said.

Shankle arrives at work from her Leesburg home at 5:30 a.m. and tries to leave at noon ("if I'm lucky!"). No day is the same. Frequent administrative tasks, apart from her cooking and food preparation, include gathering paperwork from the classrooms and making sure the number of students indicated match up with the meal count for the Florida Department of Health; counting out dishes and utensils; and cleaning food carts when they come back from breakfast and setting them up for lunch.

An informal survey of three-, four- and five-year-old students produced the following list of favorite meals:

Chicken quesadillas (Preston and Jay'ceon)

Chili (Colin)

Taco pie (Piper)

Spaghetti (Nellie and Destiny)

Cheeseburgers (Noah)

Deklin said his favorite lunch recipe is for "everything," while Preston also noted, "There is a lot of food I am forgetting."

The children are served "family style," which helps develop their social skills.

Among Shankle's tricks of the trade, cuisine-based and psychology-based, for encouraging children to eat are:

• If she is serving fish and the child happily thinks it is chicken, don't tell him or her differently.

• Despite using fresh herbs such as oregano in spaghetti sauce, basil in pizza sauce and garlic in Alfredo sauce, Ms. Shirley deemphasizes seasonings. Kids want to taste the foods and not spices.

• She breaks pasta into bite-sized pieces so it is easier for the children to eat.

• Ms. Shirley calls cauliflower florets "trees," and tells the kids they can pretend to be dinosaurs and eat the trees.

• Ensuring that the afternoon snacks consist of various food groups encourages the children's appetites. If they are served cheese and crackers for their early snack, they will have fruits and/or vegetables for the late snack.

• Don't over-steam broccoli. Children like it a little crunchy.

Shankle's interest in the health of her students goes beyond just the students themselves while they are at the day nursery. She frequently passes on advice to parents, such as how they can prepare a nourishing family dinner for \$5.

What do WPDN families hear about Ms. Shirley's cooking? One such family was about to eat at a KFC franchise when their day nursery student announced she wanted coleslaw. Her parents asked how she knew about the dish, as they had never served it at home. Seems the young girl is a knowledgeable fan of Ms. Shirley's coleslaw.



## Cybersecurity awareness by Ron Frechette, The Cyber Coach Third-Party Security Vetting (Part 1)

If you own or operate a small-midsize business (SMB), chances are you recently received a

Ron Frechette

cybersecurity questionnaire from at least one of your clients asking numerous detailed questions about the security posture of your organization. If you haven't yet, rest assured you will be receiving one in the very near future. We have seen a dramatic increase for these requests over the last six months and the trend seems to be moving towards a common security best practice for many organizations as we move further and further into the Digital Age.

What is driving the demand for third-party security questionnaires and why are companies using them as part of their vendor selection (or deselection) and risk management process? We will tackle this issue in a two-part series over the next couple of months. This is an extremely important topic and we hope you find this information valuable from a personal and professional perspective.

#### Third Party Data Breaches on the Rise

Over the past decade, a majority of enterprise companies have invested millions of dollars in building highly secure and compliant infrastructures to avoid the risks of data theft, lawsuits, penalties for non-compliance and of

in the early stages of building sound and mature cybersecurity programs.

Cyber criminals are well aware of this which has caused them to shift their attack vectors towards third-party providers in an effort to gain access to larger infrastructures. The Target Breach is a prime example.

#### 2018 Third-Party Ecosystem Risk Study

Opus and the Ponemon Institute conducted a study in 2018 that surveyed more than 1,000 CISOs and other security professionals across the US and UK. The primary objective was to understand the challenges companies face in protecting sensitive information shared with third-party vendors. Some of the key findings revealed the following:

- 61% of US companies said they experienced a data breach caused by one of their vendors or third parties
- 50% are unaware if supplier safeguards put in place are effective
- 22% of respondents admitted they didn't know if they'd had a third-party data breach in the past 12 months
- 75% of organizations believe that third-party cybersecurity incidents are increasing
- 16% attested they effectively mitigate thirdparty risk

most importance, brand damage. This has obviously made it more time-consuming and difficult for cyber criminals to gain access. Third-party providers that large companies engage to perform services often require access to their networks and systems.

