# The Park Press



OCTOBER 2019

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Last month, over 200 American Lung Association supporters filled the SAK Comedy Lounge in support of friends and loved ones who suffer from lung diseases like asthma and lung cancer. The second annual Lip Sync for Lungs Live Battle presented by Advent Health raised over \$38,000 to fund local lung health programs and research.

This year's contestants included Steve Gunter, owner of The Tap Room at Dubsdread and Dubsdread Catering; Tony Sos, trial lawyer and partner at Dellecker, Wilson, King, McKenna, Ruffier, & Sos; Maxine and Kirt Earhart, owners of Maxine's on Shine restaurant; Nate Carn and

Armando Casteneda, firefighters at DeLand Fire Department and Flagler County Fire Department; and the Young Lawyers- Andrew Irvin, Andrew Roy, Connor Kelly, Kimberlee Martin, Michael Barber, and Nick Shannin.

Steven Gunter won the overall lip sync competition and performed a Queen medley from their Live Aid performance. Steve raised a total of \$6,805. Firefighters Nate Carn and Armando Casteneda won the celebrity judges segment performing several crowd-pleasing songs that showcased their dynamic dance moves. The audience choice award went to Tony Sos & Team 3280FORCE TO BE RECKONED WITH. Their performance involved an antismoking message and ended with the Beastie Boys "Fight For Your Right to Party."

"Lip Sync for Lungs did not disappoint, said Janelle Hom, executive director of the American Lung Association in Florida. All of our contestants brought their A-game both in their performances and raising critical research dollars to find a cure for lung disease."

Orlando's second annual Lip Sync for Lungs Live Battle was sponsored by Eddie Fisher Wealth Strategies of Raymond James and Dellecker, Wilson, King, McKenna, Ruffier & Sos.



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# The Park Press

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## Publisher's Message

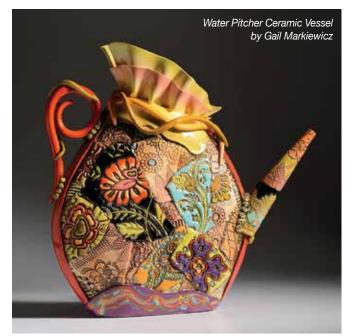


Fall is now in full swing which means the beginning of some of the best seasonal climate in all the world. Afternoon thunderstorms subside, as well as the level of relative humidity. And of course, event planners have long known that if you plan outside events

this time of year in Florida, the people will come, as it comfortable to be out and about. This is quite simply my favorite time of year!

I kindly ask that you pay extra attention

our Calendar **Events** and consider planning schedules your for some fun and enjoyment. Many of the events this month are free and family-friendly, several are also long-standing traditions within community. our They run the gamut from the 45th annual Winter Park Autumn Art Festival on October 12th and 13th, to



moonlight cemetery strolls and history tours



at the Greenwood Cemetery on October 11th and 25th from 8:00 p.m. to 10:00 p.m. The cemetery was established in 1880 and the tour briefly visits the gravesites of about 100 notable people in Orlando's history. The events in October really do offer a little something for everyone.

I also know how important this time of year is for all our local business owners, therefore *The Park Press* is very proud to promote many of these community events. As always, please give our advertisers

consideration for your business during this all-important time of the year. Not only are they our friends and neighbors, but they also come together to support the "positive news that matters," and for this we are thankful.

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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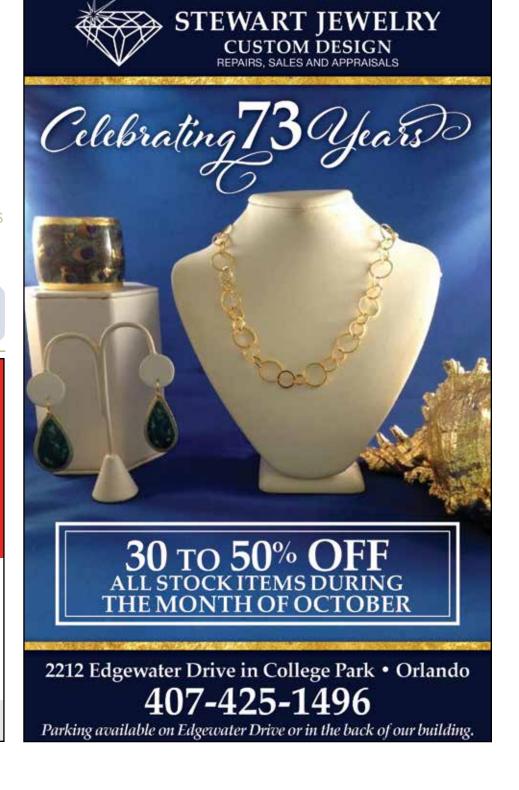
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# City Commissioner's Message Commissioner Robert F. Stuart, City of Orlando District 3



Robert F Stuart

I love fall in Florida. As all the memes have highlighted, maybe the definition of autumn is a little different here in the Sunshine State than in much of the country, but I'll take 80 degrees and low humidity, thank you very much! As we celebrate all things haunted this month, there are many opportunities

around our great city to enjoy your best outdoor life.

To start of the spooky month, head over to the Audubon Park Garden District on Saturday, October 5th from 5-10 p.m. for what has become a can't miss October event, the Night Market + Zombietoberfest. If you haven't been, add this to your event bucket list as it has something for everyone including live music, unique and amazing local shopping, a costume contest, Kidstoberfest and a free outdoor showing of

the classic movie Little Shop of Horrors. Visit audu-

bonparkgardens.com for all the fun details.

The fear factor continues this month at Leu Gardens when they host Haunting Tales taking place on October 11th at 7:30 p.m. Beware that this event is probably not suitable for the little ears in your group and after the intermission, things will get even scarier. Bring your chairs or blankets and a picnic dinner, although food will be available for purchase. Visit leugardens.org for more information or to purchase tickets.

Another way to get into the Halloween spirit, is to join local historian Don Price on Friday, October 25th at 8 p.m. for a moonlight stroll through Greenwood Cemetery. The tour is a great way to learn about the history of Orlando by visiting the final resting places of many of the members of our

City's founding families. The event is free, but requires registration, which opens for this tour on October 11th. For more information, please visit www.greenwood-cemetery.net.

In keeping with the Halloween theme, the Mennello Museum is hosting the third annual Howl O'Woof presented by local restaurant favorite Pig Floyd's on October 27th from 3-5 p.m. for our resident dog lovers. This family friendly event offers a chance to dress up your pet for the holiday and trick or treat through the museum's sculpture garden. Visit Mennellomuseum.org for information about this and many other events taking place all month long.

And speaking of Halloween, just a friendly reminder to review with your family the list of Halloween Safety tips created by the Orlando Police Department to encourage safety on this busy night. While this holiday provides family and community camaraderie, it is also a time when we all need to be extra cautious, especially in neighborhoods like Baldwin Park and College Park that are fast becoming some of the best trick-or-treating spots around!

- Know your children's route
- Take a flashlight
- Be sure costumes, shoes, and treat bags don't pose any risks or hazards.
- Remind kids not to enter strangers' homes or cars.
- Be sure to inspect all treats before allowing kids to eat them.
- Remember drivers have a hard time seeing people, especially at dusk.
- Never cross the street between parked cars.