Many of these thirdparty service providers have developed long

standing relationships with their larger clients and are considered "trusted partners." The topic of cybersecurity has been overshadowed by higher priorities (like profitability and ROI). The fact is the majority of small-midsize businesses have not been hard-pressed to adhere to strict cybersecurity mandates until recently and are



These findings have put larger companies and their security auditors on high alert which is causing them to scrutinize the security practices of their current and future third-party providers. Third parties include any company whose employees or systems have access to a companies' systems or data (e.g. managed IT service

providers, law firms, email providers, web hosting companies, subsidiaries, vendors, sub-contractors).

#### Top 10 Questions Asked in a Third-Party Security Questionnaire

Having a formal cybersecurity program in place that is documented is the best way to respond to your clients when you receive a third-party security questionnaire. The common questions you will find include:

- **1.** Do you have an Information Security Policy and how often is it updated?
- 2. Do you have an Information Security Officer that is qualified for the role?
- 3. Do you conduct annual Security Risk Assessments?
- **4.** Are you conducting annual vulnerability/ penetration testing of your network?
- 5. Do you have an Access Privileges Policy?
- 6. Do you have a Third-Party Service Provider Security Policy?
- 7. Do you perform annual security awareness training with executives and employees?
- 8. Is your data encrypted in transit and at rest?
- 9. Can you provide a copy of your Disaster Recovery and Business Continuity Plan?
- 10. Do you have an Incident Response Plan and is it tested and updated annually?

In closing, third-party service providers that can answer yes to these questions and provide the documentation to support that the security controls are actually in place will minimize the risk of losing long standing clients and most likely have a leg up on their competition for winning future business. There are several cybersecurity advisory firms that can support companies through this process if they do not have the internal resources.

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

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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



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

### August Rush

Perhaps not many of you have seen a little film, from 2007, called August Rush...

I'll do my best not to make it the epicenter of this article, but suffice it to say it's a magical melody of a film which

weaves into its symphony - music and wonder, magic and

hope, belief in that which is bigger than you and the enduring nature of what family means.

August Rush feels like an appropriate title for this article for a few reasons: I will never pass up an opportunity to compel readers to believe something more than in themselves. I always marvel at the power of music and its ability to tell a story, move a soul, or heal a heart. (Perhaps another reason I think my singer/songwriter husband is pretty fantastic). But lastly, also because August brings with its reckless abandon a flurry of activity yet again as the school year begins anew.

In this August rush, we'll feel a rush of to-dos (school shopping?), a rush of appointments (braces?), a rush

to wring every last drop of bliss from the fruits of the summer (one more beach weekend?), a rush of activity as we prep and ready ourselves for the fall and, of course, a rush of emotion as we bid adieu once more to another year as it ends and escorts in new beginnings.

One of the most difficult things about the dawn of fall, I believe, is the inevitable feeling that the year hurtles to an end, as soon as the fall begins.

Before we know it, Halloween has come howling, Thanksgiving has graced us, Christmas bells are ringing (Hello Hallmark movies!) and the pop of champagne has barely stopped ringing in our ears. And the years march on.

So, how then do we attend to this August Rush differently...? Just do **one thing**.

As the languorous days of summer wind down, I'll encourage you to:

Spend **one** more hour floating in the pool this weekend.

Watch **one** more lightning bug illuminate the night sky before turning in for bed, on your last night of vacation.

Sip **one** more chilled glass of something delicious before turning off the string lights,

Snuggle **one** more minute before getting the kids out of bed Monday morning.

Messily slurp **one** more popsicle under the blistering summer sun.

Crank the music up **one** more notch as you dance with the kids before dinner.

Slow down the August rush and lean into the slow and

sticky swaying of the music as it plays the soundtrack of your life on this very day. It will not be here tomorrow.

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.

## **Back To School Bash Continues To Make A Difference**





On Saturday, August 3rd, 2019, the HopeNow Foundation's Back to School Bash at the Fashion Square Mall is helping students to prepare for the school year.