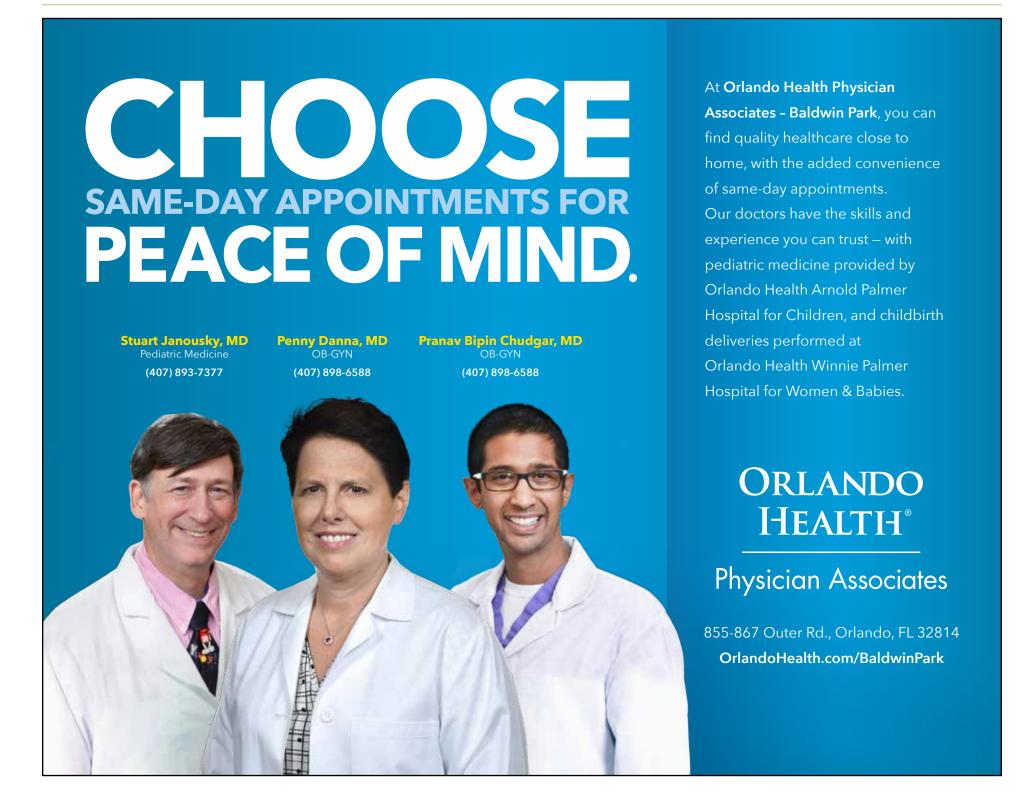


- Watch open flames from jack-o-lanterns as they can catch costumes and long wigs on fire.
- Make sure that fake knives and swords are made from cardboard or other flexible materials to avoid accidental injury or worse having them mistaken for the real thing!

It is also important to ensure that your home is safe and accessible to trick-or-treaters. As adults, there are some very simple things we can do to make the evening safe for everyone.

- Turn on your porch light.
- Move lit jack-o-lanterns off the porch where kids get bunched up when trick-or-treating in groups.
- Remove objects from your yard that might present a hazard.
- Drive slowly all evening as you never know what creature may suddenly cross your path.
- Report any suspicious or criminal activity to the police (non-emergency number, 321-235-5300).
- Keep in mind the effect that all of the visitors might have on your family pets and keep them away from the front door if they seem overwhelmed.

Once again, thank you for your support and for taking the time to do your part in helping keep our community safe and healthy. Happy Halloween and Happy Fall to you and your family!



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# Winter Park Mayor's Message

Mayor Steve Leary



Steve Lean

Well, That Was Close!

Hurricane Dorian took it easy on us here in Winter Park, even though some of the first models had the storm on a direct path through Central Florida with up to Category 5 intensity. As we cautiously watched

and waited, the storm slowed and battered our neighbors, particularly in the Bahamas.

City Manager Randy Knight and his team got out early to prepare Winter Park in case Dorian paid us an unwelcomed visit. Preparations began early during the week of August 18, with utility crews, forestry personnel, emergency service teams, and every department in the city, working through their processes. As the storm slowed, your city staff, augmented by our contracted suppliers, stayed vigilant.

Public Works began a sandbag filling/pick-up program and even though the storm missed us, in 2½ days, we distributed almost 40,000 sandbags to our residents. The process was changed a bit this year by moving the sand bag pickup location to the Ward Park & Showalter Field parking lot. This gave us a larger space that allowed for multiple filling stations and a much smoother flow of traffic.

Our Electric Utility shared a new tool, an online power outage map that was created as a result of some valuable lessons learned from Hurricane Irma. Many calls to the Emergency Operations Center during storms are customers asking if the city is aware of their own outage. Our new online power outage map resides within our internal systems and graphically shows each single power outage on a city map. Residents in their home can look at the map and be assured that the city is aware of their outage. If residents are away from their homes, they have the confidence not only that the city is aware of the loss of power, but also can see when it is restored. We had a few glitches to our beta test during Dorian, and we'll work through the bugs to make it more effective, if needed again. Speaking of our electric utility, we were very fortunate to miss the truly rough weather. However, we did have a few outages due to tree interference.

#### Tuesday, 9/3:

 9 p.m. we had a ninecustomer outage that was restored within 1 hour

#### Wednesday, 9/4:

- 5:50 a.m. we had a nine-customer outage that was restored by 6:21 a.m.
- 6:08 a.m. we had a three-customer outage that was restored by 6:53 a.m.
- 6:50 a.m. we had our largest outage due to a fallen Hickory tree on Alabama which caused a 750-customer outage. First, 712 were restored by 6:30 a.m., and the remaining 38 were back on by 11:30 a.m.
- Our wastewater team reported brief outages at three lift stations, though unlike Hurricane Irma, we were aware of all of these the outages.
- Police and fire-rescue both reported fairly quiet/routine calls during the Tuesday nighttime/Wednesday morning timeframes.
- There were no reports of flooding across the city, though crews checked drainage facilities on Wednesday morning as a precaution.
- We worked with our partners at Waste Pro to communicate operations, as they were being regulated, in part, by the status of the Orange County disposal site.
- Our call center remained open through Thursday to make sure there was no situation left unattended.

Thank you to city staff under the direction of City Manager Randy Knight for the prep work.



Above: Preparing for Hurricane Dorian the week of August 18, sandbag filling/pick-up program was available for residents. Almost 40,000 sandbags were distributed in 2½ days.

We are fortunate to have the professionals looking out for us.

There are many in our community working to help support friends and family in the Bahamas. Please help out if you are able. We were fortunate, but many were not. A special recognition to 4Rivers for opening on Sunday, a day which they are normally closed, to raise money for Hurricane Dorian Bahamas disaster relief. Across 14 locations John Rivers, his family and team, served over +12,000 customers who came out specifically to support the cause.

We are still in active hurricane season, so please stay informed by signing up for one or more of our official city resources:

- Website > cityofwinterpark.org/emergency
- citEnews email service > cityofwinterpark. org/citEnews
- Facebook® > facebook.com/WinterParkEmergencyInfo (@WinterParkEmergencyInfo)
- Twitter® > cityofwinterpark.org/twitter (@ winterparkfla)
- Nextdoor® > sign up at nextdoor.com

Thank you to all for your patience. This was a long slog, but luckily Dorian blew past with minimal impact on Winter Park.



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

#### Boo!

Did we scare you? If not, think about this. By the time you are reading this, there are fewer than 92 days left in 2019. October in Florida is usually the first month that there are hints that fall is upon us. I can usually sense this as my sweat begins to take on that pumpkin-spice aroma. Of course, as a child we couldn't wait for October because it meant that pumpkin patches would start popping up, sweet treats were there for the asking as well as some scares (at least one night of the month), and the "major" holidays were just around the corner. But as an adult, the thrill of being "spooked" has worn off and the thought of having my credit card number stolen has replaced my fear of apparitions. So, while we contemplate some momentous days in October, let's also consider some ways for us to avoid some popular scams.

It is always fitting to start at the beginning. October 1st has the distinction of being "Less than Perfect Day," which makes it perfectly obvious that it is alright to have imperfections, as long as you always try your hardest. Speaking of trying your hardest, this should remind us to always take that extra minute when dealing with paperwork that has our personal information on it. By taking time to shred your personal documents and secure

your other personal information within your home, you can do your best to keep your information safe from ne'er do wells.

Continuing on into the month, October 5th has two distinctions, World Teacher Day and Do Something Nice Day. So allow me to "teach" how not to "do something nice" for a scammer. If you are ever contacted either by phone or email and informed that your loved one is in trouble and you need to either send or wire money, insist on speaking with your loved one. If you are able to speak with them or if they offer to communicate for your loved one, ask a question that you know is preposterous (for example, ask about a fictional pet). If they provide any answer other than "what are you talking about" you can bet it is a scam. Or, if you have another phone, try to make contact with your loved one (even if they tell you not to do it or great harm will come to them). Once contact is made, terminate the call with the original caller.

October 8th is National Face Your Fears Day. Take this opportunity to educate yourself on Social Media and Internet Safety. By following just a few tips, you can have no fear that you are opening yourself up to become a victim of a crime. Never post the fact that you are on

vacation and wait until you return to post those vacation photos. Leave names off the photos so you don't provide those bad guys the names of your family or acquaintances to use in other scams later. When shopping on-line, always look in the address bar for the padlock image to ensure that the website is secure before entering any personal or payment information. Otherwise, you will be celebrating on October 15th, National Grouch Day!