For 14 years, Central Florida students have had an advocate in Michael Radka and his fellow team of over 400 volunteers. As the founder of the HopeNow Foundation, every summer since 2006, Radka and community partners and volunteers have provided backpacks, school supplies, health care screenings and haircuts. Since the event's inception, over 70,000 life-changing interactions with children have occurred by an all-volunteer team.

Every year the event grows, with nearly 20,000 who attended in 2018. From a humble

beginning of preparing 70 students for their first day of school in a small church, it has evolved into a charitable collaborative of more than 400 volunteers and community organizations who come together annually to benefit more than 10,000 students each year.

#### The 2019 Back To School Bash At A Glance:

- 20,000 attendees expected
- 7,000 + children expected
- 10,000 backpacks
- 600 dental screenings
- 500 vision screenings
- 500 + haircuts
- 15,000 + children's books
- 400 + volunteers

Along with backpacks, health care screenings and haircuts, this year's event also featured a Celebrity Red Couch Reading Lounge. HopeNow Foundation invited police officers, fire fighters, teachers, superheroes, and local celebrities to read their favorite children's books at the event. They also donating more than 15,000 children's books to families in attendance.

To learn more about the HopeNow Foundation, please visit **www.hnow.org**.

"Though the event has grown, the purpose remains; to not only serve but to empower others to do the same, for us this means putting our faith into action, inspired by God's love." – Michael Radka



### in the garden by Stephen and Kristin Pategas

#### All photography by Stephen G. Pategas/Hortus Oasis

## 99.9% Low Maintenance

our clients request a lowmaintenance garden. The outstanding percentage Stephen & Kristin Pategas is comprised of one

homeowner who much to our surprise, wanted

a high maintenance garden. She had recently

Approximately 99.9% of left a high-pressure job and had the resources to take a hiatus from the work force. She viewed gardening as therapy and a way to create distance from a workaholic past. The garden was for her to care for and relax in.

> We knew her focus would change, and a high maintenance garden would not be sustainable.

Our solution was a design with a low maintenance backbone of plantings with small portions that required more labor. At any time, they could be transformed into low maintenance areas that would blend with the rest of the landscape. Here are some of the strategies we use to design low maintenance gardens.

#### Right Plant! Right Place!

This may sound trite, but it is true to the nth degree. Thorough research from multiple sources including ones that address the local growing area is crucial. Observation of the plants growing locally in a variety of conditions will either confirm or dispute research results. We pay special attention during periods of drought and after a frost or freeze. Since new plants become available regularly, this is an ongoing process.

#### Know The Zone:

In Central Florida we garden in Zone 9b. It is semi-tropical, NOT tropical as in Zones 10a, 10 b, and 11a (the Keys) to the south. Resources usually note the typical growing zone in which the plant will survive (e.g. Zones 8a-9b). It may not mean thrive. The plant may die back to the ground in the lower numbered zone and then resprout when warmer temperatures return.

#### Analysis Of The Proposed Growing Conditions Includes:

- The compass orientation of the property
- Soil conditions including moisture retaining capability and pH
- Drainage including whether gutters and downspouts are in place
- Light levels throughout the year
- Competition from tree roots
- The age and location of trees and whether they are evergreen or deciduous
- Exposure to reflected sun and protection from cold
- Underground obstructions such as septic tanks/drain fields
- The available space for plants to grow upwards and outwards, looking overhead for tree canopy, utility wires, and building overhangs.

#### Selection Of Plants That Will:

- Thrive in the conditions discovered during analysis of the site
- Mature at or close to the desired heights and widths
- Require less trimming
- Grow more slowly and last longer

#### **Design And Submittals**

- Place plants in masses to allow them to be maintained as a group.
- Group plants with similar needs for water and light.
- Space plants appropriately so their foliage touches each other within a few years but they don't overcrowd themselves.
- · Provide instructions on proper watering during the establishment period and then beyond, mulching materials and depths, fertilization, pest control, and trimming.
- Offer a Design Intent Document that details the specific maintenance requirements for each plant based on the landscape design

Out client did indeed return to the labor force. After a quick consultation, parts of the garden were easily transitioned to lower maintenance. The original design met her critical short-term goal along with the long-term one we expected would develop.