All of these days lead up to the pinnacle, October 31st which of course is both National Magic Day and Halloween. So allow us to offer these few tips; when selecting a costume for your kids; make sure that the costume is visible in low light conditions and don't restrict their vision, have a planned "trick or treat" route if you are allowing your kids to go without you, but make sure that they travel in a group. Prior to letting the kids chow down on their newly collected treasures, make sure you examine everything to see if it has been tampered with. Lastly, make sure that the hijinks end at a reasonable time, and not go past 9:00 pm.

Now that you are armed with all this knowledge, it is time for me to go pick out my outfit for October 17th, National Wear Something Gaudy Day!

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## Heart Of Florida United Way Announces New Cybercrime Victim Support Initiative

Heart of Florida United Way (HFUW) is furthering the fight against cybercrime in Orange, Osceola and Seminole counties. Last month, community leaders gathered with government officials, local and state law enforcement, and the Cybercrime Support Network to launch the new Cybercrime Victim Support Initiative. It allows residents to report instances of cybercrime and find resources to recover by calling, chatting or texting 2-1-1. HFUW is the first 2-1-1 call center in Florida – and the third in the nation – to launch a system to support cybercrime victims.

Cybercrime includes identity theft, financial fraud, cyberstalking, cyberbullying and other related crimes. Cybercrime, a pervasive, stealth crime that preys on vulnerable populations, often leaves victims struggling with few resources for economic or emotional recovery. In 2018 alone, more than 350,000 complaints from individuals and small businesses were filed with the FBI Internet Crime Complaint Center (IC3) for monetary losses of over \$2.7 billion. Florida ranks among the top five states for financial losses, totaling more than \$110 million. Unfortunately, experts estimate these figures represent only a small fraction of the cybercrime that actually occurs.

"Fighting for the well-being of Floridians is something Heart of Florida United Way has always been proud of," said Jeff Hayward,



From left to right: Robert Burda, Chief Strategy Officer, Cybercrime Support Network; Captain Fred Hinderman, Osceola County Sheriff's Office; Sheriff John Mina, Orange County Sheriff's Office; at podium- Jeff Hayward, President and CEO, Heart of Florida United Way. Photo courtsey of HFUW staff.

HFUW president and CEO. "With the increased use of technology readily available at our fingertips, cybercrime can strike from any part of the globe at any time. Suffering from cybercrime without support is something no one should ever have to endure."

With the support of funds from the U.S. Department of Justice, Office for Victims of Crime Transforming Victim Services grant, HFUW has partnered with the Cybercrime Support Network (CSN) and the Heart of West Michigan United Way to implement this multistate approach to responding to the unmet needs of cybercrime victims. The program's \$1.4 million in federal funding was awarded in February 2019 and is set to continue for two years with future plans of expanding into

additional counties. Since receiving the award, HFUW has worked to hire and train staff to handle cybercrime calls through 2-1-1 and is now ready.

The support of local law enforcement is vital to the success of the initiative. "Local law enforcement welcomes the Cybercrime Victim Support Initiative here in Central Florida," said Sheriff John Mina of Orange County. "We are proud to be strengthening our relationship with Heart of Florida United Way by supporting this effort to protect and provide assistance to those that have fallen victim to cybercrime."

Visit www.hfuw.org/cybercrime to learn more about the Cybercrime Victim Support Initiative.

# Family Medicine Excellence in Winter Park



19-CHWB-07793

Melissa Morello, MD, is a board-certified family medicine physician at The Center for Health & Wellbeing. Along with treating acute and chronic illnesses in patients ages six years and older, Dr. Morello's areas of interest include women's health and pediatrics. Dr. Morello earned her medical degree at the University of South Florida Morsani College of Medicine and went on to complete her medical residency as part of AdventHealth's prestigious Family Medicine Allopathic Residency program.

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# Florida's Economy Continues To Grow And Diversify

Governor Ron DeSantis announced Florida's economy continues to grow – adding 213,000 private-sector jobs over the year in August-while maintaining a low unemployment rate of 3.3 percent. This news comes on the heels of strategic steps being taken to prepare Florida's business environment and workforce for enhanced economic growth in expanding industries such as financial technology.

Positive economic indicators for the month of August:

 Florida's annual private-sector job growth rate of 2.8 percent continues to outpace the national job growth rate of 1.6 percent. • The labor force continued to grow with 143,000 entering the labor force over the year at an annual growth rate of 1.4 percent.

"We are continuing to make Florida the ideal location for businesses to grow and hire Floridians," said Governor DeSantis. "As we continue to develop our workforce, we are expanding industries that will pave the way for future careers. The financial technology industry is booming, and we remain committed to supporting its growth."

"Governor DeSantis is instilling confidence in our state by attracting a variety of new businesses from all industries that are ready to make jobs for Floridians," said Ken Lawson, the executive director of the Florida Department of Economic Opportunity. "It's important for the future workforce to feel prepared for emerging industries, including financial technology. We are committed to fostering an environment where businesses can grow, and Florida's workforce can succeed."

Other positive economic indicators include:

- Private-sector industries gaining the most jobs over-the-year were:
- Education and health services with 62,800 new jobs;
- Professional and business services with 46,800 new jobs;
- Leisure and hospitality with 23,500 new jobs;
- Trade, transportation and utilities with 21,900 new jobs;
- Construction with 20,900 new jobs; and
- Financial activities with 18,700 new jobs.
- Florida job postings showed 285,505 openings in August 2019

# Delaney Hotel And Delaney's Tavern Boost SoDo District Revitalization

The Delaney Hotel and Delaney's Tavern, a cornerstone of the multimillion-dollar SoDo (south of Downtown Orlando) District revitalization,

officially opened in September. The contemporary boutique hotel is a multimillion-dollar restoration to the block of Orange Ave. between Fernwood and Copeland.

From artists and architects to craft beer and produce, the hotel and new American tavern showcase

local talents and professionals, highlighting the economic and artistic vitality of SoDo. Martin Hudson, Project Manager of the South Downtown Improvement District, said: "The City of Orlando is ecstatic to be part of this streetscape renaissance occurring in the SoDo district."

Greg Allowe, developer and president of The Delaney Hotel and Delaney's Tavern, said: "In designing the hotel, we've anticipated every need guests might have from the time they wake up to lights out. Human motion studies guided exact placement of light switches, which are located on the headboard within reach of the average person's arm length. We built clocks into the bathroom



The Delaney Hotel and Delaney's Tavern are now open. The contemporary boutique hotel is a multimillion-dollar restoration project located on Orange Avenue across from Orlando Health hospital. Photo from Orbitz website.

mirrors to help guests stay on time in the morning. Everything is very intentional. Before you think it, it's there."

About 65 percent of stays is expected to come from medical travel from Orlando Health, located

across the street. At 400 square-feet, rooms are significantly larger than the average hotel room to meet the need of long-term visits. Suite sizes top 1,100 square feet.

# Franklin's Friends Expands Animal Welfare Grants Effort

Franklin's Friends is expanding their scope to consider grant applications from nonprofit and government animal welfare agencies in Brevard, Polk, and Hillsborough counties. This is in addition to the counties that they currently serve - Orange, Seminole, Osceola, Volusia, and Lake.

Franklin's Friends is an all-volunteer 501(c)(3) nonprofit organization whose mission is to support Central Florida animal welfare by fundraising for local nonprofit and government agencies that are dedicated to Shelter/Rescue, Spay/Neuter, or Community Education projects. Founded in 2003 by two UCF graduates - Drs. Monisha Seth and Anthony Douglas - in honor of their rescued hound Franklin, Franklin's Friends has raised over \$1.5 million for local animal welfare. They raise money primarily through two signature events - the HOWL-O-WEEN Dog Walk-a-Thon and Canine Costume Contest and the spring gala called "Unleashed. Uncorked. Unframed." Through a rigorous application process, these funds are then granted to deserving local animal welfare agencies.

Prior grant recipients include Partnership for Paws, Husky Haven, Way Home Inc., Sophie's Circle, The Pixel Fund, Happy Trails Animal Rescue, Spay the Strays, Chi Chi's Rescue Ranch, Daytona Beach German Shepherd Rescue, Pet



Alliance of Greater Orlando, RAIN (Rescuing Animals in Need), Osceola County Animal Services, TEARS of Seminole County, SpayNSave, South Lake Animal League, Poodle and Pooch Rescue, Hound Haven, and ARNI Foundation.