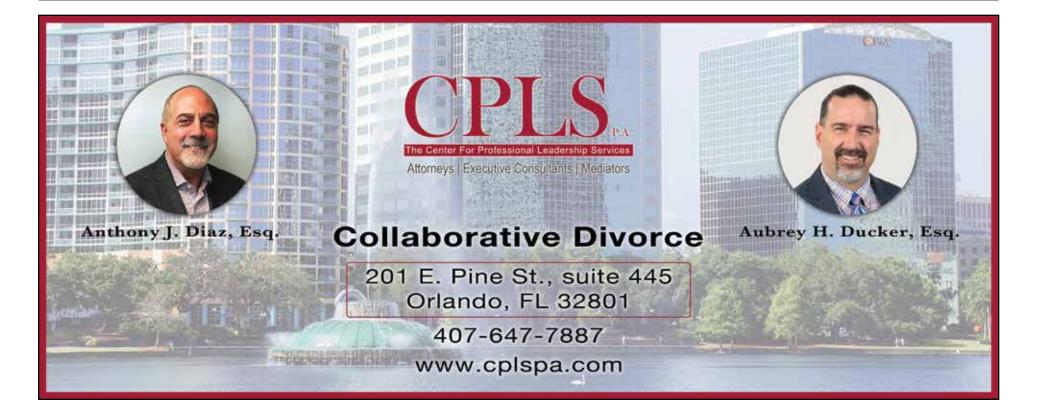








Hortus Oasis (FL26000315) in Winter Park is a boutique garden design company specializing in residential, commercial and specialty gardens. Stephen is a registered landscape architect and Kristin is a certified landscape designer. Contact them at 407-622-4886/garden@hortusoasis.com



## pop culture detours by George McGowan

## **Bad Company: An Appreciation**

I listen to music every day, in the car, at work, while working out, and home relaxing. Sometimes I have to "trick" myself into listening to something other than my favorites playlist to keep things fresh. One trick is to tell myself that the next song I hear, I must listen to the entire album from which it comes, or maybe just listen to other songs by the same artist. I know, pretty silly, but it works for me! This month, this little trick led me to my monthly pop culture



band with a great name: Bad Company. Bad Company was formed as a "supergroup" combining members of Free, Mott the Hoople, and King Crimson in 1973. The lead singer is Paul Rodgers, who I would argue is the best rock lead singer of all time. Well, maybe after Freddie Mercury or Roger Daltrey. Let's say that he is absolutely the most underrated lead singer of all time. Rodgers was backed Continued on page 13

Photo by Alicia Lyman

## theater in the parks by Paul Gicola

## **New Season...So Many Choices**

Many of our area theaters are gearing up for the 2019-2020 season. There are musicals, dramas, mysteries, and comedies. Some are old favorites, while others are making their Central Florida, regional, or world premiere. Many theaters are offering subscription packages which not only include all the shows at a discount, but other perks as well, some include concession discounts and/or free or discounted tickets for companions. Season subscribers are often allowed to make exchanges if plans change. You should visit their websites for further information.

Winter Park Playhouse: "How to Marry a Divorced Man" (8/1-8/25),

"Desperate Measures" (9/19-10/13), "You're a Good Man Charlie Brown" (11/14-12/15), "Beehive: The 60's Musical" (1/23-2/22), "The Andrew Brothers" (3/12-4/14), and "Pump Boys and Dinettes" (5/7-6/7).

Garden Theatre: "Ragtime" (8/23-9/15), "Deathtrap" (10/11-10/27), "A Christmas Carol" (11/22-12/22), "Violet" (1/24-2/9), "Ben Hur" (2/28-3/15), "Matilda" (4/24-5/24), and "Greece" (7/10-8/2).

Annie Russell Theatre (Rollins College): "The Humans" (9/27-10/5), "Private Lies" (11/15-11/23), "The Good Person of Setzuan" (2/14-2/22), "Mamma Mia" (4/17-4/25).