"We are so excited to have reached the point where we are able to expand and award grants in neighboring counties. Thank you to our supporters for helping us reach this milestone," said Franklin's Friends' Board member Steve Butler.

Franklin's Friends' next event will be the sixth annual HOWL-O-WEEN Dog Walk-a-Thon and Canine Costume Contest on October 26, 2019 from 9 a.m until noon at Secret Lake Park in Casselberry. Denise Ryan of 98.9 WMMO

will emcee. There will be a leisurely dog walk, doggie costume contest, adoptable dogs, raffles, music, pet-friendly vendors, and much more! Prizes will be awarded to top individual and team fundraisers as well as to costume contest winners. Registration is \$20 per person in advance; \$25 at the door; or FREE if you raise \$100. Registration and additional information at www. franklinsfriends.dojiggy.com

AdventHealth, 98.9 WMMO and Community Corner, LLC are major sponsors of the event.



# Drone Racing League And Lockheed Martin Launch Artificial Intelligence Robotic Racing (AIRR) Event

The Drone Racing League (DRL), a global professional drone racing circuit, will host the first-ever standalone Artificial Intelligence Robotic Racing (AIRR) event at Addition Financial Arena (formerly CFE Arena) on Tuesday, October 8 starting at 5:00 pm. During the live autonomous drone race, high-speed, self-flying drones will go head-to-head through an obstacle course for a chance to win a \$1 million cash prize, sponsored by Lockheed Martin.

In AIRR, artificial intelligence (AI), developed by the nine winning teams of Lockheed Martin's AlphaPilot Innovation Challenge, will operate autonomous racing drones through obstacles without GPS, data relay, or human intervention.

Complementing the 2019 DRL Allianz World Championship Season where elite pilots race identical, custom-built DRL drones, AIRR will test the speed, strategy and skills of AI technology as applied to standardized autonomous DRL drones. Each selfflying drone is equipped with an onboard NVIDIA Jetson AGX Xavier, the platform for AI at the edge.

"We're incredibly excited to kick off our AIRR Circuit at UCF, one of the most innovative schools in the country," said DRL CEO and founder, Nicholas Horbaczewski. "Students will experience the thrill of autonomous drone racing, a competitive robotic sport that accelerates AI innovation and pushes the boundaries of autonomous flight."



In addition to the \$1 million cash prize for the fastest autonomous drone, an additional \$250,000 reward will be given to the first team whose autonomous drone pushes the limits of performance between human and machine and defeats a DRL pilot.

# Jose Antonio Vargas To Speak At Rollins College

Pulitzer Prize-winning author, Emmy-nom- details of his personal journey. inated filmmaker, producer and advocate for immigration rights Jose Antonio Vargas will speak on "Migration: The Changing Landscape of Immigration, Travel and America," on October 17 at 7 p.m. in Warden Arena as part of the Winter Park Institute (WPI) at Rollins College Speaker Series.

Vargas, an undocumented immigrant from the Philippines, has been called "a visionary writer and activist" who chose to reveal his powerful story in a 2011 New York Times Magazine essay. In a follow-up article one year later, his photo appeared on the Magazine's cover, along with other undocumented immigrants, and in 2013 he directed the CNN film Documented narrating the

Vargas continued to share his path publicly and to champion other undocumented immigrants through his 2018 memoir, Dear America: Notes from an Undocumented Citizen, and in his role as producer for the Broadway play, "What the Constitution Means to Me." He advocates for the rights of equality and citizenship and challenges audiences to consider the question, "How do you define 'American'?"

WPI continues its tradition of bringing intellectual leadership to Central Florida with this 12th season. Upcoming speakers include Annika Sorenstam, Jeffrey Brown, Billy Collins and Laura Ling. Information can be found at Winterparkinstitute.org. Tickets can be purchased for \$25 each

online or by calling the box office at 407-646-2145.

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Jose Antonio Vargas

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# Hemophilia Foundation Awards \$28,800 In Annual Statewide Scholarships

The Hemophilia Foundation of Greater Florida (HFGF) awarded scholarships totaling \$28,800 to 14 students attending college this fall, including four from the Orlando area. Since the scholarship's inception, HFGF has granted close to \$180,000 to worthy recipients with bleeding disorders.

The Calvin Dawson Memorial Scholarship, named in honor of founder and first executive director of the HFGF, has been assisting those in the bleeding disorders with their higher education for the past 20 years.

"It is always such a pleasure to help these young men and women as they pursue their educations," says HFGF's executive director Fran Haynes. "Eighty-nine percent of all HFGF fundraising dollars assist members of the bleeding disorders community, including our annual scholarships program."

HFGF scholarships are earmarked for Floridians with hemophilia, von Willebrand disease, and other related hereditary bleeding disorders. Scholarships are attainable for high school graduates pursuing post-secondary education at a college, technical or trade school, or through other certification programs. Awards are based on merit, need, community service, and ambitions of the applicant as reflected in an essay.

The four scholars representing the Orlando



area include James Solomon (Clermont) University of Central Florida; Justin Horbacz (Reunion) University of Florida; Miguel Diaz-Burgos (Ocoee) Valencia College; and Michael Berkman (Windermere) Syracuse University.

Please visit hemophiliaflorida.org for more information about HFGF, hemophilia and other bleeding disorders, and/or HFGF fundraising walks.

# Is Your 'Inner Critic' Undermining Your Career? Five Ways To Boost Your Confidence By Grant Parr

The workplace, like the playing field in sports, is packed with competition — often against oneself. It demands being at your best, reaching and exceeding goals, working hard to master all aspects of a position, and proving you're capable of taking on more.

Someone might have all the requisite skills to succeed, but they also might become their own biggest obstacle when self-criticism gets in the way, corporate observers say. Confidence becomes a problem when difficult experiences at work, such as making mistakes or being passed over for an opportunity, cause us to question ourselves and create negative thoughts.

To produce positive thoughts and smooth the path toward success, one needs to create a mindset based on processes that are purposeful. The mind can get lonely and focus on negative things. We risk

giving our attention to thoughts that can eat away at us, destroy our confidence, and take us out of our rhythm. We begin to listen to a cartoon version of the devil who sits on one shoulder and whispers in our ear. So, we need to develop ways to listen to that other voice within us, that angel on the opposite shoulder, to quiet the inner critic.

Try this five-step process to develop a more positive mindset and boost your confidence in the workplace.

Focus on winning in the present. Dwelling on past mistakes or worrying about what comes next can create self-doubt. Staying present is key and requires resiliency, which leans on past training and the skills that led to achievements. A resilient worker has something in common with athletes, such as a placekicker who shakes off a missed field goal and comes back to make the game winner.

The workplace setting doesn't wait for you to get over things. And rather than fearing making more mistakes, you must ask yourself, "What's important now?" To be the best you can be in the current moment, you have to focus all of your energy on the present and embrace it.

Breathe to relax and refocus. Refocusing always starts with your breath. It casts out distractions and allows you to be yourself. Focusing on your breathing reminds you that this is something you can control, and in turn you can control your thoughts. Ultimately, you're training your subconscious mind how to use breath to settle you.

**Meditate.** Meditation builds off your controlled, sustained breathing, and it becomes a practice to develop clarity and create a calm space in the mind. Meditation brings control and harnesses much of

Continued on page 9



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BUSINESS

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

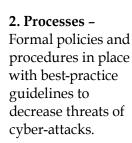
# **Adopting A Cybersecurity Framework**

October is National Cyber Security Awareness month. Earlier this year we introduced the concept of digital footprints. This month we will focus on adopting a cyber risk management system to identify vulnerabilities (aka gaps) within each of the

threat vectors that surround our digital footprints. Having a cyber risk management system in place is vital to help reduce the risks of malware threats and cyber-attacks.

As a recap, there are four threat vectors around the security perimeter of every digital footprint:

1. People – Spouses, children, and/or business colleagues not having the awareness that these vulnerabilities exist and how they behave when they are confronted by a phishing email.



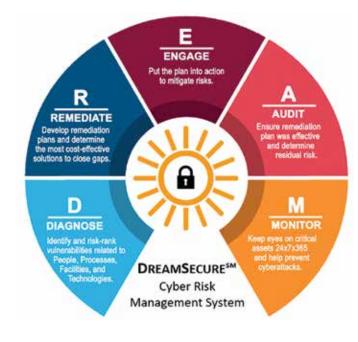


- **3. Facilities -** Physical controls. Do you have locks in areas of your home or business where sensitive information can be accessed?
- **4. Technologies** Ensuring that the networks and applications you utilize have been properly vetted and can guarantee an acceptable level of security.

The white space we see illustrated in between each threat vector represents potential gaps where cyber criminals can inject malware and/or gain access to our sensitive data. To protect ourselves, we must identify what those vulnerabilities are and begin taking the proper steps to close gaps.

#### DREAMSECURE Cyber Risk Management System

DreamSecure is a system we recommend for small businesses mainly because it is easy to understand and implement. It is based on the NIST Special Publication 800-53 (Rev.4), Security Controls



and Assessment Procedures for Federal Information Systems and Organizations. The acronym DREAM spells out the 5 steps in the system:

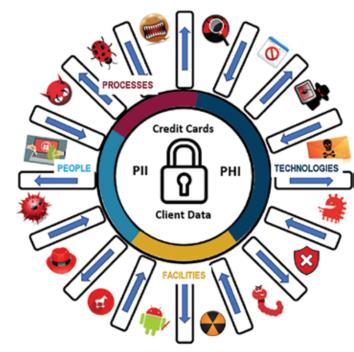
- **1. Diagnose** perform a security risk assessment of each threat vector to identify specific vulnerabilities.
- 2. Remediate develop a remediate plan to close gaps.
- **3. Engage** put the remediation plan into action and engage managed security providers, if needed, to assist in closing gaps.
- **4. Audit** ensure the remediation plan was executed effectively and determine how to manage residual risk.
- **5. Monitor** continuously monitor to detect potential threats to our digital footprints 24x7x365.

Don't expect to complete all five steps overnight. The average length of time it takes to fully implement this system can be anywhere from six months to two years. Once the initial risk assessment starts, the rest of the steps tend to fall into place quick. Once you have completed the entire process, you will sleep much better knowing you have a sound security program in place. Additionally, you will find with each future assessment the process will flow much smoother, take much less time, and your overall security posture will strengthen year over year in cyberspace.

#### A Journey, Not A Destination

It is important to remember a risk assessment is a "point in time" assessment. The cyber threat landscape is constantly changing. There

are over 500,000 new threats being developed daily by cyber criminals. Becoming smart about keeping ourselves safe in cyberspace is a journey, not a destination. As a best practice, risk assessments should be completed on an annual basis or when you have a major infrastructure change.



Those of us who have been in the information security industry over the past decade have seen firsthand how devastating the impact of cyber-attacks can be on people's lives both personally and professionally. There are millions of digital footprints in cyberspace that have little to no protection around them. It is not a matter of if, but when, and how often, we will be confronted by cyber criminals who will attempt to wreak havoc on our personal and professional lives.

Wishing you all a safe journey in cyberspace! Questions? Send me a tweet @GoldskyRon.

 ${\bf Questions?} \ \ {\bf Send} \ \ me \ a \ tweet: @{\bf GoldSkyRon} \ or \ email: ron. frechette @{\bf goldskysecurity.com}$ 

From Page 8.

the untapped power of the mind. It aligns your mind, body, and spirit.

Visualize. To reach peak performance, people must be able to see themselves performing well. The more precisely you can see yourself in action, the more you are able to adjust and control that image, change its details, and guide

its outcome. Visualization also entails tapping into an emotion, feeling the confidence of the moment that you see yourself making happen.

**Engage in self-talk.** Learn to become your own best motivator. You can do this through the power of positive language directed at the self. We want to develop a language that

creates purposeful optimism. Find specific language that can give voice to your feelings and enhance your internal drive.

Training the mind to generate confidence, qualm fear and spark joy empowers someone to be better than their negative side thought they could be.

Grant Parr (www.gameperformance.com) is a mental sports performance coach and the author of The Next One Up Mindset: How To Prepare For The Unknown. Parr owns and runs GAMEFACE PERFORMANCE, a consulting firm that enhances mental skills for athletes and coaches. A recruiter and sales leader in the corporate world for 17 years, he now works with a wide variety of athletes including Olympians, professionals, collegians and high school athletes. His podcast, 90% Mental, provides a window into a broad range of athletes' and coaches' mental games and shares their insights around mental performance.

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



Photo Finish...

So, when my husband walked into my office and saw me scrolling through my phone, he asked me what I was doing. (Of course, he and I both

knew full well that at this moment I was supposed to be writing this article as it was the only small window of the day that I may have to do so.)

I honestly ratted myself out, explaining that I was creating (and then re-creating, when the website crashed) the photo book of family pictures that I

was putting together for our almost-oneyear-old. He just nodded and said 'mmmm hmmmm,' disapprovingly.

"I don't know what I'm writing about yet," I said.

"Well I know you're not writing about a photo collage," he said.

Challenge accepted.

Ava is about to turn one. She's a whirlwind of activity. She laughs, dances, eats, and loves passionately. She has so many people who love her and whom she loves. (To be honest, it's hard for her to meet a stranger without charming them.) So, as she's beginning to talk, I decided to

put together a little picture book to help her connect names and faces, especially for those whom she does not always get to see. As I began this project it seemed quite simple and as though it would be a fairly quick and easy task.

What I realized instead is that it has taken me hours of scrolling through digital image after digital image of our life and our friends and family. So many memories. So much joy.

Somewhere in the midst of all this digging and reminiscing, I must have subconsciously decided to make the pictures mostly candid ones...

As I reflect, I believe this may have been for a few reasons really:

One: They seem to convey more action, more emotion and more authenticity.

Two: Nobody's face actually looks as perfectly curated in real life as it does in a staged photo.

Three: I want my daughter to know and embrace real life, silly expressions, and love in action.

Which brings me to an interesting thought as I work through this project...

I get up every morning and find myself amid all the same trappings as the rest of us. Make sure the kids are properly dressed (and fed) before school... do the same for myself - add makeup, jewelry, heels, etc...don't leave the house without all of the



dishes in the dishwasher, the laundry done, and the counters wiped clean... Note to self: go through car wash, finish grocery list, do the kids have food for lunches? What's our schedule this weekend? Did I remember to send that email?

Find myself in my well-appointed office on Park Avenue. Meet with clients all day long (and work hard to dig beneath their coiffed appearances) to get to something real. Speed out the door to head home or to a baseball or softball field. (Perhaps post picture on Facebook of my kids' amazing-ness.) Head home, finish dinner, clean house, put kids to bed, cuddle with husband, sleep fewer hours than necessary... repeat the next day.

Though it's an inarguably amazing life and I am so blessed, most of the 'off' hours of the day are

consumed by 'need to dos,' at least in my brain if not in my motions. When I'm in session, I'm lucky to have a complete respite from the whirring of my brain, as it's easy to remain totally focused on my clients. But, most of the rest of the hours of the day are pretty jam-packed up there.

And you know what? Not one of the things on my constantly pending list of 'need to dos' is worthy of a photo. Certainly, none of the candid ones with which I am filling Ava's book.

Don't get me wrong, I strongly believe having some sense of order and the house being clean is good for our own mental health and certainly a better environment in which to raise healthy, happy children. But, it is of note that the pictures I choose for this little book are the most 'messy' joyful ones I can find

Yet another reminder to balance, I suppose.

I want my children to know that life is often messy and full and joyful. That though there are responsibilities and duties that make us functional members of society those are never to eclipse being authentic, kind, loving, connecting and being true to

ourselves and others. I want my husband and I to remember that although we take our commitment to parenting very seriously, it does not mean we have to take ourselves seriously. I want my friends and family to know that no matter what - whenever they choose to visit us- whether the countertops are wiped down or not, has no bearing on how happy we are to have them and make more (candid) memories with them.

I want you to think, look through your photos and decide which version of you really 'looks the best.' I would wager it's not the posed family wedding photo as much as it is the one of you dancing at the reception...

Live fully, love wholly, dance silly.

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.

# Orange County Government Recognized Again With National Award

The Orange County Government Procurement Division was recently recognized by the National Procurement Institute with the 2019 Achievement of Excellence in Procurement.

The award recognizes excellence in procurement by organizations that obtain high scores on standardized criteria that measure innovation, professionalism, e-procurement, productivity, and leadership attributes

in the procurement profession. This is the 24th consecutive year that Orange County has received the prestigious award. Orange County is one of 42 counties in the United States to receive it.

Last year, Orange County's Procurement Division awarded more than \$600 million in contracts, with \$40 million awarded to minority and women-owned business enterprise contractors and sub-contractors.