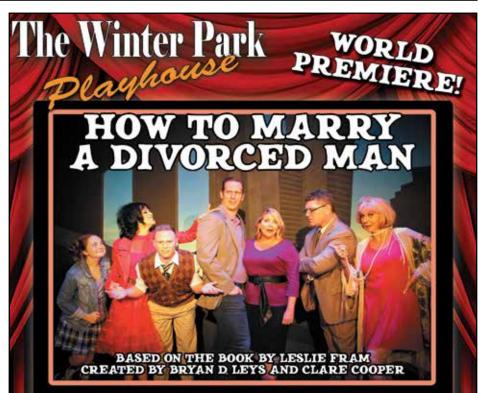




Theatre UCF: "#GodHatesYou" (8/29-9/1), "Sweat" (9/26-10/6), "A Gentleman's Guide to Love and Murder" (10/17-10/27), "Water by the Spoonful" (11/14-11/24), "The Rover" (1/23-2/2), and "Urinetown" (3/26-4/5).



Continued on page 13





Evita

The Humans

**Orlando Shakes:** "Evita" (9/4-10/6), "Macbeth" (10/9-11/24), "Miss Bennet: Christmas at Pemberley" (12/4-12/29), "Becoming Dr. Ruth" (1/8-2/9). "The Three Musketeers" (2/5-3/22), "Henry IV, Part 1" (2/19-3/21), "Henry IV, Part 2" (3/26-3/29), and "My Lord, What a Night" (3/18-4/27).

Mad Cow Theatre: "Heartbreak House" (8/7-9/1), "Pride and Prejudice" (9/18-10/13), "Boesman and Lena" (10/23-11/17), "The Spitfire Grill"

(12-4-12/29), "Men on Boats" (1/15-2/9), "Last Train to Nibroc" (2/12-3/8), "All My Sons" (3/25-4/19), "Memphis" (6/3-6/28). "The Children" (6/24-7/19), "Intimate Apparel" (8/5-8/30), and "Collective Rage" (8/19-9/13).



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

## It Seems Like It Just Began!

Well, we have entered the "dog days" of summer. Funny phrase, "dog days." The term originated from the Romans (apparently it was hot and humid back then as well) because the sun's position during the heat of the day is

essentially in the same spot as where the brightest star Sirius (otherwise known as the "dog star") is located. For modern day residents, it is a reminder that we are well past the halfway point of summer vacation and school will be starting again. In an effort to not be a "buzz kill" or "harsh anyone's mellow" allow me to intermix some safety advice with some common phrase origins.

"Raining cats and dogs" -

one preposterous theory is that in England during the 1500s animals often sought shelter and warmth in the thatched roofs of homes and during hard rains the straw in the thatch would become slippery thus causing the animals to slip and fall from the ceiling, thus appearing that it was raining cats and dogs. However, it probably was derived from observations made during heavy rainstorms during a later period when the flooding waters would wash through the sewer systems thus washing any dead animals into the rivers in

which the sewers emptied.

"God willing and the Creek don't rise" - this phrase is often "butchered as an "s" is added to the word Creek. The phrase can be attributed to Colonel Benjamin Hawkins.

School starts in both Orange and Seminole " County on August 12th. So please keep an eye out for kids going to and from school and starting in October, no hand held devices (i.e. cell phones) can be used in school and active work/construction zones.

> Colonel Hawkins served as a U.S. Senator as well as Superintendent of Indians - the U.S. agent assigned to the Creek tribe in the late 1790s while our country was trying to establish a foothold in this new land during the American Revolution. While Colonel Hawkins had fostered a good relationship with the Native Americans known as the Creek, he was constantly working to maintain that accord. So, when Thomas Jefferson asked him to return to Washington D. C., he responded with the now famous phrase indicating that if there was an

uprising, he would be unable to make the trip.

So, while committing those little tidbits to memory to impress your friends at the next cocktail party, please remember to slow down

> while driving in the rain. If it is necessary for you to use your windshield wipers due to rain, please turn on your headlights as well. Do not drive with your hazard lights flashing, as those are only to be used when your vehicle is stopped or disabled. If you come across a roadway with water that covers the roadway from one side to the other and you can no longer see the pavement, proceed with extreme

caution or better yet, turn around and take another route so as not to find out the hard way that the road has washed away.