"Orange County's procurement staff, which includes 32 employees, works diligently to ensure fiscal responsibility to safeguard local tax payer dollars in awarding contract bids," said Carrie Mathes, manager of the County's Procurement Division. "We're honored to be one of only two counties that have received this award each year since its inception in 1996."

The National Procurement Institute promotes the achievement of excellence in governmental and institutional procurement through education, certification, professional development and networking of its membership.

# Orlando Welcomes A New Restaurant In Baldwin Park

Galeria, located on Lake Baldwin in Baldwin Park, celebrated its grand opening last month. The restaurant is decorated with a variety of local

artists' work and aims to help support the up and coming creative minds, as all the artwork is for sale.

Galeria features a variety of premium steaks, chops, seafood and salad, as well as vegan and gluten-free menu items. The full bar will feature



happy hour, seasonal cocktail crafts, and a selection of fine wines.

Galeria is located at 4979 New Broad Street. For more information or to make a preferred reservation, please call 407-543-3279.



## experience matters in real estate by Kelly Price



Kelly Price

The Value Of Hosting An Open House For Sellers

On any given Sunday along the streets of Winter Park, you will come across bright-colored real estate signs pointing you in the direction of an open house.

I have long been an outspoken proponent of open

houses; I love them, and I believe they work. Lately though, I have heard of sellers losing faith and questioning whether open houses are even relevant anymore in today's technology-driven market; my answer is yes, yes, yes!

Thanks to the Internet, buyers can preview homes from the comfort of their living room couch. As technology continues to advance, and as realtors and sales associates elevate their listing presentations with 3-D camera and virtual tour software, buyers can virtually take a walk through homes; drone imaging and aerial photography allow buyers the ability to get a glimpse of the surrounding neighborhood; the use of virtual staging in photographs

lets buyers imagine their furniture in the home's space. Each of these programs is successful in their own respects, and I do believe that they help buyers to not only select a home but envision it as their own. However, technology cannot replace the ability to "meet the house" and feel a connection with the home for themselves.

Time and time again, as I've welcomed visitors into an open house, one of the first things I hear from them is "Wow, this house is so much bigger than the pictures make it look," or "Wow, I didn't realize how much natural light this house gets," and this is what I'm referring to- the organic,

1421 Holts Grove Circle

natural impression that a home gives cannot be replicated by technology.

Online articles will have you believing that buyers do not visit open houses, but that's not quite true. On average, I see 20-30 people each Sunday at a single open house. Some of those people are neighbors (usually a seller's best advocate), some are just driving by, but often, the people who stop and visit an open house are buyers who, in the near future, are looking to purchase a home.

As a broker, I recommend open houses to my sellers and the reason is, as a seller, you do not want a buyer to judge your home based on what they

see online. You want to get people into your home. You want them to see what you see and feel the love for your home. Compared to a private showing, where the buyer is often limited to 15-30 minutes and rushed in between other showings, an open house is much more casual. It allows the buyers to feel less pressure and gives the potential buyers an option to casually walk through the home and discuss it with each other.

Despite being an advocate for open houses, I do understand and can respect a seller's hesitation to hosting one. There can be risks of attracting unqualified buyers or "lookie-loos." There is also the feeling

of responsibility to guarantee a safe open house while protecting the owner's personal possessions. Although all these reasons exist, I can understand why an open house may not be ideal for every home. But in an ever-increasing, competitive market, I believe in doing everything possible to sell a home, especially hosting open houses.

Kelly Price is not only the driving force and name on the door of one of Central Florida's most dynamic and recognized real estate companies, she also is one of the area's premier real estate sales professionals. Kelly launched her real estate career in 1989 with an established Winter Park real estate firm and over the next 12 years was one of the firm's top performers. In 2002 she was bitten by the entrepreneurial bug and started Kelly Price & Company. Starting with just herself and two other associates, Kelly Price & Company has grown to more than 40 sales agents and it has posted more than one billion in property sales. Kelly was born in Memphis, went to school at Winter Park High and received her MBA at Rollins College.









243 W. Park Ave, Ste 100

Winter Park, FL 32789







KELLY PRICE

407.645.4321 KellyPriceAndCompany.com IN THE GARDEN

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#### in the garden by Stephen and Kristin Pategas



12

Stephen & Kristin Pategas

garden of scents they create.

The Scent Of A Garden

All photography by Stephen G. Pategas/Hortus Oasis

Think back to a childhood memory. Can you think of one that strongly connects to a smell? Roses in a

garden? Fruit pies baking in the kitchen? Freshly turned earth in the garden or mown grass? Olfactory receptors in the brain are directly connected to areas intimately associated with memory. It was Rudyard Kipling who said, "Smells are surer than sights and sounds to make your heart-string crack." Stroll into your garden, close your eyes and inhale. Do fragrances invade your consciousness, tempt you to linger... explore? Let us take you on a journey of discovery about the plants that stimulate our sense of smell and the

Perfume's origins are in the Middle East where fragrant plants such as cinnamon, frankincense, myrrh, jasmine, orange, and sandalwood grow in abundance. Many towns in the Mediterranean basin relied heavily on trade in aromatic plants. Various geographical regions have site-specific combinations of climate and soil that encourage the growth of aromatic plants just like various vineyards produce unique regional wines.

Plants produce scent for two reasons. Flowers that smell like food or sex attract specific pollinators, while aromatic foliage, bark, and roots repel hungry predators. Fragrance is unnecessary for flowers pollinated by birds (who lack a sense of smell) or by the wind. Some plants also produce scent only when a pollination payoff is likely. Moth-pollinated flowers save their strongest scent for evening hours. Scent genes are often the losers in the genetic quest for showier, hardier, and more vibrantly colored flowers. The older varieties of many flowers such as roses are more fragrant than newer models.

Like the perfumes they create, flower scents are made up of a mixture of floral notes created by the oxidation of essential oils. Small differences in the atomic structure of these compounds create a rainbow of scents – from citrus tang to the heady aroma of jasmine. Basic notes include minty (peppermint), floral (roses), ethereal (pears), musky (musk), resinous (camphor), foul (rotten eggs), and acrid (vinegar). Different odors may be released from scent glands found on petals, sepals, leaves, fruit, or stamens and pistils They blend in our nostrils when we sniff a flower. The result isn't always appealing since some flowers specialize in attracting carrion flies.

Active fragrance plants have blooms that manufacture perfume. Note that heat and humidity releases volatile oils while air movement brings them to the nose. Create an enclosed garden with hedges, fences, and walls to protect and concentrate the scent. Place fragrant plants near areas such as benches, doorways, patios, or windows in rooms

where you linger. Loquat, butterfly ginger, Arabian jasmine, orange jessamine, tea olive, magnolia, gardenias, frangipani, lady of the night orchid, or confederate jasmine will provide a scent on a breeze.

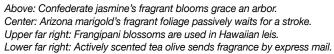
Meanwhile the passive fragrance plants require your interaction to release the fragrance. Plant thyme, chamomile, Corsican mint, Mexican tarragon, oregano, rosemary, or Cuban oregano and stroke, trample, cut, crush, and munch to stimulate the nose. Even the garden tasks of pruning and weeding can release fragrance if you are surrounded by yellow anise, Arizona marigold, basil, or lemon grass.

When designing for scent in the garden there are three important principles to follow:

- Know whether the plant releases its scent actively or passively and when it does if it is active.
- Determine if you will be in the garden actively rousing passive scent from plants or expect the fragrances to drift to you.
- Understand the love/hate relationship of scented plants. Not everyone loves the scent of magnolias, gardenias, or jasmine.

Finally, select the proper location for any scented plant to create a year 'round garden of memorable scents.











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

# Random Thoughts From A Pop Culture Devotee In These Changing Times

October is an interesting month in the State of Florida. It is in the air most obviously in the change in the weather, and in the wall-to-wall coverage of the seasons of college and pro football. It is also, ostensibly, a new season in TV, although TV really doesn't have a start and finish anymore with us all able to stream what we watch using any number of services (Hulu, HBO Now, Netflix, etc.). My wife and I experienced the weirdness of the TV "season" just last night as we watched the first episode of a new series, "Emergence," and immediately thought - "Let's watch another episode!" However, that's not how a traditional TV season works! We have to wait an entire week until the next episode is available. What? When I want to watch another episode of "The Crown" - I just pull it

another "Justified" - that's over on Amazon Prime! Easy peasy!

So, do pop culture "seasons" even happen anymore? In the movies, there are definitely two major seasons

- holiday and summer. All the best Oscar bait comes out in November and December (working backward from this upcoming Christmas we have "Little Women," "Bombshell," "The Irishman," "A Beautiful Day in the Neighborhood," "Doctor Sleep," and "Harriet" coming out soon. Also thrown in the mix this year is the final installment in the Star Wars blockbusters, which just might set new re-

up on Netflix! When I want to watch cords for box office receipts in an off-year for the movies.

> In music, some artists release new material around this time of the year, but why? No one is buying CDs for holiday gifts any longer. Which stinks, because

in our family, we had an annual tradition of buying each of the kids a CD and/or DVD for the family collection. But now - all of the old CDs have been donated and the old DVDs are gathering dust on a shelf.

But that won't stop me from recommending some new music for you to listen to this fall. It just so happens that I have three selections each from the ladies and gentlemen to suggest you try this season. Ladies first, of course. In a major surprise for me - I have to recommend the new Lana Del Rey album with the racy title "Norman F\*\*\*\*g Rockwell." Normally, I categorize Del Rey's music as trite chamber pop but the new album really caught my ear with interesting lyrical content and some nuanced changes in its production. It's worth a listen. I also really like the new album from Azniv Korkejian, an artist who uses the moniker of Bedouine for her musical persona. Her "Bird Song of a Killjoy" is excellent folk pop with a dollop of L.A. cool, not unlike Del Rey's work. Finally - for back-to-basics down home bluegrass, you have to hear Molly Tuttle's "When You're Ready."

I'm running out of space here, so for the recommendations from the men, try Andrew Bird's "My Finest Work Yet," Hiss Golden Messenger's "Terms of Surrender," and Fruit Bats "Gold Past Life."

#### theater in the parks by Paul Gicola

#### Hilarious Time In The Old West

"Desperate Measures"- Winter Park Playhouse- through October 13 Books and lyrics by Peter Kellogg, Music by David Freidman

This powerhouse musical comedy won acclaim during its recent run in New York, capturing Drama Desk Awards (best music and best lyrics) and Outer Critics Circle and Off-Broadway Alliance Awards (Best Musical, 2017). The Winter Park Playhouse is the first in the nation to premier this show outside of NYC. The show is loosely based on "Measure for Measure" by William Shakespeare.

The story takes place in the late 1800s in the Old West and centers on Johnny Blood, a hotheaded young cowboy who is sentenced to be hanged for a murder he committed in self-defense. The other characters are involved in a variety of schemes to get him set free. Under the direction of Roy Alan, the action is fast paced and there is never a dull moment. This laugh-a-minute comedy will keep you smiling even through the songs, as the lyrics are equally funny.

The cast of professional actors work so well together that they elevate each other. Each actor is allowed to have their star-turn and yet maintain a powerful ensemble. Clay Cartland, James Channing, Glen Glover, Michelle Knight, Hannah Laird and Alexander Mrazek are all outstanding. In a musical comedy it is vital that the audience is able to catch a phrase or lyric so the sound level is very important. I am impressed with the sound at the Playhouse, which in my opinion is near perfect, no matter where you sit. Kudos to sound designer Edward Tucker. Mr. Alan writing about "Desperate Measures" in the playbill states "It is as entertaining as any show on the American stage today!" He just may be right.

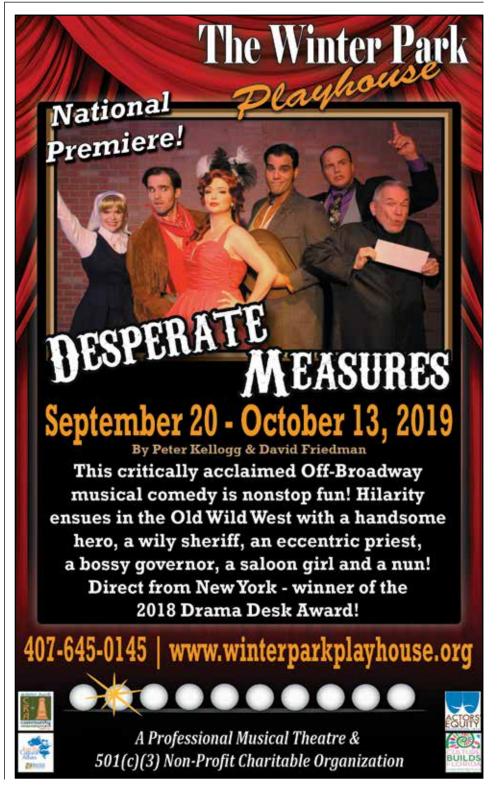
**New Theater:** I always like to give a shout out to a new theater. Penguin Point Productions, run by owner/producer James Brendlinger, is located in the Oviedo Mall. It has three theater troupes- The Ensemble Company is a repertory group of actors of all ages. The Young Company provides performance opportunities in an educational theater environment. The Still Got It Players provides spotlight for actors 50 and older. In addition, the theater offers classes in art, music, dance, theater and writing for students pre-school through adult. They also maintain a very extensive costume and prop collection which they share with schools, churches and community groups. They also rent costumes to individuals.

I was able to catch The Ensemble Company's latest production of "Niceties", a show recently performed off-Broadway. The play is about race in America and was performed to perfection by actors Missy Barnes and Roberta Emerson. Director Matthew MacDermid kept the tension between actors high and their interaction brisk. There was much to think about during and after the show about the issue of race. Too bad the play had such as short run of only six shows. It is something I think every American should see. Check out Penguin Productions. I think you will like what you see. Next up: "The Outsiders" (10/25 and 10/26). "The Lion in Winter" (11/7-11/11), and "The SantaLand Diaries & Seasons Greetings (12/12-12/15).

OTHER BEST BETS FOR OCTOBER: "DEATHTRAP" (GARDEN THEATRE), "THE HUMANS" (ROLLINS COLLEGE), "MACBETH" (ORLANDO SHAKES), "PRIDE AND PREJUDICE" (MAD COW THEATRE), "A GENTLEMAN'S GUIDE TO LOVE AND MURDER" (THEATRE UCF), "ONCE ON THIS ISLAND" (THEATRE WEST END), "SWEENEY TODD" (CFCARTS), "THE ADAMS FAMILY MUSICAL" (OSCEOLA ARTS), "AIDA" (VALENCIA COLLEGE), AND "THE ANIMATRONICANS" AND "THE ANIMATRONICANS UNDER NEW MANAGEMENT" (ORLANDO FRINGE).

**Upcoming Shows for Children and Families:** Orlando Repertory Theatre: "How I became a Pirate" (9/30-11/10), Miracle in Bedford Falls" (11/11-12/29), "Anne of Green Gables" (1/27-2/23), "Pete the Cat" (2/24-4/5) and "Disney's Freaky Friday: The Musical" (3/30-5/10).

Orlando Shakes: "Miss Nelson is Missing" (10/17-11/22) and "Interstellar Cinderella" (4/9-5/2).



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#### schools





Above: Audubon Park School students raise money for Bahamas relief efforts.

Audubon Park School community is gearing up for our first Falcon Fling of the year, ACCELERATE, at M-Bar on October 11th from 7:00 - 11:00 p.m.

Parents and community members, join us to kick off our Accelerated teaching and learning initiatives. Ticket information is available on our website. We want to thank our community sponsors: The Pritts Family, Park Life Group, Tim's Wine Market, Orlando Science Center, and Holiday Inn Club Vacations.

Students at Audubon Park School are encouraged to be active citizens in the community. Students recently took action with a collection for the people of the Bahamas, and some even started their own business to support ongoing relief efforts in the area. We are proud of the way students are always looking to become more engaged and involved in our local and global community.

Did you know APS has their own First Lego League Chapter and will be meeting weekly to prepare for local competitions? You can learn more about this innovative club and class @ MrGilesAPS on Twitter and Instagram.

Robotics is offered as an afterschool club and the Lego League has two clubs, The Cyborg Falcons and the 'Bot Squad. Students are also beginning to work with our HP Sprout design computers, creating 3D figures for virtual world interactions.

Our next APS Athletics season will begin with volleyball this month. Be sure to follow catch a game and also see our new APS Pep Squad in action! For all upcoming 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.

#### Baldwin Park Elementary PRINCIPAL ANNA FERRATUSCO

Baldwin Park Elementary kicked off the school year and welcomed back students! We are very excited for the school year and look forward to showcasing the activities. We are very excited and proud of our students who have been selected to serve as school patrols and on the

news crew. These students play a key role in the success and safety of the school. These students are true leaders!