As a reminder, school starts in both Orange and Seminole County on August 12th. So please keep an eye out for kids going to and from school and starting in October, no hand held devices (i.e. cell phones) can be used in school and active work/ construction zones. In the meantime,

"Do not be angry with the rain; it simply does not know how to fall upwards." - Vladimir Nabokov

#### From Page 12.

**Theatre West End:** "If/Then" (8/16-9/1), "Once On This Island" (10/11-10/27), "A Christmas Story: The Musical" (12/6-12/22), "The Great American Trailer Park Musical" (1/24-2/9), "Green Day's American Idiot" (4/10-4/26), "A Chorus



Line" (5/29-6/14), "Always...Patsy Cline" (7/10-7/26) and "Ragtime" (8/14-8/30).

Dr. Phillips Center: "Les Misérables" (10/22-10/27), "Escape to Margaritaville" (11/12-11/17), "The Play That Goes Wrong" (12/3-12/8), "Aladdin The Musical" (1/22-2/9), "Mean Girls" (2/25-3/1),

"Miss Saigon" 3/31-4/5), "A Bronx Tale" (4/28-5/3). "My Fair Lady" (5/26-5/31), and "Beautiful-The Carol King Musical" (6/11-6/14).

#### **Central Florida Community Arts:**

"Twelve Angry Jurors" at Orange County History Center (8/1-8/11), "Next to Normal" (8/30-9/22), "Sweeney Todd" (10/11-





From Page 12.

by three other British gents, Mick Ralphs on guitar, Boz Burrell on bass, and Simon Kirke on drums. Listening

to Bad Com-

pany's

hits,



Photo of the band Bad Company during their early days.

including "Bad Company," "Can't Get Enough," "Good Lovin' Gone Bad," "Feel Like Makin' Love," "Ready for Love," "Shooting Star," "Burning Sky," "Oh, Atlanta," and "Rock 'n' Roll Fantasy" makes me nostalgic for the good old days of FM radio. Especially here in Central Florida, where WDIZ was king in my youth. (I was not around for the days of Zeta 7, which many of you might recall as the local rock station.) WDIZ was a revelation when I first moved from Brevard County to Orlando in the early 80s. I had never listened to album rock regularly before, as Brevard was dominated by CK-101, a Top 40 station. But listening to Bad Company now takes me back to my sweaty,

11/3), "A Christmas Story" (11/22-12/15), AUEST-SEFT EMBER 208 "The Lion in Winter" (1/17-2/2), "From Here" (2/21-3/15), and "Rodgers and Hammerstein's Cinderella" (4/17-5/10).

Osceola Arts: "The Addams Family Musical" (9/27-10/13), "Dogfight"

(10/25-11/3), "White Christmas" (12/6-12/22), "Moon Over Buffalo" (1/24-2/9), "How to Succeed in Business" (2/28-3/15), "Once on This Island" (3/27-4/5), "Arcadia" (4/17-5/3), "And Then There Were None" (6/12-6/28), and Priscilla



Queen of the Desert The Musical" (7/17-8/2).

Valencia College, Theatre on the Edge, and Breakthrough Theatre of Winter Park – schedules not yet announced as of press time.

cross-Orlando drives to work and school, driving with the radio blasting and the windows down.

Bad Company stands out for me because every song was built for singing along. The lyrics were simple and direct, the riffs were made for a little air guitar solo now and then, and the rhythm section was basic yet catchy. Perhaps these are the reasons for the band not being in the Rock and Roll Hall of Fame. There was nothing amazing about Bad Company, they just delivered good rock songs with no complications. No crazy long lead guitar solos, limited screeching in the vocals, and they were all done in three or so minutes. I did not get the chance to see Bad Company in concert, but I imagine the band delivering hits and then heading to the next town to do the same, leaving satisfied customers who had a pleasant ringing in their ears.

Bad Company is still out there on the road, delivering on this basic but quite welcome formula. You know what you are going to get from their music, and for me, that's great memories of driving up and down a two-lane University Boulevard, finding a parking spot in a sandy parking lot just in time for class, and tapping out a rhythm on my steering wheel all the while.

#### schools



## Audubon Park School

Create. Innovate. Accelerate. With those three words as our guide, we're excited to kick off the school year as part of the OCPS Innovation Community. This coming year, all students will be assigned a personal digital device. Teachers have innovative projectbased learning experiences planned and we can't wait to see the amazing things our students create.

Audubon Park School was named an A school for the inaugural year. We're celebrating not just an Arating, but a school community made up of students, teachers, parents, and community partners who went above & beyond this first year for student success, producing not just one of the highest-ranking As in OCPS, but laying the foundation for continued growth.

We look forward to seeing all of our families for Falcon Flight 2.0 on Thursday, August 8th from 5:30 -7:30 p.m. Tour the campus, meet the teachers, drop off school supplies, join PTSA, and get a glimpse at some of the exciting new projects coming your way.

all upcoming For events, please visit our website at www. audubonparkk8.ocps.net. Be sure to follow us on social media. Instagram and Twitter: @apsk8\_ocps, Facebook @AudubonParkSchoolK8. Get ready to soar into a great year!



As normal with a new school year, there are a few new faces to the St Charles Borromeo Catholic School family for the 2019-2020 school year.

school mathematics. We welcome Mr. Kirk Hardisty, an experienced teacher from within the diocese of Orlando. Mr. Hardisty holds four certifications from the state of Florida: Mathematics, Physical Education, Exceptional Student Education, and Social Science. He has also coached for St. Charles and helped lead our basketball team to a championship this past school year. Mr. Hardisty taught for multiple years at Good Shepherd Catholic School in math and social studies. His most recent teaching assignment was at Morning Star Catholic School where he developed and implemented the transition program.

Our third instructional change for this coming school year is Danielle Tarantino, coming on board as our new middle school Religion teacher. Ms. Tarantino is a graduate from Ave Maria University with a bachelors in Theology and a minor in Catholic Studies. She has worked with many parishes in multiple capacities ranging from faith formation teacher to assistant youth minister and even served as a missionary with the Missionaries of Charity in India. She has deep roots in her local parish in Orlando and attended Catholic schools in Orlando as well.

Our school calendar is mostly populated if you would like to check out any upcoming events at www. stcharlesschoolorlando.org/events/

#### 🔛 Winter Park High School PRINCIPAL MATT ARNOLD

Congratulations to all the staff and students who made Winter Park High School an "A" school once again. Their hard work is another reason we're proud to be Wildcats! One such dedicated staff member was recently named one of "Winter Park's Most Influential People" by Winter Park Magazine. Matthew Swope, the director of choral activities and chairman of the department of performing arts, was selected from over 100 nominees for his leadership and professionalism. His student productions and performing groups have received national recognition, thanks to his approach of teaching over 200 students annually the value of teamwork and support for each other. His passion for the school and community shines in everything he does.

## Winter Park Presbyterian PreSchool

What fun we had at summer camp! Our preschool age campers enjoyed two splash days per week, and could be heard exclaiming "Goodbye, water day!" as they returned to their classrooms to dry off.

Each summer session had a themed exploration room that the children used to make crafts, play and use their imaginations. The themes included Under the Big Top, Construction, Ocean Science, Inventor's Workshop, Animal Planet and Creative Campers.

Our campers in K-5th grades could choose from four art camps:



#### The Geneva School HEADMASTER BOB INGRAM

We are so excited to announce the opening of our brand new 7th-12th grade building! Classes begin August 20th at both our upper school campus and our newly updated K4-

Create-a-thon, Paint & Print Palooza, It Came from Outer Space, and Clay Creations. Their creativity was amazing!

While it's still going to feel like summer for a long time, we are turning our attention to the 2019-2020 school year. Meet Your Teacher open house is being held Friday, August 9 from 10:00-noon. Our parents will get to spend time in the classroom with their child, and get acquainted with not only their teacher, but other students in the class and their parents.

The first day of school is August **12.** It's going to be an exciting year! We have big plans, and can't wait to get started.