#### **Dommerich Elementary** PRINCIPAL KAREN VERANO



Above center: Kelly Strykul, Teacher of the Year.

We are honored to have Kelly Strykul represent Dommerich as Teacher of the Year. She has been teaching in Orange County for 21 years and has spent the last 15 at Dommerich. She grew up in Maitland, and loves raising her family here in the Dommerich community!



Above center: Brittney Hugh, Support Person

Brittney has worked at Dommerich as an ESE Para for over a year and has enjoyed every minute of it! She is back in school pursuing a bachelor's degree in nursing. She is proud to be part of such a great school and community! GO CHIEFS!



#### 🔊 Glenridge Middle School PRINCIPAL CHRIS M. CAMACHO

Hello Glenridge Families. I hope each of you are having a wonderful day. Since our last segment, there has

been so much going on at Glenridge Middle School. This year, our Virtual Reality Lab, completely funded by our community and our Lion Pride Fund, is now in full swing. Our very own Kent Wenger is leading this initiative and I need to thank you, our community, and our Lion Pride Fund led by Wendi Moises and Robyn Bowers for bringing this wonderful learning opportunity to our school.

We held Open House on September 25th and I want to thank each of you who were able to join us that evening. In addition, thank you to those who joined us for our general PTSA meeting that evening. Your involvement is what continues to make our school great and I am truly thankful for each of you who attended these events.

Finally, I wanted to share a thought on report cards. With report cards recently released, I ask that you support us by reviewing our students' progress with them, as it is important we monitor student progress throughout the entire school year. Their success is important and each of us plays a role in this process. Thank you for all you do to focus our efforts on providing the optimal learning environment for each of our students. May each of you continue to have a great one. Always proud to be a Glenridge Lion!



#### The Geneva School HEADMASTER BOB INGRAM

After reading "Caps for Sale" by Esphyr Slobodkina, the first graders worked on designing their own caps. They studied color, design, and pattern so that they could design a cap which reflected their own artistic expression, then they paraded through the lower school advertising their caps for sale. This is a culmination of a literature unit and a great way for the students to experience what they had been reading, first-hand.

We kicked off our annual S.A.L.T. Serveathon with a high-energy assembly. Students and faculty played a large game of Pictionary and learned how they would be making a difference through volunteering in our community on this day of school-wide service. Our S.A.L.T. Serveathon will take place Friday, October 4th and will serve 14 local charities.

This year's seniors attended the Fall Senior Dinner with their parents, faculty, administrators, and board members. They enjoyed a meal at Interlachen Country Club and shared speeches they had prepared for this event. These speeches contained memories and lessons learned during their time at Geneva.

Fall sports are in full swing with volleyball, cross country, golf, and middle school soccer. Our reigning state champion girls varsity volleyball team are currently undefeated in their district and performed well at a tournament this month.

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



Winter Park High School was recently named a 2019-2021 National PTA School of Excellence. This national program supports and celebrates partnerships between PTAs and schools that work to improve the educational experience and school environment for every child. The School of Excellence program provided guidance to assist our school in engaging families in school decision-making and helping build inclusive policies related to education, health, safety, or the arts.

Becoming a National PTA School of Excellence began with the joint commitment of PTA and our phenomenal administrative team working together to welcome all families, communicate effectively, support student success, speak up for every child, share power, and collaborate with the community. Our school has successfully mastered these commitments and we applaud everyone for doing so. We are extremely proud of the work that we have done to enrich the educational experience and overall well-being of all students.

Congratulations to the 2019-20 Teachers and Support Staff of the year!

Our main campus recipients are Chef Chris Whitlow, head of our award-winning Culinary Program, and Technology Specialist Vince Boothe. At the Ninth Grade Center, kudos go out to Jonathon Crouch, Math Teacher/Assistant Athletic Director, and Vanessa Nadal-Jarret, Media Center and Technology.

# Winter Park Presbyterian PreSchool

Our annual Back to School Open House was a wonderful evening with fun, families, and fellowship! Classrooms were open and teachers were on hand to talk about the children's accomplishments, projects, and art. PJ the Clown made amazing balloon creations, and food trucks were on site offering dinner and ice cream treats. Everyone enjoyed visiting and playing on the playground after the event. A good time was had by all!



The favorite part of Open House night at Winter Park Presbyterian Preschool may have been socializing over dinner and ice cream while the children ran around the playground.

# he Geneva School



New Upper School Campus - Casselberry, FL Updated Lower School Campus - Winter Park, FL

**NOW ENROLLING** www.genevaschool.org | 407-332-6363 The Park Press | OCTOBER 2019 CALENDAR 15

# 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/.

**October 4 Movie Night At Leu Gardens** - 8:00 p.m. featuring "The Others." Grilled items, popcorn and drinks are available for purchase. Garden admission: \$6 adult, \$3 child (ages 4-17 years) and free admission for Leu Garden 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.

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.

**October 3 The Orange County Retired Educators Association Meeting** - 10:00 a.m. at the College Park United Methodist Church. The church address is 644 W. Princeton Street. Anyone who has worked in education is invited to join. For more information, please visit http://www.ocrea-fl. org or call 407-843-6909.

**October 5 The Greater Orlando Walk To End Alzheimer's** - 8:00 a.m. at Lake Eola Park located at 195 N. Rosalind Avenue. To join a team or learn more, visit www.alz.org/walk.

**October 5 Boots, Bulls, and Barrels** - 7:30 p.m. hosted by the Silver Spurs Rodeo at Osceola Heritage Park located at 1875 Silver Spur Lane, Kissimmee. Tickets are on sale online at www.silverspursrodeo.com or for more information, please call 407-67-RODEO (407-677-6336).

**October 8 Free Elder Abuse Awareness and Prevention Courses** - 3:00 to 4:00 p.m. at 715 Douglas Ave., Altamonte Springs. RSVP to 407-949-6733.

**October 17 Florida Music College Fair** - 7:00 to 9:00 p.m. at the Orlando Science Center located at 777 East Princeton Street. The Florida Symphony Youth Orchestras, in collaboration with Frost School of Music - University of Miami and Florida State University College of Music, is sponsoring the Florida Music College Fair. Students can visit with representatives from some of the top music and performing arts schools, colleges, universities, and conservatories. Learn about admissions, auditions, financial aid, student life, and so much more. Admission is free admission; students are encouraged to register for the event. For more information, please visit info@fsyo.org.

October 26 Sixth Annual HOWL-O-WEEN Dog Walk-a-Thon and Canine Costume Contest - 9:00 a.m. to noon at Secret Lake Park in Casselberry. Registration and additional information at www.franklinsfriends.dojiggy.com

**October 26 Crawl 5K and Vampire Mile** - 4:00 p.m. at Lake Baldwin Park. Proceeds benefit the Hemophilia Foundation of Greater Orlando. For more information, please visit http://www.hemophiliaflorida.org/fundraising/walks-5ks/orlando/.

**October 30 Delaney Church Festival** - 6:00 to 8:00 p.m. at Delaney Street Baptist Church, in the gym inside the Christian Family Life Center located at 1919 Delaney Avenue. For more information, please visit http://www.delaney-church.com/fall-festival/

#### **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 jackgallagher 534@ 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 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.

**October 5 Outdoor Recreation Expo** - 10:00 a.m. to 1:00 p.m. at the Winter Park Public Library. Looking to explore the great outdoors and wondering where to begin? Start here! We've gathered the experts for you all in one place. For more information, please visit www.wppl.org.

**October 10 Coffee Talk Featuring Commissioner Carolyn Cooper** - 8:00 a.m. at the Winter Park Country Club located at 761 Old England Avenue. For more information, please visit the cityofwinterpark.org.

**October 12-13 46th Annual Winter Park Autumns Art Festival** - 9:00 a.m. to 5:00 p.m. both days in Central Park located at 251 S. Park Avenue. For more information, please visit https://winterpark.org/autumn-art-festival/.

**October 14 University Club Meeting** - 10:00 a.m. featuring the showing of "Mysteries of the Sphinx" at the University Club of Winter Park located at 841 N. Park Avenue. The public is welcome. A donation is always appreciated. For more information, please visit www.UClubWP.org or call 407-644-6149.

**October 22 The League of Women Voters of Orange County Autumn League Showcase/Orientation** - 6:30 to 8:30 p.m. at the Winter Park Community Center located at 721 W. New England Avenue. New members are welcome. For more information, please call 407-608-2300.

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