6th grade campus. Come take a tour! Contact Candy Houk for more information. Email or call: clhouk@ genevaschool.org or 407-332-6363 or visit: www.genevaschool.org



Pictured above is The Geneva School's brand new 7th-12th grade building.



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

We are excited to announce Mrs. Tammy Dorazio as our new first grade teacher! Mrs. Dorazio comes to us with nine years of teaching experience in first grade. She has her master's in education from Nova Southeastern University and holds three certifications with the state of Florida: Elementary Education, Gifted, and English for Speakers of Other Languages. She is also a Catholic school parent with deep roots in her local parish here in Central Florida. In her previous setting, she was recognized for her students' top scores and for increasing the reading and math scores of her students on a consistent basis.

The second change is middle

## 🧔 the geneva school Educating from a new perspective



2025 SR 436 | Winter Park, FL (K4-6th Grades) NEW CAMPUS (opening fall 2019) 1775 Seminola Blvd. | Casselberry, FL (7th-12 Grades) genevaschool.org |407-332-6363

## 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.

September 6 Movie Night At Leu Gardens - 8:00 p.m. featuring "Indiana Jones & The Temple Of Doom." 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.

#### 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.

**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.



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.

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

August 14 Member Exchange and Business Fair - 11:00 to 2:00 at the Orlando Public Library located at 101 E. Central Blvd. The African American Chamber of Commerce of Central Florida presents this event for small business members to meet with each other and members of the community. Join us to learn about the AACCCF and what they can offer. For more information, please call 407-835-7323 or visit https://attend. ocls.info/event/2480724.

August 15 Woodstock 50th Anniversary - 6:30 p.m. at the Orlando Public Library, Albertson Room. Located at 101 E. Central Blvd. Relive the three days of peace and music with songs and clips from the first real music festival. For more information, please call 407-835-7323 or visit https://attend.ocls.info/event/2482657.

August 19 Orange County Legislative Delegation Public Meeting - 9:30 a.m.-Noon (Government and spokespersons for government-related entities.) 2:00 p.m.-6 p.m. (Individuals and community-related entities.) Orange County Administration Center in the Commission Chambers located at 201 South Rosalind Avenue. Persons wishing to address the delegation may request an Appearance Record Form by sending an email to LD@ocfl.net. The meeting will be aired live on Orange TV (Channel 488 on Spectrum (formerly Bright House), Channel 9 on Comcast, 1081 CenturyLink Prism TV, 10.2 Digital Over the Air), and via live streaming at www.orangetvfl.net.

September 14 "Second Saturday Seconds" - 8:00 a.m. to 3:30 p.m. at the Carousel Emporium located at 2000 Alden

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.

**Now - October 29 12 UC Art Gallery** - An exhibit of Karen Branen's art at the University Club of Winter Park located at 841 North Park Avenue. An open reception will be held Sunday, October 6 from 2 p.m. to 4 p.m.

**August 8 Coffee Talk** - 8:00 a.m. featuring Vice Mayor Greg Seidel at the Winter Park Country Club located at 761 Old England Avenue. For more information regarding the City of Winter Park, please visit the city's official website at cityofwinterpark.org.

**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.

Road. For more information, please call 407-228-2791.

#### **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 **August 8 Community Volunteer Fair** - 1:00 to 3:00 p.m. at the Winter Park Public Library. Get involved. Make a difference. Connect in the community. Explore volunteer opportunities and meet people from a variety of local organizations to find a volunteer match that works for you. For teens and adults. For more information, please call 407-623-3300 or visit www. wppl.org.

**August 10 Splash Back To School** - Noon to 5:00 p.m. at the Cady Way Pool located at 2529 Cady Way, and at the Community Center Pool located at 721 W. New England Avenue. This event is free and open to the public. No floats allowed. For more information, please visit cityofwinterpark.org.

**September 12 Coffee Talk** - 8:00 a.m. featuring Commissioner Sarah Sprinkel at the Winter Park Country Club located at 761 Old England Avenue. For more information regarding the City of Winter Park, please visit the city's official website at cityofwinterpark.org.



KINDLY RSVP TO 407-622-2648





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



